

Karen Crystal Presents

**The
Twin Soul
Survival Guide:
Working Towards Reunion**



Karen Crystal

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Introduction

My story

When I was running away from my twinsoul (I will call Jack) and our connection, I could only see it as him running and was blind to my own reflected actions. I would always point the finger, denying my equal responsibility for what was happening. He would always run from me because he was very frightened by the awakening which was happening to him, especially as he was a man who had had created a macho image to uphold.

But he could never stay away for long; he'd come running back again because I had run away too because I thought he didn't want me and I couldn't stand it. He was frightened of losing me, but was frightened to get too close to me. I felt the same way too, deep down and often pushed him away by blaming him for everything, although I was responsible for my own methods of trying to cut the ties.

The pain of separation was almost unbearable for us both, but the fear was so real too. I took it very personally whenever he would snub the connection, snub me, thinking he had run because he didn't want me and that he didn't love me like I loved him.

My ego kept me believing he didn't want me, but deep inside my soul always knew he felt exactly the same as I did, he loved me dearly too. I thought to myself, *how can I feel so strongly about him, have all these visions and signs and feel like we are magnets, if he isn't feeling it too, if he is not meant to be with me?* I felt crushed. Often we would have blazing arguments, but we still couldn't physically pull apart, so we would just stand next to each other in silence for long periods of time, not knowing what to say or do, but feeling the bond.



Our connection was very chaotic in the early days. One minute everything would be sweet and we would be getting on very well, the next, we would have a huge row and push each other away from the tiniest little thing sparking a massive insecurity in one of us. I could only see it as him pushing *me* away at the time though. I thought I loved him too much and that it was unreciprocated (and he thought he loved me too much) so we would try and make out we didn't care about each other.

We always tried to make out that what we felt for each other was quite trivial and “just a bit of fun”. On the surface we would both pretend not to notice the intensity and exactly how we felt about each other. We would act naïve. It was too scary to talk openly about it because our egos convinced us that these feelings were unreciprocated or that if we brought it up the other might react funnily and change the subject. We didn't want to risk feeling rejected. It was very hard to be vulnerable enough to remove the walls we had created around us to protect us.

We would try and convince each other to move on because although we loved each other so intensely, we couldn't cope with the pain that we brought up in each other. We couldn't break free (because of our soul pull to each other), so he tried to make me end the relationship instead through being nasty. Neither of us could keep away for very long because of the soul yearning to reunite as One pulled us right back again.

This cycle of retreat and return carried on for several months, the intensity of both our love and our pain increasing dramatically, until I couldn't handle it any longer. My mind started believing his attempts to pretend I meant nothing to him, so to save myself I refused to see him for over a year. I thought that we were just desperate and crazy to still have feelings for each other after how much we had hurt each other, so I decided to try to cut all ties again, this time by going no contact.

I felt very weak knowing that the distance didn't make any difference to how I felt about him. I judged our "relationship" on societies ideals of what a relationship should be, and we definitely did not fit into that category, therefore I put us down to being pathetic and silly.

The no-contact rule was broken several times but we continued to shield our hearts from each other to stop ourselves from getting hurt even more than we already were, without realizing that we were Twin Souls and the pain is part of the cosmic Plan to begin to heal each other.

Soon the desire to be free from all this pain made me act out in ways which I thought would make him hate me. I saw this as the only way out – him despising me enough to stay away. But of course it didn't work. Our souls were still dragging us back together because there was some *purpose* to it, that which we still had no clue about.

Everything was very confusing for us and we couldn't see what was going on. We couldn't control our longing or our attempts to sabotage the relationship because of the hurt we caused each other continuously. Obviously our attempts to sabotage the relationship just served as another way to tangle them up even more. The more we were cruel to each other, the more it left us to untangle. It was all a big jumble of emotional pain, intense love, strong dislike all wrapped into one.

We could not escape, for we are soulfully bound as One, and deep down, if we were honest, we never wanted to part from each other. We couldn't be together though because we just couldn't handle the pain of seeing our own "faults" in each other's reflection. At the time we were not able to face up to our own faults, so tried desperately to avoid them at all costs.

You see, our fears were based around rejection. We were experiencing the feeling of abandonment stemming from the original split of our gender polarities. We both had low self-esteem at the time, and he always asked me *Why do you love me? You could have anyone. Why me?* I was pondering the exact same question, but about him – *Why does he love me? He could have anyone. Why me?*

Deep down we knew we were having issues together because we were both petrified of the intensity of it all. Our egos were still playing a big part in the drama, convincing us both that the other just didn't love us and was rejecting us because we weren't good enough. We didn't realize at the time that what we were seeing in each other's reflection was our

own feelings of unworthiness. This was a key attitude that was being brought up again and again because it was something that we needed to heal in ourselves through each other before we could get past it.

I ran for two years and it was excruciatingly painful, to the point where I couldn't see the point of life anymore for months. Every time we bumped into each other he would try to re-establish the connection, but I was stubborn and petrified to go back because I was still living in my ego that was telling me I was crazy, and I couldn't bare any more pain at that time.

It's very hard to adjust to the Twin Soul connection when you have been so used to living in your ego, because society has taught us to follow this instead of our emotions and intuition. Your Twin seemingly appears out of no-where and suddenly your whole world and beliefs about the world are turned upside down with such a deep and confusing connection. You wonder why you can have such strong feelings for someone you "don't know" and you think you are just imagining it. You convince yourself that what you are feeling is just obsessive infatuation, and you tell yourself you are crazy because it is unrequited.

Then there is the issue of your friends and family thinking you are just delusional too. They also see it as unrequited because they see how much your Twin hurt you and you them. They tend to say things like *It's all in your head. I don't want you getting hurt. You can do better. He's just not that into you. Don't waste any more time when you could be missing out on someone who treats you well and loves you just as much as you love them.* You tend to think they are correct too, but your soul knows otherwise. Your soul knows the truth of this connection, and somehow all the logical explanations you try to come up with never seem to add up.

Deep down you just know there is something *huge* in all this, but still you convince yourself otherwise because your mind cannot figure out what it is, even after many years, in some cases, when these feelings have never gone away.

My denial of the connection became so enormous that I would refuse to even talk to him if I bumped into him "by accident" (but of course it was never by accident, it was by divine intervention). Seeing him terrified me because all of the feelings of this connection that I had tried so desperately to destroy came back in an *instant*, thus throwing me right back into turmoil and confusion again. I felt like all my hard work

had gone down the drain. Seeing him again would instantly make me face up to my unresolved emotions that I had tried so hard to ignore.

I loved him more than ever, but I also remembered perfectly how hurt I had been, and how much I hurt him, and thus myself in the process. Also my mind still convinced me this was all just “crazy”; that I was crazy, and that sense of *losing myself* to this “madness” petrified me.

I would look into his eyes and see that he was feeling this connection just as strong as I was, like no time has passed at all. There in his eyes was the intense love, the intense pain, the massive regret from the pain we had caused, the intense shame, the complete forgiveness and the immense yearning to be close again.

After three years of me denying this connection, I bumped into him again and the feelings were stronger than ever. With all the synchronicities and messages I had received from God in the form of visions and “chance” meetings with Twin, I just *knew* I wasn't making this up. There had been so many signs that I could no longer deny it anymore.

I decided that I just had to surrender to the forces that were pulling us together because it felt so right, as if God kept showing me that the path to take was to explore where this connection with twin would take us. Finally I was ready to open up to this and really work out what was going on. I needed answers. So I started looking on the internet, initially for articles about *soulmates* but then I found the phrase *Twin Flames*. So I read many articles about this and suddenly *it all made sense* – a switch had been clicked on inside of me and my mind (ego) was finally ready to consciously remember what my soul had known *all along*.

I have never been happier in my life since my Awakening. I now know that all that Twin and I went through in the beginning was a necessary part of our connection in order to heal each other of our feelings of inadequacy before our minds were able to remember what the soul has known all this time.

So we got back in touch again and this time I stopped all the running and pushing him away. He still tried to keep me at a distance at times, but I understood why he was doing it and I could forgive him. I told him that we were “twin souls” and he agreed that we were. In our time apart, I had come to realize that it was a period in our connection we needed to grow individually. It was a time we needed to come to terms with our connection and the things about ourselves we needed to accept

and forgive. In the time apart, I learnt self-love and self-respect. I learnt to take care of myself, open up spiritually and discover about this meaning to my life.

Without our time apart, we wouldn't have had the distance to open up spiritually and find out about the meaning of our connection. Without the distance from each other, we would not have become as fully spiritually aware as we are now in trying to search for the answers.

Over the following year, I became increasingly devoted to bringing happiness into my life without expecting to get it from my twin. I realised there were many voids in my life that I had been expecting him to fill. As I became more happy within and more at peace, I began to let go of the reigns of control and surrender to our connection and accept it just as it is. I came to terms with the notion that we might not be destined to be together in an earthly relationship and at first that was a sad thing to come to terms with.

But soon, when I had become more whole within and twin had too, there was a great yearning, stronger than ever. Within a week, our heart chakras had Joined back into one. Instead of pain, a great peace entered our awareness and I have to admit at first it was a little disconcerting. It took time to learn to relate to each other out of peace rather than through pain and yearning.

Our hearts joined and expanded and this has allowed us to have a greater capacity for love. The Joining, or realigning of our energies through our chakras is an ongoing process and happens in stages. With each realignment, more peace, harmony and capacity for unconditional love enters our souls. It is a wonderful journey.

This connection is extremely hard to handle at first, but with patience and courage it gets easier at every step towards union.

When we were pulling away from each other, it wasn't that we didn't love each other, we just didn't know *how* to love each other, and we didn't know *why* we felt what we were feeling. Most of all though, we didn't know how to love *ourselves* in order to handle the connection and love each other (the other half of ourselves).

I find that many twins spend a long time trying to understand the connection before they surrender it. The trouble is, without resources or

skills in listening to one's intuition, there don't appear to be any answers on the logical side of things and therefore many people reject the "strange" phenomena they feel because they can't make sense of it. However, I feel this is part of the process to make us aware of our intuition and eventually learn to read it and trust in it.

Even now, when I am fully aware of our purpose, I still feel fear and pain at times. It is difficult to give up ego which creates fear when it is conditioned into humans to live in our minds and bodies, in logic and the material world. It is a tough road trying to learn the new ways of being in your soul and heart, when we are so unused to it and especially if we do not have anyone to tell us *how* to do this.

I am hoping this book will help you learn how to really accept this connection into your life. How can a person be expected to suddenly commit to this connection without having the full knowledge of it? Without the answers, they will be stuck in confusion, until they experience their soul Awakening.

When twins are incarnated together, it is because they will (eventually) *remember* the answers – they will remember that our souls chose to incarnate together in this lifetime before we were born and go through all the trials in order to heal ourselves completely in order to ascend into Heaven. This may take several incarnations on earth together, until *everything* is healed in *both* Twins.

