

Twin Soul Relationships

(Twin Flames)



"And when one of them meets with his other half, the actual half of himself, the pair are lost in an amazement of love and friendship and intimacy and one will not be out of the other's sight even for a moment."

**Plato
2,500 years ago...**

The moment your soul was created it possessed male-female, ying-yang polarity and energy. God's love for you made sure that these two complimentary forms of consciousness, the masculine and feminine, would be bound together throughout eternity.

The two halves of one soul have been called twin souls, twin vibrations, twin rays or twin flames. Said another way, you only have one twin aspect of your soul in the entire universe who vibrates at the same frequency of light that you do. This is quite an awesome thought. However, the story is a bit more involved than this simple explanation.

Soon after our souls were created we left the joy and bliss of the Absolute to enter and experience the physical universe, in which we currently find ourselves. Originally we were ONE complete soul, one family, one Being. There was no separation, just complete joy and unspeakable bliss. However, when we left the Absolute to enter our universe of duality and opposites, all of that changed.

The ONE Soul, which was originally whole, began to separate and divide into smaller and smaller fragments of Itself over the ages. This occurred so that we could eventually relate to one another as races, nations, and families, or as individuals while in the physical universe of opposites.

As the splitting of the ONE occurred, relationships were born. And it is through relationships that we create opportunities to know ourselves, to remember our divine origin, to seek reunion and oneness with one another and eventually return to our Source. The twin relationship plays a very important role in all of this, as

part of the divine, cosmic plan.

At the end of the cycle of division, our individual souls made one final and very painful decision. We separated from our twin, the other half of our soul-self, when we lost our way on planet Earth and became physical man and physical woman. We did this for a reason. As part of the divine plan, separation had to be experienced at all soul levels. This included twins within the same soul, so that we could initially experience and feel what separation was like. Then, when the time was right, we would reverse the entire process and experience the ecstatic joy of reunion.

Over the ages, and throughout our many lifetimes, the experiences and feelings of separation constantly reminded us of our yearning and craving for completion with our Source and with our twin. That inner hunger for wholeness is why we search for romance and relationship. That is why we have families. That also is why we seek God. We are trying to re-create the same oneness we felt in the beginning.

At some magical moment in cosmic time, each of us will reach a point during our personal growth and evolution where separation is no longer the path of choice for us. The signal that would ignite the experience of soul reunion would be our spiritual awakening. In the process, we would also remember and realize that we are divine Beings of Light.

Awakening to our true spiritual nature takes us on an inner journey that leads to the opposite of separation, which is reunion. As you can well imagine, reunion brings with it feelings of love, joy, bliss and ecstasy. At that moment, the soul begins to crave oneness with its Source. Part of this hunger will be satisfied by reunion with our twin. From what I read, this is when the journey home to our Source begins in earnest.

Our spiritual awakening will eventually inspire us to question, and then cause us to discard, the false beliefs we have about traditional relationships, which are primarily ego driven and fear based. We will discover that, in order to have a lasting, fulfilling and meaningful partnership, the positive energy of unconditional love will have to replace the negative influence of the ego.

Once twins begin to think and feel this way they are setting the stage for reunion. And once reunited, the twins will still have to work at their relationship to make it a lasting and rewarding one. Twin reunion by itself does not guarantee happiness. It simply sets the stage for it. Bringing a powerful spiritual awareness and a strong sense of Self into a newfound twin reunion will provide the sustenance and glue for its balance and longevity.

Another very important step prior to reunion is the need for balancing the masculine and feminine energies within each of us. The masculine half has always retained some of the original feminine energy that the soul possesses, while the feminine half still holds onto a part of the masculine essence it once was united with.

Since that time, we have roamed around in this incomplete, unbalanced state of being looking for soul completion. We'll continue to experience life after life and

relationship after relationship until we decide we've had enough separation from our other half and want something more fulfilling.

One of the most important things to keep in mind is that it is very easy to fall in love with the "picture" of the twin soul concept and be blinded by all that it promises. That has to be brought into proper focus and balance. Another danger is over-idealizing and hyper-romanticizing your partner and your relationship to the point where you believe you will live happily ever after regardless of what the future brings. That is not true. Depending upon one's level of spiritual development, twin souls can have varying degrees of ego issues just as other partners do.

Over many lifetimes soul mate relationships prepare us for lasting twin reunion. They are a very important part of the process and should be blessed as such. Most often, soul mate unions will last longer and be more rewarding than the electrifying, but often stormy, twin pairings. Twin soulship is a very highly charged partnership and the two must be spiritually ready for it to last. When they are, their union will transcend all others.