Twins often go through the start of their incarnation on earth together living their life like the majority of humans, living in their minds (ego) and materialism because they have been conditioned this way, but they will eventually have their Awakening (often when they experience the sudden "lightning strike" from their twin) and after the period of confusion and searching for answers, they will eventually *catch up* and remember their purpose again to whatever degree they left off in their past incarnation with their Twin.

Twins will be at a very similar level of awareness when they meet on earth, it is just a matter of time how quickly the other twin will catch up and remember in this lifetime, to the one who has already remembered. It is often the responsibility of the Twin who has Awakened first to their soul knowing about this connection, to encourage and help the other Twin to awaken. This needs to be done at a time that feels intuitively right.

It's understandable why people run from this in the beginning. There is so much confusion and fear mixed in with this intense love. There is so much of ourselves that we have to face up to in order to heal ourselves and heal each other. Isn't it natural to want and *need* a time to prepare for this?

Locked in your twin's subconscious, he/she probably knows the reasons behind this connection, but their mind is preparing itself to make the shift into connecting with the Soul Knowing. Once the mind has caught up with the Soul Knowing there is no turning back – the soul that has existed for all eternity has finally converted the mind that has only existed in this incarnation. The soul is too profound for the mind to combat and resist, once it has already surrendered to the soul and this twin soul truth.

In the beginning the twins' subconscious knows they are not quite ready to make the shift yet to full awakening, so the mind and body clings onto what it's always known – logic and materialism, which goes against the truth of this connection. Slowly the mind attempts to make sense of the confusing Soul Knowing, until it is ready and expanded its awareness enough to be able to make sense of the connection - then bam! The truth of this connection will come to them suddenly like a lightning strike and they will be transformed.

So do not fear or take it personally if your twin seems to be a little slow on the uptake. This "separation" time is a requirement in order for *both* twins to make sense of the connection and thus prepare themselves for the vastness of it all.

What is a Twin Soul?

Our planet is a platform of duality and opposites. In everything we see and even in what we cannot, there are dual energies of complimentary opposites. These are the masculine energy and the feminine energy and they exist in everything. The examples that we can see in our daily lives are day and night, light and shadow, up and down, love and fear, male and female and infinitely more. All creation is comprised of these complimentary energies of the masculine and feminine. Note these are not genders, but energies and one cannot exist without the other.

God is no different. In fact God is the Creator of these two energies. God, the androgynous being, comprised of an equal amount of masculine and feminine energy, created this dimension of duality and opposites in order to strengthen itself through love. Love is the force that keeps both energies drawn to each other at all times. It is this unbreakable bond which will see increased love eventually brought back to the earth in greater strength. In order to strengthen love within the universe, God decided to split the ultimate union of his/her being, masculine and feminine in half (but not completely). These two counterparts then separated unlimited times into countless separations or fragments. Some call this *The Big Bang*.

Then each individual fragment made one last and very painful split in half. It is these two halves of the whole that are the twinsouls. However, within each half of the energy whole, a seed of the counterpart energy still remained, so they were never completely split. For every masculine half, there was the seed of feminine and for every feminine half, there was the seed of the masculine.

The Big Bang

Aeons ago when your soul was created it contained both equal amounts of masculine and feminine energies in one soul. This was the *androgynous soul*. The yin/yang complete balance worked together in harmony and completeness. We were One in wholeness and our experience was complete bliss, absolute heaven.

However, existence is about learning and growth. In order for our souls to enhance further and thus develop into even higher states of bliss together, first we had to go through a new form where this complete bliss was taken away from us. This transition has been designed so that through losing a part of ourselves, we will work harder to *recreate* the lost part within ourselves. We do this through healing the pain and feelings of rejection that were caused by the separation. When we have recreated this self-love, we can then reconnect with the part of our souls

that was split away from us. Through healing our souls and creating the energy counterpart within us, our energies become realigned so union can reoccur with increased strength. It is like when we cut ourselves in some way. At first we experience a lot of pain but then our body mends the wound through it's own resources and the skin then seals back together even stronger than before.

In a sense we go through a lesson where the love we take for granted is taken away from us so that through the process of regaining it, we learn to appreciate it all the more.

Source therefore split our yin/yang, feminine/masculine aspects into two opposite polarities so we could experience the universe of duality and opposites and learn to become whole in love again as separate aspects. This wholeness of love (self love) happens in order for the souls to eventually reunite as One again. Having become stronger we then have a higher capacity to experience greater love. This is how we work our way up the soul hierarchy towards enlightenment and reunite again with more and more of the universal energies.

So this is the state we find ourselves at the moment. Feminine and masculine are opposites as we see it on this earth. However as we learn to become whole within ourselves through our many incarnations, we begin to understand that they don't have to be separate. We begin to realise that these genders can coincide perfectly as one – they are the perfect fit.

The feeling of separation is only an illusion, for the seed of the other half keeps the twins bound in love for eternity, even if only subconsciously for many lifetimes. Eventually, both dual energies will join together as One again when the seed from the other is developed within themselves to a degree of unconditional love for themselves and each other. At this stage they will merge back into a whole, androgynous soul.

Love is the search for our other half, our Twin Flame that we originally split from. It is also a search to reconnect with the other fragments that our twin flame and ourselves separated from, also known as our Soul Family.

We each have only one Twin Flame who is connected to us eternally via the small seed left in us which is made up of multitudes of other halves which all need to reconnect fully before the final split can be healed. This seed of the opposite gender soul is needed to develop in the other gender of all halves, so that bi-gender balance is restored in all fragments before the twins can reunite again and the split is healed.

Once all of our lessons are learnt on earth and we are completely duo-gender balanced (developed both our own masculine and feminine

energies in both twin soul halves), we have become whole by learning unconditional love for ourselves and others. We are then able to accept our lives and acknowledge our soul selves as our true selves and can ascend up to the Higher Realms with our Twin Soul where we can live off all our hard work in total love and bliss.

We meet our Twin Souls in certain (but not all) incarnations on earth, when we need a catalyst to help us recognise our own spirituality. These physical meetings lead us to see life from a new perspective and spur us on to find wholeness.

However, there may need to be several incarnations together on earth before the union can take place. The original split was so painful that there is usually a lot of blame and hurt which needs to be healed between the Twins before they can fully unite again. Once they have completely healed themselves and each other on earth and are ready to reconnect, Ascension is ready to happen. Often before Ascension occurs though, the soul's life purpose arises and through their new awakening, much love can be given back to the earth.

We must not confuse Twin Souls with relationships of pure romance and fairytale stories. Romance can and is often part of this union (often used as a catalyst to self awakening), but the purpose of the union is to reconnect the soul and this requires very hard work and belief.

Romantic feelings usually occur just before a spiritual awakening happens. The romantic feelings act as a catalyst to drive the two souls to work harder to heal and bring the seed of the other wholly back into their being. Everything that needs to be healed within the two will be brought to the surface by interaction together. Therefore large amounts of pain usually arise between Twin Souls as they see themselves in the other's reflection before unity into One occurs.

So many feel that a physical relationship would be the best thing, but that is because they cannot yet comprehend how much more liberating and enriching the soul unity brings. Eventually, as one awakens more to the soul, they will see that ALL love is who they are. Love is love and with the twinsoul connection it encompasses all types on earth, romantic, platonic, Source etc.

Even when twinsouls do not meet in the physical, they share a psychic, telepathic connection which allows them to feel each other's presence and emotions, for their shared energies create a chord that connects them over a limitless distance.

Twinsouls can successfully unite together here on earth even if the relationship is not primarily romantic. Sometimes twinsouls work

together better in a platonic relationship rather than lovers – it all depends on the individual circumstances and the specific life purpose they have to help the world in some way. Through meditation you will receive answers from your spirit guides as to what your individual goal and purpose is together. I also do Life Purpose readings at www.twinsoulmates111.com

The purpose of Twin Soul connections on earth is to create *harmony* with each other through relating, thus becoming united and One as this harmony heals your soul split. It is possible that this is achieved without romance. Again balance is needed between living in individuality and living in unity. The twinsouls must recognize though, that much greater love and creativity to heal each other and the world can be achieved through their *unity*.

In their last few incarnations on earth before they ascend together into the Higher Realms, a shared earthly goal will become evoked within their paths when they are spiritually awakened enough to help mankind in some way.

What is a Soulmate?

Soulmates are the souls we connect with that help us to awaken and unite to true love also. They may even be other fragments of our soul families from which we split in the beginning. We reconnect with our soulmates when we have lessons to learn from each other about love and also to help increase love and reunion with our twins.

Soulmates are the people we get on extremely well with, and we can have many soulmates during our incarnations on earth. They can be our families, our friends, our lovers or anyone who teaches us important lessons. Soulmates are just as important as our twin souls and other connections also for they help us along our paths towards greater spiritual enlightenment and unity.

What Is a Near Twin?

Oftentimes, advanced souls who are nearing reunion with their twinsoul incarnate in the same lifetime as a near twin. Near twins are the souls that were closest to us when our souls were created and therefore they help each other to awaken too.

Many of the characteristics of the twinsoul connection are very similar to the near twin connection. One half of the twin connection, i.e. the masculine half, may get along very well with a masculine energy near twin because their energies are so alike. However, the female twin may experience great conflict with the masculine near twin just like she would with her twinsoul because he is so similar to the dual energies of her twinsoul.

Near twins greatly increase our spiritual enlightenment for they are so similar to our energy frequencies that in their presence we are quickly reawakened to the memories of our soul and our soul's creation.

How To Recognise Your Twinsoul

Here are some aspects to look for in a twinsoul connection. Please note that *not all* of these points will necessarily be present in your connection, and likewise, you can experience many different phenomena from what is listed here. No two twinsoul connections are exactly the same.

- There will be a *recognition* that you have known this person from somewhere even if you have never met before. You know that somehow you have known each other for a very long time, in previous lifetimes and other realms of the Universe. Although it's not often you are aware of this *consciously*, over time you will come to realise that this feeling is in fact from knowing them along time before you were born onto this earth. Some people recognize each other immediately, some take longer as they interact with each other in their daily lives, and sometimes one twin will recognize the other before their soul half does. From the moment you recognize that something is going on your life will never be the same.
- You will share a great empathy with your Twin. You will understand exactly how they are feeling just from looking into their eyes, or even when you are apart. You will feel naked as they look into the depths of your soul and you will feel very vulnerable. It is tempting to run and try and hide from this intensity.
- Eye contact is extremely intense – in just a split second you can tell completely how your Twin is feeling. You can sense all their emotional vulnerabilities, as they are the same as your own.
- There is a soul pull towards each other often described as *magnetic*. This is your shared energy trying to tug you back

together. Even in times of conflict, this magnetic pull can still be strongly felt.

- There is often a push-pull effect in your connection. You feel drawn together beyond your control, yet when you have conflict, you try to push each other away, but the magnetic attraction is so strong you cannot stay away for long. If you do manage to stay away, the magnetic pull will result in you feeling extremely depressed for you are denying your true nature of becoming One and androgynous with the other half of your soul. However, as twinsouls awaken more over time, and they become One as their energies harmonize and realign, the longing for physical connection is no longer so intense, for as your souls are connected to a greater degree, you sense them with you at all times, and therefore know your twin is already in your presence, *for they are you, and you are him/her*.
- There is unconditional love. Although they have the capacity to hurt you more than anyone else and they may annoy you at times, you always love them, even if sometimes you wish you didn't. Twins affect each other the most, for they are One, so they also have the largest capacity for love and empathy for each other.
- You will share a psychic, telepathic connection that increases over time as you become more attuned to each other. The twins can send each other telepathic messages or thoughts from thousands of miles away and they can read each others minds when they are in each other's physical company. They will know how each other is feeling, and will know that in some way you will always be together.
- You often have many synchronicities in your lives. Your lives have been running parallel to each other and finally your paths crossed. This could range from being born in the same city, to getting married to other partners in the same year, to knowing them as children then having them come back into your life at the appointed time.
- You feel as if your life hadn't really started before you met your twin. You have only just "woken up" since they crossed your path.
- The love you feel for your twin soul is different from how you have ever felt with anyone else. It is not specifically romantic or platonic because you love them in ALL ways. It goes beyond these dimensions yet aspects of them can be felt.
- There is a knowing that this love is endless and that it will never burn out or become monotonous.
- You learn your biggest life lessons from them.

- They show you sides of yourself that you never knew existed, both good and bad.
- The more you try to deny the connection, the more signs you see relating to him/her *everywhere*. You hear people saying his name everywhere you go, you begin having vivid dreams regularly about him, you bump into him a lot, you hear the song played on the radio that reminds you of him, everyone now seems to be wearing the aftershave that he wears...the list goes on.
- You can't stop thinking about him, all day, every day.
- Your attempts to kill the feelings you have and deny the connection are completely futile when you next bump into him. It all comes flooding back in a *second!*
- You can't imagine the connection or the love ever coming to an end.

Yin and Yang: The Balancing Act

Yin and Yang, in Chinese philosophy, is the concept that opposing forces in the world are always interconnected although they are separate at the same time. However, each “separate” half contains the seed of the other which connects them to create the whole.

In terms of twin souls, it represents the two energies masculine and feminine halves joined together by the seed of their individual essence ingrained within the other. One half cannot exist without the other. It shows the twins’ nature of duality but also of unity. They appear to be opposites, yet unite together perfectly.

The magnetic pull we feel to our twin is our soul halves realigning themselves as we become one again. This happens in stages which helps us to slowly awaken to our soul consciousness which in turn helps us to deepen our capacity to learn heal more and resonate more love.

However, it is ego (our minds) that stands in our way at times and slows down our awakening. The ego is not a bad thing though. It acts as a barometer that keeps us from receiving too much awakening all at once. We can only “open up” to the higher energy frequencies of greater unity when our physical bodies and mental capacities facilitate enough for it. This happens automatically over time as our souls work to open us up to these energies.

Our ego gauges how much new information and new energy we can currently handle and we awaken accordingly. Once we are “used” to this heightened consciousness, a little more enlightenment comes our way.

However, sometimes when we are determined to stay within our comfort zones and block out this new consciousness, we are resisting because we don’t know what is happening and therefore we don’t know if we will be able to handle the changes that can be felt brewing deep in our souls. This change is nothing to fear because it brings only greater love if we allow it into our consciousness, but the ego clings onto the logic we have learnt in our world and convinces us that anything that defies logic is “dangerous” and not to be trusted or depended upon.

Staying within our comfort zone and running away from our twinsouls and the connection stunts our growth and we can feel the energies wanting to break through our stubbornness, but we continue to resist. It is like building a dam all around us, blocking out our emotions that threaten to let this change overcome us. We want to feel in control, to not let this magnet suck us into something that feels dangerous. Our (perceived) control makes us feel safe, but blocking out our soul intuitions blocks our hearts too. This leads us to feeling empty and

lifeless. It is as if we walk around like robots, feeling nothing but the misery and loneliness of our isolation we have built around ourselves.

We begin to get ill. Such repression causes us to *lose* ourselves and forget who we are. We forget how to love, how to be happy and we have blocked out joy too. Nothing is left except our fears, our egos and our pain. There doesn't seem to be a reason to live anymore. It's not that we want to die, but it's not like we want to be living either. We wish our suffering would just end. We mistakenly think the suffering is caused by the connection, therefore we continue to block it and ourselves. But slowly the soul energy builds up so much and we begin to realise that perhaps it is actually our shutting down that is creating the pain rather than our twins and that the dam can no longer hold and we simply have to surrender to the force of change that is opening us up to greater fulfilment.

The Balancing Act

There is the magnetic pull between twins because it is the complimentary atomic vibrations of positive and negative that attract each other, just like in magnets. Through the process of reaching duo-gender balance, the twins swing back and forth between their own masculine energy and feminine energy, sometimes experiencing more of one polarity than the other at different times. If both the twins are experiencing the masculine (+) vibrations at the same time, they will be repelled from each other, until they swing back into harmony again by both feeling equal amounts of positive (+) and negative (-) vibration. Likewise, if the two swing to the extreme of both feeling feminine (-) energy vibrations, they will repel.

The two must both reach bi-gender balance, as in develop the seed of the other vibration polarity within themselves in order for them to be in harmony and rejoin to become androgynous again. This will then allow them to connect in harmony, for their complimentary energies will be aligned.

They must reach a point where they can both understand their own gender driving forces as well as being able to understand the driving forces behind the other gender twin's actions. Basically, they need to be able to accept their own way of doing things as well as their twin's perspective and way of doing things. This then leads to them both achieving duo-gender understanding; being able to see things from both point of views and reaching a balanced negotiation to work towards the love share with each other.

The Cycle of Separation and Connection between Twinsouls

If you have met your twinsoul, you are likely to have experienced the frustrating "twin soul dance" where you swing back and forth between connecting then withdrawing. This can be very confusing to the twins and also it can be very painful if they do not understand the divine purpose of this cycle.

However, many factors contribute for the NEED for this cycle:

1) Firstly I would say that **if either of you aren't ready to unite, it is because you're not supposed to be ready - it's not the right time.**

Pointing the finger and blaming the other twin means you are not ready yourself either. Acceptance is needed and the ability to become whole within yourself and not feel the need for your twin to fill any voids in your life or heart. This has been said so many times, but it is very important to take the time to fully understand this. If you are looking to the other in order to feel love, it means you are not looking to yourself first. This void you have within will only be reflected back to you by your twin soul. It means you can't unite because there are gaps you need to fill in yourselves so that you can reflect wholeness back to each other and your split can be healed. If you were to join when you are not whole, you would live in eternity with great pain still remaining.

2) **You separate because you haven't reached unconditional love and acceptance for yourself and your twin.**

Sometimes it is very difficult to not get caught up in your own views, emotions, ideals and forget that your twin has their own view of things. Often it is the ego that stands in the way; you just can't seem to agree on anything. This is because you are both coming to the same conclusions from the opposite angles. Remember the mirror; You are the counterpart, the opposite yet identical energy vibrations. You work together through love, but come to it from opposite sides. The result is still the same though - love.

It is the ego though, that causes us to feel that the other is doing it "all wrong". We say to ourselves, "If he/she loved me, then he/she would show it the way I am showing it." We conclude that if our twin doesn't express themselves the same way as us, then they just don't love us. We begin to regard them as cold, heartless and even cruel.

My own thinking used to be so one-sided. I believed he was messing me around and playing me for a fool. I felt extremely hurt and in turn acted in ways which hurt him. Blinded by my own fear of losing him and trying to "prove" his love, I hadn't thought once about how I was hurting him (and I must say looking back, i was doing pretty much the same things to him that he was doing to me, but in a mirrored fashion). I also never even considered the fact that deep down I knew I wasn't ready to unite at that time either - all my focus was on him - he wasn't doing this, he wasn't doing that and it hurt my pride so much that the painful rejection is all i could think of. I tried to protect myself by shutting down. I chased him, but in a way that made out it was all some trivial game of power. He tried to protect himself by trying to make me chase him (to prove to himself my love for him), then doing the same as I was.

The major factor that we fail to miss though, is that many of the negative behavior is caused by FEAR, which leads me onto my next point:

3) Twinsouls separate because at first the connection feels "crazy". It threatens all that we think we know about the way the world works.

You bump into your twin for the first time. Boom! Something happens, you know this person somehow even though you don't recognize them on a physical level. You feel such intense love, but you wonder how this can be so when you don't know them. You conclude it's just lust, but why is there that knowing feeling deep in your soul? You know your life has changed forever, you can just sense it, but you don't have a clue why. Then you can't stop thinking about this person ALL THE TIME, re-living times when you saw him/her over and over and over. The love you feel for this person increases over time when you think logically it should fade. You can't stop fantasizing about them, being distracted by thinking of them to the point that you cannot concentrate on anything else. You just feel scared. Scared of losing this person somehow. Scared you have already lost them. Scared because you don't even know them and that it means you are crazy to feel such intensity.

So you "run" from it. You try to block it out and convince yourself it's just lust. You've been taught by society that it's unhealthy to pine after someone for too long, therefore you try your hardest to forget all about him/her. But you can't. You try your hardest, but you just can't. Then you bump into him/her again unexpectedly and all those feelings flood back to you. All your hard work to try and kill these feelings goes down the drain and within a second you are back to square one. Tie this in with all

the reflected fear, arguments, confusion and it all gets even more scary. Sometimes it just feels safer to run away and hope it all just disappears...

It's understandable (or at least it should be) that fear is going to present itself in this situation. It's a fight or flight situation and often twins run. But remember, this running is needed in order for them to have the distance to MAKE SENSE of it all. Granted, it could take years, but the point is, if you or your twin are "running", then it is because this is part of your life path - to get the distance to make sense of this new reality.

It's to do with overcoming the ego. It takes time. It's as if we have to reprogram ourselves to learn to live from soul consciousness rather than ego consciousness. It won't come over night. We have incarnated possibly hundreds of times, living in our egos. We can't expect ourselves or our twins to suddenly flick a switch and be back to living fully in our soul consciousness.

4) Twins reconnect for reassurance.

They want to know you are still there. They want to test if you still love them because they definitely know they love you, but are scared it is just one-sided and you've "gotten over" them. Of course they'll deny it though.

5) Twins reconnect to heal each other.

Through the cycle of separation and connection, the twins are often destined to meet up in the physical several times in order to heal each other. When a stage of healing within each individual is complete, they will meet again to connect and expand each other in energy (love) which they will then need to separate again to "process". It's as if they meet up to receive a challenge. Once they know what the challenge is (subconsciously) they both go their separate ways to achieve it. Once achieve, they receive that healing and go onto the next.