Below is very useful information from various sources about twin souls...

Plato

The twin-soul concept is not new. Plato described it 2,500 years ago. Here is an excerpt...

"and when one of them meets the other half, the actual half of himself, the pair are lost in an amazement of love and friendship and intimacy and one will not be out of the other's sight even for a moment..."

If Hephaestus, son of Zeus, were to ask the pair; 'do you desire to be wholly one, always day and night to be in one another's company? For if this is what you desire, I am ready to melt you into one and let you grow together, so that being two you shall become one, and after your death in the world beyond you will still be one departed soul instead of two - I ask whether this is what you lovingly desire?' - and there is not a man or woman of them who, when they heard the proposal, would not acknowledge that this melting into one another, this becoming one instead of two, was the very expression of their ancient need. And the reason is that human nature was originally one and we were a whole, and the desire and pursuit of the whole is called love."

It seems that when each of us separated into our male and female halves long ago, the soul knew, and still knows, that the rejoining of its incomplete self would inevitably take place. It was part of the divine plan. After that agonizing and painful division occurred, a deep-seated yearning for oneness began to linger within each of us and the desire for reunion and completeness has endured over the ages. Only one other in the entire universe can satisfy it. As a result, we are constantly searching for our twin.

But the desire for completion doesn't stop there. And the soul also realizes this. What the soul really wants is not only reunion with itself through twin half union, but the original feeling of ONENESS it had with God at the very beginning of

creation. This craving for the original intimacy will not stop until it is fully satisfied. We have as long as we want to make it happen. But it will happen.

It would seem that this desire for oneness must be the foundation upon which all relationships are built. Male-female unions have come into being and have fallen apart for thousands of years. However, if a deep, spiritual union with our Source can be established and maintained, the chances for lasting joy and fulfillment between loving partners becomes more and more of a possibility.

It also makes more sense that our relationships should be based upon spiritual principles rather than man made religious dogmas, which can bring so much fear and guilt into people's lives. In my opinion, it is this lack of spiritual sacredness and blessed oneness that is missing in many of today's relationships, be they marriage or otherwise.

The Sufis

Plato is not the only individual who has given us insights into twin soul relationships. Spiritual writings from the Sufis 800 years ago say that...

"Out of the original unity of being there is a fragmentation and dispersal of beings, the last stage being the splitting of one (twin) soul into two. And consequently, love is the search by each half for the other half on earth or in heaven..."

As twin souls are so alike to begin with, it seems necessary for them to go their separate ways before they can complete each other. Identity and complementarity are the two driving forces and axes of love... For the complete being there must be a blending of the two."

Sri Aurobindo and the Mother

From time to time, God sends humanity advanced souls who not only teach a better way, but live it as well. So it was with two extraordinary, twin soul avatars, Sri Aurobindo and the Mother, both of whom were in body during the 1900s. From a heavenly realm, they descended into our midst and took on male and female forms to help us in our hour of need.

Sri Aurobindo often said that he and the Mother, who could communicate telepathically with one another, were one soul in two bodies. They came to spread the male (Shiva) and female (Shakti) energy on our planet and serve as an example of service for all future twin souls.

Here are some excerpts from a book titled, *Twelve Years with Sri Aurobindo*, that will shed some light on this remarkable twin union.

"To both of them, the other's word was law. One of us observed that only two persons have realized and put into practice Sri Aurobindo's Yoga of surrender: the Mother surrendering to Sri Aurobindo and Sri Aurobindo to the Mother."

"The two who are one are the secret of all power, the two who are one are the might and right in things."

"The Mother has said, "Without him, I exist not; without me he is unmanifest."

"And we were given the unique opportunity of witnessing the dual personality of the One enacting on our earth-plane an immortal drama, rare in the spiritual history of man."

"The two consciousnesses were one so that when Sri Aurobindo met with the accident, the Mother felt at once the vibration in her sleep."

"He followed closely all her outer activities and enveloped her with an aura of protection against the dark forces."

Edgar Cayce

Edgar Cayce, the remarkable "sleeping prophet," also spoke about twin souls. He tells us that, in the beginning, the "male and female were as in one."

In his historical description of Atlantis, Cayce says that as long as several hundred thousands of years ago...

"there lived in this land of Atlantis one Amillius, who had first noted the separations of the beings as inhabited that portion of the earth's sphere or plane of these peoples, into male and female as separate entities or individuals."

Even more remarkably, in the book *Edgar Cayce's Story of Jesus*, (pages 27-28) he says, while in trance, that Jesus and Mary (his mother 2,000 years ago) were twin souls...

"... you see, in the beginning, Mary was the twin soul of the Master in the entrance into the earth!"

"Neither Mary nor Jesus had a human father. They were *one* soul as far as the earth is concerned."

Just recently I was listening to a tape by John Van Auken, Executive Director of the Association for Research and Enlightenment, (the Edgar Cayce Foundation). In that tape, a woman mentions to Mr. Van Auken that Edgar Cayce seemed to have many lives as a man. "Is that typical" she asks?

Mr. Van Auken replied that if your root essence is male, then most of the times you will come back as a male, but you will also have some lives as a female, and vice versa. However, here is what Mr. Auken said about Gladys, the woman who painstakingly transcribed over 14,000 readings for Edgar Cayce, when he went into trance during his most recent lifetime...

"His feminine side was going through here at the same time... she was his stenographer, his helper in building the mission and fulfilling the work... it says (in the Cayce readings) that when he comes back as the Liberator in 2158, they'll come back united, they'll be together, we will see an androgynous expression (of Cayce and Gladys)."

I contacted Mr. Van Auken about this reading to find out if he was saying that these two individuals, who have shared many lives together, are twin souls. His answer was, "Yes, they are twin souls."

Children of the Gods

In an obscure book, *Children of the Gods* (a difficult read for me), the author, A. B. Curtis, writes about his grandfather archeologist who, in 1929, returned from an expedition to a sacred Mayan temple where he experienced an unusual preternatural vision. In that vision, cosmic beings revealed many things to him, including the following brief insight about twin souls...

"Wherefore, each single thing becomes two opposites;
the inside of a thing parted from its outside,
the up of a thing separated from its down,
the going of a thing separated from its coming,
the lost of a thing separated from its found.

As result of this impairment, great longing pulls between
to wind the spring that moves the world.

The first division would be man himself,
each part forever seeking its twin.
Hard work for those who think
love is a game to win.
They will, of course, continue to
defeat themselves until remembering."

Eileen Caddy

Eileen Caddy is the co-founder of the Findhorn Foundation. Her remarkable and inspirational life story was told in the book, *Flight Into Freedom*. This is what she had to say about twin souls. Keep in mind that she received many messages and visions from God throughout her life, which was a constant test of faith in order to help her evolve spiritually...

"I recalled a vision I had been given back in 1974 just when the first cracks were appearing in my relationship with Peter: I was taken to the beginning of time when humans were etheric beings with bodies of light. Peter and I were in one light body. Then I saw us split in two, and Peter wandered his way and I wandered mine. My being became denser and denser, and I lived through lifetime after lifetime of tremendous suffering, pain and anguish. I wandered searching for something I had lost but I did not know what it was. I was a lost soul. Peter and I may have been brought together from time to time, but we did not recognize each other. Then I was brought into this

lifetime and God said: 'Now is the time. I have brought you together to do a very specific work for me'..."

St. Germain

Here are some answers and thoughts by the Master, St. Germain. They give more insight into the subject of twin souls and how we attract our other half...

Q. Are twin flames more like a companion of the soul?

A. It is an identical resonance reverberation of the same frequency within the different (male-female) bodies of energy.

Q. Are many twin flames coming together now in this time?

A. Of course, because many Christ-consciousnesses are being born.

St Germain continues...

"Within your male (twin) soulmate energy essence, there abides a certain frequency that is indeed identical to the same frequency found in the female (twin) soulmate energy essence... there are identical frequencies existing in the opposite bodies of energy, and these you call twin flames."

"Now, experiencing Christ-Consciousness within yourself, loving unconditionally that which you are as you exist and abide in your reality at this point in time, creates the resonance within your being that attracts the identical essence within the opposite body of soul energy. It calls it forth and merges with your energy and you with it."

Kryon

Another Spirit called Kryon (brought through by Lee Carroll) is known all over the world. Believe it or not, Kryon has made 3 appearances before a subcommittee of the United Nations. Kryon has this to say about soulmates and twin flames...

"There are differences between what causes a soulmate in comparison to a twin flame, these differences have been explained by others (e.g. St. Germain). The fact remains that they both carry a 'charge' of energy that you feel at the cellular level.

Dear ones, the love of appropriate twin flames or soulmates who have presented themselves synchronistically in your life is one of the highest loves between human beings. It can be between children and parents, or romantically between partners."

A Dweller on Two Planets

Another interesting mention of twin flames comes from a book called, *A Dweller on Two Planets*. This book was written and published by Frederick S. Oliver in 1886. The author claimed he transcribed its contents under the direction of a spiritual being called Phylos the Tibetan. It covers many subjects including reincarnation, Atlantis, the human soul and other mystical concepts. Interestingly, at one point in the book, Phylos describes a dialogue between himself and his twin, Phyris, when they knew each other before planet Earth didn't even exist.