6) We separate from our twins when we have individual karma to be balanced.

Karma - the cause and effect cycle created by us through our lifetimes needs to be balanced before we can unite with our twinsouls. Before we incarnated into this lifetime, and any other lifetime, our souls made agreements with other souls to meet on the physical plane and learn lessons from each other. They may be tough lessons, wonderful lessons but all will be helpful in the end. By this I mean that eventually, even if

we perceive a situation to be negative, we will always learn a positive from it. All karma must be fulfilled by the individual twins before they can come back together again in unity.

7) We (may) separate from our twins when we are destined to be in other relationships.

Through connecting with your twin, you will feel increased love in your soul as long as you are able to put ego aside. Oftentimes we may marry a soulmate in order to share this increased love with them to help them awaken too. OR we may already be in another relationship when we meet our twinsoul. This relationship will help us learn about love in order to prepare us for our twinsoul. Either way, we learn from our soulmates and they learn from us.

8) We separate so we aren't distracted from our individual awakening.

If we were together all the time before reunion occurred, we would remain reflecting our own voids that we need to heal individually. We would also not be able to balance our separate karma with others and would not have the yearning for each other as a catalyst to greater spiritual searching.

So you see, the cycle of separation and connection is NEEDED in order for us to fully heal, awaken and fulfill our mission to help humankind through our knowledge and light. We must all accept the journey towards reunion as JUST AS IMPORTANT as union itself. To unite too quickly before we are ready would leave us unfulfilled and unhealed.

We must accept ourselves and our twins and not blame each other for not being ready NOW. It's all part of the process; it's all part of the path we agreed upon before birth. ACCEPT your path and yourselves and it will all come to you in perfect time.

In order for twins to unite and Join back into One soul, they must learn to make themselves whole individually by learning self-love and realising that the split was necessary and not a reflection on their own worthiness. This forgiveness of self and of others helps them to reach the peace that will enable them to love the reflection of themselves in the twin. They will then merge together again and their love will be increased.

Balancing themselves and coming back to wholeness occurs through learning to heal the wounds from their original split and from past lives. The twins will have gone through many incarnations adopting negative beliefs about themselves that need to be overcome. Subconsciously feeling abandoned (from the split from twin and the soul family) they have learnt to consider themselves as “not good enough” and unlovable.

Healing through the process of attraction and then repulsion happens in phases. Sometimes they will need the twin to help them with a certain healing, but at other times the balancing of karma with soulmates and other situations is needed without the physical presence of the twin.

There are often periods of great frustration that the twins experience as they are spiritually awakening. It is like their souls are eager to expand their consciousness, but the mind and body lag behind so they get stuck in between whilst feeling the eagerness of their soul to move forward and expand.

Channelled message from my Spirit Guide AstridPirellious:

“The Twin Flame is the consciousness of our soul; our very breath, our very life. Without the other we cannot exist. Twin souls are one and the same. They come together to try and recreate completeness, to strengthen their hearts through the lessons they bring up for each other.

All will be well in time. Twin souls will all come back to love. We will all come back to Oneness in the perfect timing created by Source. We are all one and the same. We must remember not to get swept away in this motion that we are “separate”. It is all an illusion and we come to earth in order to give up this illusion and come to see the reality of unity.

Many believe that twin soul unity is about flesh and blood. Yes, they will meet in flesh and blood and connect, but the connection is within heart and soul. This is where the love is created. This is an understanding that must be made before unity can occur amongst soul lovers.”

Karen: “How do we learn to accept that we are one in soul when on earth we are used to believing in separation?”

AP: “It will come to you when awakening occurs over a period of time. It is the same for everyone. Soon the things that people see with their eyes will come as secondary “proof” that so many seek to the intuitive

knowings they will feel in their hearts. The greatest reality is in the emotions of the heart and it is the job of humans to remember this.

The ego creates this need to believe only in what the eye can see, but this kind of thinking leaves us bereft of the Oneness we have with the Spiritual Realm. To not believe in higher beings such as myself, one has cut themselves off from their Oneness with the universe. However, in perfect timing, all people will begin to see this truth. Many lessons will need to be learnt by the individuals before complete union of the universe will occur. It is always a working progress.

The time will come where all who have tasted life on earth will be at peace. However, there will be a long time of conflict still as people try to segregate from other instead of joining together. This occurs because all the people we meet in our lives are reflections of ourselves. People create conflict because they are unhappy and cannot accept themselves and therefore mistakenly blame the reflection.

Yes, the time will come, but when it does, it isn't the end."

Karen: "What do you mean by "it isn't the end"?"

AP: "Source is ever expanding so we can expand our hearts infinitely and therefore more lessons will occur on other realms, some of which have not even been created yet. All is about expansion and growth. People create conflict when they are scared to grow.

Karen: "Why are they scared to grow?"

AP: "Because many do not feel they are strong enough to cope with greater responsibility. They are low in self-esteem and self-love and therefore punish themselves because they feel they are unworthy. They think, "Who am I to be magnificent?" and therefore they go backwards and sometimes even seek cowardly ways to gain a feeling of power. But the fear will eventually dissipate and the soul knowing will outshine the limitations."

Coping with the Connection

One of the biggest challenges about awakening to our pure spiritual cores through the twin soul connection is coming to terms with all the life-changing aspects that come along with it.

Firstly there's the irrational and intense emotions of love and desire that seem to have come out of no-where which often confuses us and convinces us we are just "crazy" and obsessed with "lust".

Then there are the visions, intuitions and signs wherever you go that you can't quite figure out but begin to show you that there is far more to life than what the eye can see. This fills you with great fear as it threatens to eclipse everything you have always believed in and known to be your reality.

Then there's coping with twin's hot and cold behaviour, which is often so intensely loving but equally heartbreaking and painful. You notice too that you are often hot and cold too and can't seem to break the habit. It's just all too scary to be that vulnerable, yet no matter how hard you try, you can't live without this person one way or another. They are on your mind all the time, you go over and over brief meetings and the ecstasy you felt, but obsess over their cruelty towards you and blame yourself for being too forgiving. You vow not to ever talk to him/her again, yet you last about a day before bursting into tears.

And what about the massive magnetic pull you feel, the one where you physically can't fight it? Others just think you're exaggerating and you too begin to believe you just have weak willpower, so you begin to hate yourself and call yourself "weak" and "pathetic" to yourself over and over, hating yourself more and more.

You feel like your friends and family don't understand you. They just think you're being stupid and punishing yourself for some bizarre reason. You begin to feel like an idiot in their presence and slowly withdraw more and more. Sometimes you even begin denying the love you have for twin in front of them and therefore start denying your true self.

You can't concentrate on anything. Life seems like it's not worth living without your twin in it. Yet he/she seems determined to keep you apart. You think you will never love another person again. You know the love for your twinsoul runs deeper than any other love you will ever feel for anyone else. You blame God or some higher force believing that you must be a bad person and this is some sort of punishment.

I could go on...it seems that there are so many outlets of healing that need looking at when twinsouls enter each other's lives. We get so caught up in it all that we just don't know what to do, where we are going or what to think. We feel hopeless, depressed, confused and distraught.

We end up disgusted at ourselves for being in love with someone who we think can't stand us. We feel worthless and helpless to do anything about it because that magnetic attraction keeps pulling us in no matter what we do. Happiness has seeped out of us and we walk around feeling numb, too scared to open our hearts again and feel the pain.

The world as you once knew it becomes increasingly distant now and old priorities and concerns seem to fade away as you know that there are bigger things that you are involved with and those little aspects of life which used to mean a great deal really don't matter so much anymore. But then you're still not sure if this is just all in your head...

But once you do begin to trust, there are still obstacles to be overcome. Since seeing a glimpse of this bigger picture of life, materialism means very little and you begin to feel isolated from the world around you. This change you feel inside is still very confusing to begin with, therefore you feel distanced from your family and friends who are still seeing life through your old eyes.

So what are you to do? How do you begin to work through the mass of blocks that stand in your way of true happiness and acceptance of the connection? How can you overcome the fears that are standing in the way of your reunion with your twinsoul?

Read on...

Letting Ego Take a Backseat

The most difficult conflict the twins have to deal with is within themselves. This is the conflict between head and heart. Most of us have been conditioned from the day we were born to believe in what the eye can see. Yes, we may be exposed to different religions where we are introduced to this idea of a God that looks over us and judges us by our actions, but anything other than that is regarded as loopy.

So at first it is very difficult for us to put aside our prejudgements about spirituality. So how do we come to believe in the connection when on a physical level we keep being rejected? How do we open our minds to allow in the spiritual nature that is hiding beneath the surface? How do we stop feeling nutty? How do we get over feeling embarrassed about admitting that we believe in spirituality?

Well, my friends, firstly it comes down to allowing ourselves to step out of our judgements and current beliefs to listen to our hearts and what they are telling us.

Just because we have learnt something through a societal belief or through stereotyping, does it mean it is true? So our minds think we are nuts for believing in something beyond what we have been taught by those around us. Does that make the knowing feelings we have in our intuition wrong? Have you ever trusted in your intuition and followed it even when your mind opposed it but you made the right decision?

Stop criticising yourself and thinking your loving feelings for your twinsoul are ridiculous. The emotions you are feeling are very real. You have known your twinsoul since the time your androgynous soul was originally created, possible eons ago, therefore just because you might not know them very well on a physical level, doesn't mean the love isn't real.

It's about stepping out of your comfort zone when all just seems easier to remain in "blissful" ignorance and face the confusion, fear and anxiety face on. It will take a time to get used to it, but soon our comfort zone will expand as we challenge ourselves more and more.

Growth and healing requires conscious effort, and perhaps we are too afraid to allow our past traumas to rise to the surface in order to heal them. Perhaps we believe they are too scary to face. But in the majority of cases it is the fear of the fear. However, the time will come for all when the pain of suppressing themselves (through running from twin and their own problems) becomes too great that they will realise that they have nowhere else to turn other than ACCEPTING the connection, through accepting themselves and doing the work to heal self.

Through listening to the real self (the Higher Self) that is calling out to you, you will be following your truth which will inevitably awaken you spiritually and give you the courage and faith to trust in your spirit guides.

It is about listening to that intuition, feeling that gut feeling that is part of your soul. Your soul is infinitely wiser than your mind will ever be, therefore it makes sense to trust in these knowing feelings your soul is sending you for these are the directions to head towards. These knowing feelings are your soul remembering its path that has already been predetermined.

Your soul will set you free, but your mind has a great power to hold you back, if you let it. This is but another limitation designed to help us eventually overcome it and become stronger.