Here is an excerpt that Phyris gave to her twin, Phylos...

"Each man we see, except those who have been transfigured, is but a semi-ego, and each woman the same - two of these having one spirit. When the perfection time cometh, all the halves shall unite, each with its own - and lo! this is the marriage made in heaven. But first comes the Trial - the Crisis of Transfiguration."

Shirley MacLaine

In the early 1980s, Shirley MacLaine described her profound spiritual awakening in a book called, *Out on a Limb*. I have always admired her courage in describing her experience because she had everything to lose and nothing to gain by going public with it. Since then, millions of people have benefited from her books and speaking engagements.

When Ms. MacLaine was going through the early part of her spiritual awakening, she had a private session with Kevin Ryerson, who was well-known for his ability to channel several different discarnate spirits including one called John. During the session, which was taped recorded, one of the spirits told Ms. MacLaine several things, which only she could know. Supported by these revelations she asked the spirit, John, about her past lives and someone whom she was having a love affair with.

Part of the answers given by John concerned twin souls and soul mates. Interestingly John reverses the definition of the soul mate and twin soul phrases, as I understand them and how they have been described within this web page. However, it does not diminish the concept that each of us has another half. Here is the dialogue between Ms. MacLaine and "John"...

"So, who was I in my previous lives?"

"According to the Akashic Records, you were incarnate with a twin soul."

"Oh, what exactly is a twin soul?"

"That question takes a great deal of explanation which I will endeavor to accomplish later. For now, let me begin by explaining *soul mates*."

"Soul Mates?" I asked. I had heard the term from time to time, usually in reference to people who said they had found their other half.

"Soul mates," John continued, "were actually created for one another at the beginning of time, or what you call at the moment of the Big Bang. They vibrate at exactly the same electromagnetic frequency because they are identical counterparts of one another. Twin souls are more common to find because they have experienced many lifetimes together in one form or another. But *soul mates* were actually created at the beginning of time as pairs who belonged together... So you see, there is more to your Big Bang theory than you imagine... and quite romantic at that, wouldn't you say?"

Messages from Heaven

I recently read a wonderful book titled, *Messages from Heaven*, by Patricia Kirmond. The author is a woman whose husband passed away at the age of 80, during April of 1995. Shortly after his death, he contacted his wife, to whom he was married for over 50 years, and gave her many messages over a 3-year period. Some of those insights concerned their twin soul relationship, as well as other references to the twin flame concept...

"Several months after his death my husband told me that we were twin flames, individual souls who were created together in the beginning as one spirit."

"I think that if any aspect of the violet flame is neglected, it is the flame of opportunity which Portia, St. Germain's twin flame, sponsors."

"People feel that finding their twin flame - their divine counterpart who was conceived out of the same white-fire of God - is the answer. But really, finding your true self and resolving your psychology is the greatest gift you can give to your twin flame."

"Ascended twin flames cannot interfere with the free will of their counterparts who are still in embodiment... The twin flame longs for the return and the victory of the divine compliment, but not in any human sense... The one in embodiment may feel a profound loneliness, a sense that something cannot be found on this earth. This one can be married and still sense that something intangible is missing. The solution is to become the Christ, to fulfill your dharma. For every act of good and love you render others, you serve your twin flame as well."

"Everyone seems to search for a twin flame in embodiment. It is important to remember that many twin flames are ascended, waiting for their divine counterparts to join them. The best favor you can offer your twin flame is your willingness to face and conquer your human self."

"If your twin flame is ascended, you are never alone."

"The twin flame is far more apt to find you or appear to you if you place the (spiritual) path before all else."

Brian Weiss, M.D.

Dr. Weiss, a highly renowned psychiatrist and graduate of Yale Medical School, has written several books, the most notable being, *Many Lives, Many Masters* and *Only Love is Real*. The former book has sold more than 2 million copies and has been translated into 26 different languages.

Based upon his extensive research and experiences, Dr. Weiss also believes in the concept of twin souls and soul mates. Here are two answers to questions asked of him in his web site...

"Do we have twin soulmates?

I do think we have a twin soulmate but (twin) soulmates are not always in body at the same time. This does not mean other relationships are not very important for learning.

What if my (twin) soul mate is no longer in my life?

Having a (twin) soul mate connection does not mean that one is obligated to spend a lifetime together. One has many (non-twin) soul mates in one's lifetime. Often when the lessons to be learned in the relationship are completed, the relationship has a natural ending and the two souls move on. Also, there are many types of love and many types of soul relationships. Romantic love is only one of these types."