You must make the decision to consciously work towards listening to your intuition. I suggest you get into the practice of meditating on a daily basis to really help you concentrate inwards. Not only will you begin to hear more messages from your spirit guides and intuition, you will also feel the benefits of reduced stress and increased relaxation. The following meditation technique will help you accomplish this:

In order to unblock your aura I feel that chakra meditations will do wonders for you. Chakras are the energy centres that connect your aura to your physical body. The aura links your physical body, emotional and mental body to the cosmos which sends us information, light and love from the rest of the universe, our soul families, guardian angels and Source, God.

Close your eyes and breath in and out very deeply in a continuous fashion and bring your attention to the area at the base of your spine. This is your root chakra and is red in colour. Now as you breath in and out imagine this energy centre as a circle, expanding with every breath in. Imagine the air cleansing it and making it shine brighter. This will help to balance your energy centre.

Now do the same in this order for the following chakras:

- *The Sacral Chakra, four inches above the root chakra, which is Orange in colour*
- *The Solar Plexus, where your stomach area is, which is yellow in colour,*
- *The Heart Chakra, which is in your heart area and Emerald Green in colour,*
- *The Throat Chakra, where your throat is, which is Light Blue in colour,*
- *The Third Eye Chakra which is between your eyes and Dark Blue in colour,*
- *The Crown Chakra at the top of your head which is Purple in colour.*

Once you have expanded all of these energy centres you should feel cosmic energy flowing up your body like a rush of light. This is the energy from Source (which we are always connected to) flowing freely through your body as it is now unblocked and balanced in harmony.

Now visualise the I Am Violet Flame (God's healing light energy) flowing through your body and your aura, filling you with peace and cleansing away any pockets of darkness in your aura.

Try not to take the conflicts between you and your twin so personally

I know what you are thinking, "My twin is the other half of me. How can I *not* take it personally?!" But it is the ego, the temporary

limitation, that takes everything as a personal rejection. The soul knows that our twin always loves us, no matter what. So can you put your ego aside and trust in the knowing you feel deep inside? Can you retrain your ego to deal with the feelings of rejection and tell it that it's mistaken for you know the truth that your twin loves you? Can you tell your ego, as if it were a separate part of yourself, "Hey, you're just being insecure. Don't worry, my twin loves me no matter what you try to tell me."

It is our egos that believe in the insecurities and negative actions of our twin which make it *appear* we are being rejected. Remember, twins only run from themselves.

When your twin faces you and they are not happy within themselves, they see their own emotional "baggage" that needs to be healed and these will be magnified. They will mistake their own reflection to be the other twin pointing out their faults and they will feel attacked. But really it is them attacking themselves.

Stop allowing your ego to convince you that your twin enjoys hurting you and seeing you suffer. Yes, part of them might feel some sort of validation if you are affected so much by their actions, but deep down, they don't want to hurt you. They are just as scared as you are. Sometimes twins might try to push the other away by hurting them, but that is because they are hurting so much themselves inside through their own perceived weaknesses.

It is as if you meet in order to show the other what they look like in the mirror. All the issues that you have ignored in yourself will be shown to you very clearly by the other. At first you will likely blame this issue on the other, claiming it is "their problem", but eventually, you will see it is "her/his problem" too as they are one and only the shared issues will be brought out by each other.

It is only through coming to accept one's own responsibility in healing that the conflicts will subside as you both look inwards for healing rather than pointing the finger at the other.

No matter how painful it is for twins to face up to their own issues with self-love and acceptance, it is the only way to reach peace and reunion.

However, pain does not need to be feared. Through experiencing the pain, the twins will eventually come back to a healed and loving heart. It is the strength of overcoming the fear that is needed to move forward. It is TRUST in their spirit guides and their life path which is in place to help the twins reach their highest good. Faith is needed. And that faith can be found through following the heart and surrendering to the pull towards twin.

It is very hard for twins to understand and remain strong in their faith when the other seems so rejecting. When one twin wants to get close, the other will usually react by pushing them away. This can be very painful and upsetting. But through perseverance and through ACCEPTING the situation as it is and not trying to force twin to change, you will find peace in your heart and a greater clarity to help you work on your individual issues that need healing. This is the challenge, to keep going, to keep believing and telling the ego that it's mistaken when it believes in it's perceived "rejections".

Push Through the Pain, Don't Push it Away

So you are feeling completely rejected by your twin. Or they have criticised you, made you feel pathetic, or manipulated or humiliated. And you're angry. You can't control what's happened so in a bid to control the connection you try to control your emotions and push them aside. You think that pushing the excruciating emotions away will eventually make them disappear.

But guess what? The pain has created an emotional wound that needs attending to, like a physical wound needs. Lets use the example of a broken leg. The legs needs to be reset into place and left in a cast for several weeks before a complete healing can occur. If we were to skip this step, then the leg would never heal properly and would cause even more problems later on. Just like an emotional wound, we need to ACKNOWLEDGE it, and give ourselves adequate time to grieve over it and think about how we can strengthen from it without denying it or running away from it. If we try to ignore the emotional pain and suppress it, it will just keep coming back again.

With a broken leg, if we give it the right conditions to heal, the bone will grow back stronger than before. Just like with an emotional wound, if we acknowledge it and grieve, our self-love and acceptance will grow stronger. We will become stronger.

So if you're in pain, try to live with it for a while, accept that you are in pain and need time to get over it through EXPERIENCING it rather than trying to push it to the back of your mind or switch off your feelings altogether. It's okay to be angry, it's a natural part of the healing process, but try not to lash out and do something that will ultimately hurt you even more. Revenge is not the answer – this is your twinsoul and therefore their hurt is your hurt. Until you can come back to forgiveness and unconditional love, you will keep reflecting the pain. And these unresolved feelings will keep rearing their ugly head again and again until you work through them.

Remember, the pain usually forms when we are rejecting or blaming a part of ourselves for “not being good enough”. Therefore, you need to remember that we are ALL good enough, we are all worthy because we exist as we are fragments of God. It is only our egos that want us to believe we aren’t good enough. Our egos aren’t our reality, but we begin to believe they are. And when other people say we aren’t good enough, it is because they are projecting their own insecurities upon us and are forgetting the divinity of every living thing.

Don’t be Afraid to Show Emotion

It’s so sad that so many of us are brought up to think that showing emotion is a weakness. Often men are shown that to be a good, strong and respected man, they need to be tough both physically and mentally. They are bombarded with images, stereotypes and negative and restricting beliefs from society that all say men are “weak” if they show emotion. Instead, they are taught that in order to be respected and accepted, they need to be logical, work-orientated, and must achieve in the material world in order to be a successful person.

They are often ridiculed if they show any emotional weakness and many (not all!) often take pride in crudeness, sexism and conflict to prove their “manliness”. That is why so many gay men are ridiculed and bullied throughout their lives.

Women are often ridiculed for being “over-emotional” and are seen as second best to men who try to remain logical and “in control” of themselves. But what a waste, to be so restricted by denying such a huge part of ourselves. We ALL experience emotion, whether we are a man or a woman. To deny such a huge part of ourselves is to deny who we truly are. To suppress it is not something to be proud of if we are truly denying our natural functions as a human being. To deny emotion is to put up a firm roadblock to spiritual awakening and freedom.

Some people (women included) are so used to denying their emotions that they don’t even know they are doing it. They see an uncomfortable emotion and try to suppress it which then leads to suppressed anger. They are blocked and try to move on from it by repressing it further. No wonder so many people are afraid to feel emotions if they have so many roiling beneath the surface, ready to explode. The suppressed emotions begin to pile up and create depression. Then insecurities about the suppressed emotions are often projected onto others through ridicule of emotions.

However, it is only through letting our guard down and allowing the negative emotions to arise that we can begin to let them go and release them.

We may be afraid that we will explode like a volcano if we let them surface and that we will not be able to handle it, but this is the only way to overcome them, to drop the baggage we have been dragging around with us, maybe for many many years. Wouldn't you like to ditch the hassle, ditch the depression and feel free again? To be a mature adult and accept that having emotions is not only normal, but a good thing in order to help us become stronger people through learning self-love and acceptance?

Well all it takes is the courage to face up to the difficult emotions. Yes, it will be hard, but no pain, no gain. It will be worth it to feel peace again, to realise that you CAN handle it and that you are well equipped to deal with any negative emotions that you will have in the future.

Again it's about ego, and about pride. Let the guard down, ditch the friends who believe emotion is a sign of weakness. These people aren't mature enough to be happy, accepting and considerate citizens. You have to follow your TRUTH and give up everything which you are using to deny it.

When you are Married

Oftentimes, twins will meet in the physical when they are already married to other partners. This is often because they will have karma to be balanced with these other partners before they can connect with their twin. Sometimes they will have learnt to grow through experiencing love within these soulmates which may lead to the appearance of the twin soul.

Twinsoul love is INCLUSIVE. It opens and expands the heart and allows a greater capacity to love. The love we feel is the love from soul. On the Higher Realms we realise that love is just love. It is on earth that we tend to categorise it into romantic, platonic or whatever else. But overall, in the soul, love is love and does not apply to just one of these categories, because it encompasses all those emotions.

One should not abandon their current partner just to be with the twin. This connection is about the soul and coming back to acceptance and love for oneself, therefore ditching others uncaringly is not acting with the maturity needed to unite with your twin. When I use the word "unite" I am referring to joining back together in soul.

By all means people should not stay with partners whom they do not feel love for anymore, but by no means should the twin be an excuse

to leave. The yearning for the twin is natural and it may feel romantic to begin with because we are not used to feeling this love and we therefore try to categorise it into something earthly created. The yearning to be sexual with our twins is the yearning to merge, or become one with twin on a soul level.

Yes, romance may be part of a twinsoul connection, but it is not the main purpose. The main purpose is to unite in soul and spread light to the rest of the world through the fusion of their energies. The yearnings act as a catalyst and once a certain amount of awakening occurs, twins will be able to recognise their main purpose is to harmonise their energies.

The love felt within the twinsoul connection is *inclusive* and not exclusive. It is not primarily about romance but about self, therefore relationships with soulmates in a romantic way is perfectly fine. It is not that we should necessarily strive to be with our twinsouls in a romantic union, but it is okay if we do not have other karma to fulfil with others too.

Sometimes however, when twins limit the connection to romance thinking, this yearning can appear to eclipse the love we have in our other relationships. By realising this is about the other half of our own soul we can see that it goes beyond romance and this is not it's primary goal.

When within a marriage or other romantic soulmate connection, we should strive to be as honest as possible with these partners so that we are living our truth with them and not denying such a huge part of who we are in their presence. Obviously this is a lot easier said than done. You will need to approach the subject when your partner is in a good mood and open to communication.

If a partner attempts to cut you off from your twinsoul connection by acting overly possessive and trying to control you, then this is a sure sign that you need to end your relationship with this person. Even if you are not to be with your twinsoul in a romantic relationship, you should still be free to talk about the connection with a partner if you wish to do so.

Surrender to the Magnetic Pull...

...by realising that this connection won't "take over us" or destroy us.

One of the biggest fears for most twinsouls is the huge magnetic attraction they feel for the other, so strong that it feels like they are in danger of being sucked into a black hole or something. This can be terrifying if we do not understand why it is happening and often twins will go to great lengths to try and destroy the ties that bind. The pulling sensation is our shared energies, energies of the chakras that are always

connected and trying to draw us in and align us to each other to come back as One. It is not dangerous and we won't lose ourselves through surrendering to it. We will always keep our individuality even when we are fully united with our twinsouls in androgyny.

The resistance to this energy pull is us trying to balance our individuality with our unity. And we are supposed to learn how to balance the two.

However, our destructive behaviours as we fear losing our individuality often leave us feeling great shame and disappointment in ourselves as we recognise negative characteristics of ourselves which we didn't even know existed. We are pulled to each other by love. The "dangerous" feel is just our minds not knowing what is going on and creating chaos to try and resist it all.

This connection and the spiritual awakening that goes alongside it will change us, but it will be for the better, if we have the courage to surrender to it. Now you need to just go with the flow, open yourself up to it, if only a little bit at a time until you become more confident in surrendering. I assure you that you will feel much more peaceful just knowing you are letting yourself be lead by your angels in the right direction.

Any time you find yourself trying to control things, to deny the connection again or to stop it in its tracks, just let go of this need to be in control. Stop trying to push away the difficulties, for when you surrender to the path you will see that the main difficulties you have been experiencing are from trying to ignore them in the first place!

The very act of denial is *much* harder than surrendering, once you get over the initial anxiety of being vulnerable. And the harder we try to ignore the lessons, the harder they will become and the more they will come back to haunt us until we set ourselves free from this cycle of resistance.

Learn to live with anxiety.

It is a natural part of life and in terms of twinsouls it indicates an intuition that change is coming and you are awakening. But when it comes to twinsouls it is important to realise that it is always change for our overall highest good. Even at times when you feel hurt or saddened by a change that has occurred between you and your twinsoul or within yourself, it is really a blessing in disguise in some way. There will be a purpose for the change, to help you both grow in some way and awaken deeper to your connection and purpose.

Know that it is okay to feel anxious sometimes and it is a natural process of change.

Realise that our actions do not equate to who we are as a person.

Everyone has a soul core of purity and love. We only make bad decisions, but that does not make us bad people. Even “bad” decisions can be good if we learn from them and come closer to our natural state of love.

Who we truly are is determined by soul. Instead of thinking we are physical bodies with souls, realise we are souls with temporary physical bodies. Our soul is our true selves, our true nature, the real us. The karma we have to balance in each lifetime has been decided upon by our souls in collaboration with our twins and our other soul family members. Therefore, we needn't blame ourselves for making “mistakes” as these are valuable lessons we have appointed ourselves to learn and grow in love – love for ourselves and for others.

Negative karma will keep repeating itself in our lifetimes until we learn the important lesson from it; the lesson that strengthens us and heals us in love.

Realise that Twinsouls are Mirrors of Each Other

Therefore it is likely that your twin is resisting the connection just as much as you are, but in a mirrored way. Often, the twinsoul who pursues the relationship on a physical level knows deep down that the time isn't right for union to occur and therefore knows it will only push the other away. More acceptance is needed for how the relationship is in the present time and more acceptance for self. The twin cannot give you what you cannot first give to yourself and as you are reflections of each other, your voids are your twinsouls voids too and they will continue to be reflected back and forth until both twins find wholeness individually.

What criticism or blame do you have towards your twin (and others) that really are aspects about yourself that you haven't yet faced up to or healed? What parts of yourself that you haven't come to accept are you projecting onto your twin and pointing the finger about? What do you believe about yourself in their presence? Are your negative opinions about yourself accurate or clouded by ego?

Work on Healing Yourself

Bring up your issues to the surface to be healed through journaling or spiritual counselling (be sure that the counsellor has a good awareness of twinsouls). Read books on self-esteem, life-coaching, overcoming phobias and forgiveness.

These will help you to work on unconditional love instead of blame and will help you recognise how you may have contributed to problems.

Look into spiritual practices such as reiki to heal your energies so they can be realigned to harmony with your twinsoul. I shall be offering distance reiki treatments on www.twinsoulmates1111.com in the near future, which allow me to heal energies for you over long distances.

Make sure you aren't giving too much of yourself so that you turn around and blame your twinsoul for receiving more than giving. It is fine to give unconditionally to your twin, as long as you aren't going to end up resenting it or are enabling them to remain in their comfort zone. Also don't burn yourself out by becoming obsessed with trying to be "perfect". We aren't supposed to be perfect, we are supposed to be working towards increased love and acceptance. Take a few days rest when needed and just be present in the NOW.

Give up the Desire to Control Everything

Give up the desire to control everything in order to feel safe. If you pretend to yourself that you are in control, then you won't have to face up to the things that are too close for comfort, i.e. you can continue to deny your issues that stand in the way with spiritual union with self and your twin.

The harder you resist, the harder the lessons will become. If you keep trying to beat off your insecurities, your deep-felt emotions, your traumas, your pain, your fears, your confusion, your self-blame, then eventually you feel completely exhausted and empty. You will be denying your true essence, soul, and therefore you will be trapping yourself in your own fears. You will begin to feel like a robot just doing the rounds, having cut out your heart instead of dealing with your issues of getting close to yourself – your spiritual core, your twinsoul. The result is a feeling of numbness and ever-decreasing depression. You may even begin doing hurtful things to yourself, just to *feel* again.

On the other hand, wanting to control the connection and rush reunion will only result in frustration, anger, bitterness and ignorance to your own karma that needs balancing. Through concentrating so much on the other's faults, we deny our own.

The key, like in everything, is BALANCE.

Stop Denying the Love you Feel for your Twinsoul

Stop pretending to yourself, your twinsoul and everyone else around you that you feel nothing for this person, this soul. Stop pretending to be something you're not to try and match up to the pretence your twinsoul may have adopted.

You know very well that when your twin denies it all it's a disguise, so why do you let your ego convince you that they really are this cold-hearted, loveless person? Everybody wants love, some people are petrified to admit it and will go to great lengths to deny it. It is all about protecting themselves from rejection.

Stop Judging the Validity of this Connection with Logic

Logic and ego go hand in hand. But our egos will pass away upon death, and our souls will live on. Stop assuming that logic is always right or correct; that logic is reality. Remember, we are souls temporarily residing in a physical body in order to overcome its limitations to increase self-love.

It's been drummed into us on earth that logic is the way to measure the validity of things. We compare things of the past with new awareness through using logic, and if it doesn't fit into logic, then we believe it to be invalid and make-believe. But this is ego thinking, temporary thinking that does not take into account the eternal soul in which we derive from, our truth. Our life on earth is not the be all, end all. It is a temporary place, therefore in order to ascend and return to the higher realms permanently, we need to "remember" the truth of our creation, our soul.

Give Up Regret

Like I said before, so-called "mistakes" are actually lessons we appointed for ourselves before birth, therefore regretting that we didn't do something differently from our past is really not needed for what has happened has happened because it was supposed to.

It is but another way the ego tries to hold us back from our divineness by punishing and criticising ourselves. We will always reach our appointed destiny. It is up to us to surrender to this path we have agreed upon and to stop self-blame.

Give up Social or Religious Dogmas that Diminish our Divinity

The beliefs we have in our lives shape who we think we are and what we expect our lives to be like. Therefore, it is vital that our beliefs about ourselves, about our world and spirituality are positive and inspiring rather than negative and limiting.

Beliefs have the potential to create or obliterate. Our beliefs may come from many different sources; childhood influences, social conditioning, authority figures who we are told as youngsters are always right and know what's best for us, religious influences, what we learn from our families and friends and even bullies. The list goes on.

We are constantly bombarded by influences everywhere we go. We become so accustomed to them, we begin to see these beliefs we develop as absolute truths and we defend them and hold onto them no matter how much they may be hurting us. It is as if the mind thinks it is better to be "right" rather than happy. As humans we like to make sense of things, therefore it is threatening to question our beliefs that are hurting us and not serving us well. It is our way to try and remain in control instead of surrendering to our paths and soul cores that are pure love.

Our belief systems are very powerful, more so than we realise. On this plane of duality and opposites, everything needs to be balanced. Therefore, whatever belief you have about yourself, about the world or your life will manifest itself into actual form as the cosmos will match these thought energies and mirror them back to you.

As humans we have a tendency to use our egos to "prove" to us who we are by the things that happen to us. The ego focuses on the physical, i.e. if we believe our life to be full of unhappiness and bad luck, then our ego will pick out all the bad things that happen and these will be the events that stick out in our minds as "proof" to our belief. We will continue in a cycle of negative thinking that will draw in these negative energies. On the other hand, if we believe ourselves to be lucky and have a happy life, then our egos will remember those events in our life as "proof" that that is what we are.

Therefore you must change your attitude into positive thinking and eliminate any beliefs that are derogatory and harmful. Sometimes people claim that they are just being "realistic" when they are thinking negatively, but what is to say that something more negative is more real and likely than something positive?

In this world, people are riddled with self-doubt and this often makes them act in ways that are not for their own or others highest good. Therefore, there is a lot of negativity around us, but when we look to the spiritual core and choose to see the good in everything, we will begin to

see through people's insecurities and see their true nature of love and happiness beneath.

We turn on the news or read a newspaper and the headlines are nearly always negative. This is because these shocking stories sell. But we begin to only see the negatives in life as a consequence as the balance has been tipped with this depressing (but highly profitable) slant.

Try to steer clear of religions that have teachings of "sin" and that we are "bad" and need to punish ourselves, limit ourselves or diminish our personal power and charisma in order to be "humble" and "deserving". We ALL deserve love and happiness and the best for ourselves. We are already part of God for we are fragments of Him/Her and through the divisions we have formed into these individual souls. Therefore we are love at the core, and we deserve to be the best we can be without self-punishment or self-criticism that so many religions want us to adopt.

We are here to overcome our limitations in order to awaken further to our soul truth, therefore it is counterproductive to remain in negative cycles blaming ourselves for not being "perfect". Our job is to realise these limitations we set ourselves and break through them through self-love and understanding which it turn will lead us to unconditional love for others too.

So ask yourself the following questions and write down the answers to start thinking about what you could do to change your beliefs for the better:

- *Are you happy within yourself?*
- *Do you look to others, possessions or status to find happiness?*
- *What about your inner core? What does that desire?*
- *What do you believe that only others can give you that will make you happy? Now you must give that to yourself. And THEN when you find a deeper balance, you will attract greater joy and peace into your world.*
- *What beliefs do you have about yourself?*
- *What beliefs do you have about the world?*
- *What beliefs do you have about the people around you/society?*

Now work out which of these beliefs are realistic or just plain pessimistic.

Write two lists; one column with your positive beliefs and one with your negative. The positive beliefs should be the ones that empower you, whereas the negative one disempower you.

Which ones have held you back the most? Which ones have affected your life the most?

So how do you stop the negative beliefs?

Well, firstly you need to want to change. This takes courage and patience. We are so used to our beliefs that, as I said before, we see them as absolute truths. You will need to dig into your past and see how these negative beliefs about yourself and your world came about and to try and see everything from a greater perspective. Taking yourself out of situations and trying to see things from a neutral person's perspective can achieve this. Does the situation look the same from this neutral perspective? Now how about stepping into the shoes of the person who hurt you. How does the situation look in their eyes? Is either person *really* wrong? Or were they both just doing the best they could with all the knowledge they had back then?

You need to believe that change is possible too. If you are still holding on tight to your negative beliefs it is because you are not recognising your own divineness and the lesson that is in front of you to overcome these limitations. You need to suspend your disbelief and be patient and persevere to try and see these as lessons. The true you is the soul you. This clothing of flesh is here to assist us in strengthening our self-love by seeing we are divine underneath our veils of self-doubt.

It is YOUR responsibility to love yourself. Even if you let your ego convince you that you are unworthy because your twin appears to "reject" you, you must be able to look past that veil and see the divine purpose of everything that is happening. You will need to take a leap of faith and TRUST in your life path which is for your highest good.

Stop believing you can only be whole if you are in a relationship with your Twinsoul.

It might be that you aren't even supposed to be in a physical relationship with your twin. This connection is primarily about soul, so in some cases the twins might need to feel the yearnings to be with each other in a relationship so acutely so that eventually they can give up this attachment to outcomes through learning they need to accept the situation they are already in. This helps them to surrender to their path and give up their need to control things. Also, it forces them to develop the seed of energy engrained within them from the other, so that they become balanced and can harmonise their energies again.

We have access to our twinsoul's love all the time, any time. It is whether we have the ability at this time to peel away the layers of ego that prevent you from feeling your own love for self and thus twin's love too.

If you are searching for concrete evidence that your twin loves you in order to validate your own worthiness, i.e. demanding a relationship or that your twin do something *your* way, then you are looking in the wrong direction.

You need to stop concentrating on the outcome. Learn to live in the NOW and concentrate on the journey which is just as important to help you heal. If you were to unite with your twin before you both healed individually, then you would forever remain reflecting each other's pain.

You know in your heart that you will unite in eventuality. Obsessing about the details and constantly seeking hard evidence and validation in physicality will only distract you from becoming whole within yourself.

That's not to say that we should repress our needs, but rather we should concentrate on becoming whole within ourselves instead of expecting our twins to satisfy the voids in our lives.

Follow Your Heart, Not The Advice of Well-Meaning Friends

Stop listening to well-intentioned friends and family members who have absolutely no idea what you are going through. It's very likely that they only see things from an outsider's perspective, therefore they will come to their own conclusions and judgements that are based upon social "norms". Remember, the twinsoul connection is exempt from social convention for it goes beyond it and will long outlive it.

Don't Hold Back; Push Through the Vulnerability

Silence that little voice that tells you "You're being ridiculous" whenever you are face to face with your twinsoul. It is this kind of ego talk that all your fears arise from and especially the fear of being vulnerable. It is often the fear to expose the most private aspects of yourselves to each other that holds you back. To have someone witness and really understand your pains, your embarrassments, the parts of yourself that you reject, is scary. When we are embarrassed, the last thing we want is someone else to witness these feelings of churning humiliation and cringing.

When we feel ridiculous to feel such deep love it is because our ego is telling us that it's unreciprocated. We believe our twin just thinks we're a pathetic fool and stupid for trusting so much in the notion of love when we have been conditioned to regard logic as reality as apposed to intuition. Therefore we feel silly to admit our love as we see it as a weakness as it is something that cannot be seen or proved.

When faced with our twin, we cannot hide our frailties, our vulnerabilities, our feelings of ridiculousness, our "mistakes", our regrets. All of this can be seen in an instant by our twin's eyes and vice versa. We sense their embarrassment too for we can see it all in them as well. Such discomfort is hard to bare at first, but it is something that must be overcome.

When we have become more whole within ourselves through self-acceptance and love, this feeling of embarrassment will not exist so acutely for we will accept the parts of ourselves that we once rejected.

So what aren't you accepting about your twin? How does this relate to how you aren't accepting parts of yourself? Spend time journaling whatever comes up.

Accept that the reason you aren't united fully with your twin is because at this time you aren't supposed to be

This means that you have more karma to fulfil before union can occur. The karma you must fulfil was decided upon before birth into this incarnation and it will serve to help you become more whole and may even be a separate life task you must fulfil to help humanity in some way before you can unite with your twin.

You have more lessons to learn, more pain to heal before your energies can realign and maybe you even have other soulmates to meet and form relationships with to help you along your path and eventually to help you reunite with your twin.

Stop thinking that because the connection is difficult, then it means it's *wrong*

You chose these difficulties. They are what will eventually make you stronger and increase the love between you. Judging the connection and labelling it as wrong or immoral is the work of yet again your ego. Now I'm not saying we should put our necks on the line and put up with abuse

of any kind, twin or not, but there are times when we have to look beyond the actions of our twins and recognise that fear is what is causing them so much resistance.

Stop thinking your twin should be at the same level of spiritual development as yourself

Twins need to help each other awaken and often one twin will develop quicker than the other. It doesn't make the slower one "wrong" or "bad" – it just means they need more guidance. Twins awaken at similar rates, but one will usually have to give the other a little nudge forward, but not a full-on shove. Patience.

Your twin isn't a coward for not being with you through fear. Fear is a natural part of coming to terms with something unknown. Besides, you aren't united at this time because there is still more karma to fulfil. Overcoming the fear is one of the lessons the "runner" needs to learn and in order to learn that lesson, the twin may need to hit rock bottom first before they can see there is another way; surrender.

Stop blaming yourself for not being perfect

We aren't supposed to be perfect; that's not the aim. The aim is to be healed and aware of our soul origins, and be mature enough to give and accept love in its highest form.

Likewise, don't blame yourself (or twin) for not being completely healed yet. We all have our issues and if we didn't, we'd have ascended by now. These issues are here to heal from, they are here for a purpose. So don't beat yourself up because through healing, you are slowly allowing in more love. Go with the flow and it will all come to you naturally, in the perfect time.

We are all unique, we are all worthy of love and we all have flaws. We need to learn to love ourselves (and others) including the flaws and not despite the flaws. We compare ourselves to others too much and focus on parts which we believe are "perfect" about the other person. Although in particular areas of their life one might excel, there will surely be other areas where flaws will appear. And this is *okay*.

Everywhere we go, our society tells us we must be perfect in order to be a worthy and good person. We are bombarded with adverts that display "perfect" looking women (highly airbrushed and acting out

socially idealized themes) or men are shown to be popular with the ladies by possessing a fast car, a certain cologne or be extremely wealthy.

Our televisions, newspapers, magazines, billboards poison us with stereotyping and material thinking as opposed to spiritual thinking. We are shown that if we don't have material success, then we are lost in the cracks of a "worthy" society.

If we don't fit into the societal ideals of what beauty is, then we feel unworthy. If we don't have a high-flying job, then we feel unworthy. If we aren't rich, then we feel we must be doing something "wrong" and that we are "unworthy". If we have depression and can't look after ourselves properly, then we think we are "bad" or "weak" and unworthy. If we aren't fully united with our twinsouls, then we feel that it's because we aren't perfect and therefore we aren't worthy.

If someone rejects us, we feel unworthy. If our twin rejects us, we feel we must be terribly unworthy.

Always stay open to Deeper Awakenings

Don't be too precious of fixed beliefs that you have about the connection – there is always room to learn more and it's okay to change your views about things when a new awareness presents itself. This is how we grow.

Trust that the Energies You Feel When Apart Are Very Real

Soul is very real. If you trust in your intuition you will be able to feel that it is more real than anything. So often we go through the time of physical separation forgetting that we are always connected through the energies of our soul Oneness, even when we haven't fully united in the soul. So often we feel so alone, lonely and in despair. But that is because we are forgetting that the love is always available to us, and that we can access their energies consciously through meditating to "merge" our energies. When I talk about merging, I am referring to temporarily realigning the energies on a conscious level by consciously directing our energies towards our twin so that the telepathic channels can be consciously experienced.

When this happens it is common to feel that your twin's spirit has "entered" yours, like you are sitting or standing inside each other. From this place you can feel their love without the restrictions of ego getting in the way and this kind of merging can provide much comfort and healing. I have experienced many "conversations" (telepathic conversations) with

my twin's Higher Self (all-knowing soul core) via this technique and have received comfort and support in times of struggle, and at any time.

You can do this technique any time, but to begin with I suggest trying it during a meditation in order to get you used to it.

So firstly do the chakra meditation technique detailed above or you can do this simple technique:



Sit somewhere quiet and do deep breathing for a few minutes whilst visualising a white flame expanding from the centre of your heart to fill your whole body and aura. Now see your twinsoul and visualise them sitting opposite you and have this white flame expand to surround him/her too.



Visualise this white light cleansing you both of your blocks.



See your chakras opened fully and the energies of each one flowing out from you both and merging together in front of you.



Feel your love circulating. With every inward breath, imagine drawing in your twin's energies, and with every outward breath, imagine sending your energies into your twin's chakras for healing.



Now imagine sitting inside each other, the energies still circulating. Stay there as long as you want and listen for messages or telepathically talk to your twin. It may take many practice runs before you will be able to distinguish between your twin's Higher Self talking with you and your own thoughts, but in time, with perseverance you will become more confident and it will grow from there.



When You Reach a Deeper Awakening

Much later on after many lessons have been learnt and wounds healed, you will begin to realise that worldly ideals are insignificant in this connection. Old relationship "rules" that you used to follow that society had created no longer qualify and as you begin to trust your own instincts and gain self-reliance, you begin to realise that your friends' way of

thinking and trying to prevent you from getting hurt are all very well, but do not apply anymore. You know what is right in your soul and you know that this is what you must follow, not the advice of others, no matter how much they mean well.

As you feel yourself drawing away from your old beliefs and ways of living as you feel the increasing urge to follow your Soul Knowing, at the same time you begin to draw closer to your twin, not necessarily physically, but within your soul. You can feel them within your being more acutely and there is a sense of knowing that he/she can feel this separation from the old way of looking at the world too. There will be a sense that you both feel closer to each other and to the whole of the universe, not just this earth. There is a feeling that there is much more to come after life on earth and that you are becoming closer and closer to the other parts of the universe beyond earth.

There will be a feeling of isolation from the social world and the understanding of the majority of the people within it. Twins often feel lonely at these times, but overall there is never a sense of being completely alone for you are now acutely aware of the higher forces, the Mother and Father God and your Guides and Angels who are always with you and helping you along the way. You will realise that they are always here to talk to you and show you the right way. There is a sense of being connected to your twinsoul and God as a triad; they are three join together as One.

When No-one else “Gets it” and You are Feeling Isolated

Hang in there. The best way to overcome this is to read as much as you can on the subject through books, websites, forums etc to see that **you are not alone**. Try to participate in forum discussions on the subject so that you know there are others out there going through similar experiences. But remember, you don't have to believe everything other's say about the connection (even me!).

Writing a journal is also very therapeutic and will help you to feel that someone is listening and letting you offload all your thoughts, emotions, angry outbursts and the like.

Be careful in who you tell in your physical life about this. Most people won't understand and will either think you're crazy or will try to give you well-meaning advice that has nothing to do with the reality of a soul connection. Therefore their advice will likely be counterproductive.

Also telling others who don't "get it" will dishearten you and might put you back on a track of denial about the whole thing.

I find the best thing to do in order to feel more connected to someone who understands is to do the merging techniques detailed above and to also meditate and contact your guides for support. They are always there with you, listening, guiding, comforting and helping you.

To help you contact your spirit guides I have included a meditation technique in the Meditations chapter.

If in doubt and you are feeling helpless, just concentrate on following your intuition and working on healing yourself. This is all you can do at this time to help reunion on its way. It will happen in perfect timing. This is a test (not a punishment) to strengthen you, to make reunion all the more wonderful and to make it so there is no chance of you ever taking the other half of your soul for granted when you have reunited!

The Mission

Once twins have learnt to come back to self-love, the connection becomes more peaceful and harmonious as their energies reflect this greater wholeness. Often the distance needed in order to create this self-love also fuels them with the creative energy required to set forth their life purpose or "Mission" to spread the word about twinsouls or some other matter which will help humankind in some way. It may even be a combination of purposes.

Such reflected self-love multiplies the love they experience and their hearts expand to enable increased love to be shared with mankind. Love is simply light in motion, therefore with more love created by the twins, the more they will vibrate at a higher frequency which connects them to the higher realms. When we vibrate at higher frequencies, we can sense our spirit guides more and consciously connect to their messages and light. We can then channel their energies onto the earth plane which rubs off onto others and thus the love is shared and multiplied.

Some of us will be healers, channelling these light energies directly to heal others and the planet, some will be channellers of the spiritual messages from spirit guides and angels, some will be artists, writers, musicians... anything which is creative and loving in nature, that will help to inspire and heal others. These spiritual messengers are called Lightworkers. Their awakenings allow them to see reality in terms of the soul as opposed to the mortal body we may find ourselves in.

Twinsouls are often such Lightworkers. Their magnetic love for each other also draws in the other soul family members, soulmates and near twins, to accelerate these soul's awakening to the light which is then passed onto other also. This is how we are accelerating consciousness in these times.

Suddenly, for the twins, life becomes about love and helping other's achieve it. They can sense Source acutely through each other and expanding and becoming aware of their connection to all things becomes their reality. Through increased love created by the twinsoul connection, they recognise that it is love that connects them to all others too. It becomes their mission to help others see this too and have their own awakenings.

The twinsoul connection brings forth awakened psychic skills, healing energies and greater empathy to help others. They receive infinite wisdom from their spirit guides which they can then pass on and demonstrate through love to all those around them.

So how do you discover what your Mission is?

Your mission will be the unique talent you have to help spread love to humankind. It will be the talent you have always known deep down you are supposed to fulfil in this lifetime. We all have unique talents and we need to have confidence in ourselves in order to believe in them and place our creative energies into them.

It may take a while for you to recognise your mission, for often a time of exploration is needed, and asking our Higher Self and our spirit guides what we are supposed to do with our lives. Trial and error will eventually lead us down the right path, or help us realise that yes, the talent we possess is what we are supposed to use to bring love back to the world.

I also do Life purpose readings on my website
www.twinsoulmates1111.com

Here is a channelled message from AstridPirellious about The Mission and helping others:

Karen: “How can we be the best we can be and make the most of helping others?”

Astrid: “A person must have faith in themselves and in us. If a person believes that they are worthy of great things, then abundance will come to them. All must realise that they have the power to manifest great things in their life if they have faith and perseverance. This is one of the great things about the mind – it can help you plant the seeds of success. If you picture yourself achieving good things and believe it will happen, then in time it will. But you must continue to have faith.

Happiness is available to everyone if they believe. Too many store up examples of bad things that have happened to them as “proof” that they have “bad luck”. This is simply a way to continue to be a victim and give up responsibility for their own happiness. They continue to believe that their happiness is dependant on others and situations that they have no control over.

However, if a negative experience does happen, an optimistic person will see it as a way to learn something from it. They will not put it down to bad luck but will realise that there is something positive to come out of the experience. They see everything as a lesson and do not give up and say that they cannot be happy.

In order to be the best a person can be, they must continue to have faith and take this responsibility seriously. In order to help others, people must be able to help themselves first. How can someone give love to others if they are not giving it to themselves first?

Oftentimes people don't want to be “selfish” but this have nothing to do with being self-centred, but is all to do with being self-loving. Some people give so much of themselves to others that they ignore their own needs. It is a very good thing to give to others, but only if you are giving to yourself the love you deserve too.

Most people begin to doubt themselves and their path when setbacks occur. However, this is a natural part of life and will help people to grow to reach their highest good.”

Karen: “Why do people hold back from their dreams?”

A: “It is through fear of not succeeding. If they do not have enough faith in themselves or their circumstances then they fear failure. As a result, they begin to convince themselves that their dreams aren't as important as

they really are. They deny their dreams and continue in their comfort zones.”

Karen: “How can we push ourselves out of this comfort zone?”

A: “Through facing fears. The fear is often of the fear rather than the situation itself. Humans are brought up in a harsh world where they have been taught many negative beliefs. The news on television almost always shows negative stories, we are told that the world is a very dangerous place, money has taken over and people fear being poor. There are also many young souls (souls who haven’t incarnated many times so have not awakened much to the spiritual side of life) who are hurting inside and lashing out at others.

People remain in their comfort zone because it is “safe”, but nonetheless it is holding them back. Coming out of the comfort zone and pushing for greater achievements means dealing with the anxiety that goes with it. But, what people fail to realise is that anxiety is a natural reaction to expansion. It is not a bad thing, just a natural reaction. The anxiety is only dangerous if one allows it to hold them back on their path.

In order to expand past the comfort zone, one must simply accept the anxiety as a natural stage and push through it. Meditation and continued faith in their spirit guides and life path will help to ease this anxiety greatly and eventually they will see there was nothing to fear. This is how we expand ourselves.”

Meditations and Prayers

Meditation to Dissolve Blocks and Become Calm

- Sit comfortably in a quiet place where you won’t be disturbed for 30 minutes or so.
- Place your hands resting on your knees, palms facing upwards.
- Close your eyes and breath in and out very deeply for five minutes, focusing on your bodily sensations which enliven with every breath.
- Visualise the Violet Flame blazing through your entire body and aura washing away all negativity that stands in the way of your union with your Twin. Visualise the flame also blazing through your Twin at the exact same time, asking your guides to let your twin feel this positive energy that you are visualising, only if they

consider it safe to let your twin feel it at that exact time (wouldn't be good if they suddenly felt it whilst driving etc).

- Now visualise that your souls are within each other and see the Violet Flame blazing through you as One. As you breath in, the Violet Flame is drawn into you, as you breath out, it pushes any negativity away.
- Imagine it pushing out all your fears.
- Imagine it pushing out all your worries and concerns you both have.
- Imagine it pushing out ego and logic and allowing Soul Knowing to become part of you both instead.
- Imagine it pushing out any addictions.
- Visualise it drawing in peace and unconditional love.
- Then see it bringing in understanding and harmony to you both.
- Imagine it dissolving away and sort of negativity which you feel is preventing you at this moment from fully uniting.
- Now see yourselves facing each other and picture your chakras. As you breath in, visualise the healing Violet Flame being breathed out of your Twin's chakras and into your chakras, and as you breath out, imagine the flame coming out of your charkas and entering Twins so you are sharing the healing qualities of each other through the flame.



Meditation to Reach Your Spirit Guide

- Sit comfortably in a quiet place where you won't be disturbed for 30 minutes or so.
- Place your hands resting on your knees, palms facing upwards.
- Close your eyes and breath in and out very deeply for five minutes, focusing on your bodily sensations which enliven with every breath.
- Visualise yourself at the top of a winding staircase.
- See yourself slowly descending down them. Going down symbolises going into your subconscious. Visualise every step.
- When you reach the bottom, see yourself standing in front of a closed door.
- Now silently ask your guides a question. Believe that they are eager to give you the answers you are seeking.

- Now see yourself placing your hand on the door handle and slowly opening the door, your question still in your mind.
- There is a chest on the floor in front of you. Your answer will be inside the chest.
- Now see yourself bending down and slowly opening the chest.
- What's inside?
- This will be a symbol your guides are showing you to help answer your question. If you don't fully understand the symbol ask you guides to give you a clear one that you will understand.
- Concentrate on breathing again for a few minutes and ask your guides to show you more symbols, more answers. It will take a while for you to distinguish between your own thoughts and the symbols provided you by your spirit guides. If in doubt, listen to your intuition. With a symbol, you will usually receive a gut feeling, a knowing feeling rather than with a simple thought.
- Thank your guides, open your eyes and come back to the room.

Prayers

I call upon the I AM Violet Flame of the Holy Spirit to blaze through my Twin Soul and I now and forevermore, bringing us into complete balance as One and transmuting all impediments that stand in the way of our soul union. Blaze through our hearts and remove all our pain, blaze through our minds and remove all our ego and fear, blaze through our bodies and heal us completely of our physical illnesses, blaze through our souls and make us whole as individuals and as One. Amen.



I call upon the I AM Violet Flame of the Holy Spirit to enter my Twin Soul and I to help us on our Path to Complete Union. Heal us of our negative attitudes, heal us of our addictions, heal us of our pains locked inside our hearts, heal us of our egos and resistances. Blaze through us and give us the strength to see the purpose of our union and to have the courage to fully embrace it. Wash through us and give us the courage to love unconditionally and accept the current circumstances between us as part of our Path of discovery towards Complete Union. Amen.



I call upon Archangel Michael to surround my Twin Flame and I with your Blue Light of Protection. Keep us within this light at all times, helping us to see our Truth and have the courage to follow our Path. Thank you.



I call upon Ascended Master flame to seal my Twin Flame and I with your tube of White Light, keeping us anchored ever to the divinity of our union. Help us to see our Light and Christed Selves. Help us to know we are pure children of God and are deserving of this Twin Flame Union. Amen.



Violet flame in all your purity,
Blaze through our union for all eternity,
Until as one our hearts are in unity,
As we are united for all of eternity.

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