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All of the above information supports the notion that a separation of twin souls occurred at some point during our distant past. Since that time, we've apparently lost our way in this material world and are trying to remember who we really are and reconnect with our other soul-half. When we do, our cosmic adventure within the universe can continue where it left off ages ago.

More than likely you and your twin have come together in previous lives and may have touched at some point during this lifetime. However, if one or both of you were not spiritually ready and mature enough when it happened, the experience will have been very intense and electrifying, but short-lived.

What's the most important starting point for a twin soul reunion? How do we prepare ourselves for it? It begins with the desire to love yourself and others without any conditions attached and without judgments. Although desire is the starting point, it is not enough. One has to live it day in and day out as best as possible.

Even though our efforts to live it may not be at the level of a Master at this time, we need to be well on our way towards doing so or the twin relationship will suffer. In short, unconditional love is the magical ingredient for building a twin relationship and making it work. Resisting that effort will be the ego, which is the relationship ender.

When two twins are ready to reunite as spiritual partners, the Universe will create the special forces necessary to bring them together for another moment in

time. However, the search for the other must first begin, as a search within each of the twins themselves before lasting reunion is possible. Each has to discover his or her individual spiritual nature and God-centeredness. Then they must do their best to live it on a daily basis and foster one another's spiritual growth and evolution.

There are no dependencies in a twin soul relationship because the sense of identity has been developed within each of the partners. To reach that point, a strong sense of self and a certain degree of internal balance and happiness must first be nurtured and achieved. Then, during reunion, the essence of one simply flows into the essence of the other to create the completeness. There is no effort involved.

It is also impossible for twin souls to remain separated on any kind of permanent basis. When in relationship, they will continue to have conflicts. However, they will be driven to resolve these conflicts and any past karma as quickly as possible. Nothing is left unsaid. Nothing is left to chance. Assumptions never enter their minds. All is out in the open. Neither sits, pouts and wonders who will make the first move at "making up." There are no games, no secrets, no clinging to the other. There is no pretending. There is no deception. There is no fear of reprisal for anything they do or say, because unconditional love is the foundation upon which their relationship has been built.

In essence, twin souls can just be their open, honest selves with minimal influence from the ego. And as each conflict resolves, the bond of love between them takes on renewed meaning and strength.

How will you know you have met your twin? Here are some of the symptoms given by others who have had the experience...

Chances are you've met through a set of unusual circumstances that were totally unplanned and unexpected.

There is a powerful, instantaneous feeling that you have known the other before.

You felt an immediate and deep connection for one another.

There is an electrifying feeling between the two of you that words cannot describe.

The relationship is immediate, as though no time had been lost since you were last together.

It feels as though you had never really lived before the reunion occurred.

You feel a deep sense of sacredness and unity with God that you've have never known before.

It brings on feelings you never thought possible.

The two of you are inseparable.

When you look into each other's eyes, time and space have no meaning.

There are no barriers between the two of you. The relationship is a totally open one.

Your conversations seem to go on forever.

The two of you have a strong urge to serve humanity in a deep and meaningful way.

You give to the other and never think of receiving in return.

There is a special sacredness to your relationship that transcends anything you've ever experienced before.

You still have karma with your twin from previous lives, but the two of you resolve it all with total forgiveness and unconditional love.

Neither one of you are dependent on the other for your sense of self.

There is a strong sense of unlimitedness eternity to your feelings.

Your feelings for each other are very spiritual.

There are no restrictions within the relationship. All is freedom without the need for ownership or control.

The two of you know without doubt that you have been brought together for a reason.

You do not compete with one another nor do you pretend to be other than who you are.

In spite of your sameness, there is no doubt you feel a sense of completion through the other.

Trust, patience and acceptance of each other's weaknesses happen automatically.

There is a great sense of purpose and meaning to the relationship.

Your sexuality with one another is a sacred act that celebrates the unconditional love you have for one another.

The two of you become more and more one, without losing your individual identities.

When you look into the other's eyes, you see yourself.

You experience a sense of completeness that is without comparison.

The degree of intimacy and friendship the two of you develop is without parallel.

You recognize that the two of you are Godmates.

There is no doubt that some of the symptoms described above are also common to soul mate relationships. What really sets the twin soul union apart from all the rest is the profound degree of completeness experienced and the overwhelming sense of spirituality unique to these partnerships. Two other powerful symptoms of spiritually mature twins is their powerful connection to God and their desire to serve humanity in some meaningful way.

There is also a very sacred sense of intimacy and feeling of divinely inspired wholeness that one finds within a twin soul relationship. It is not by accident nor is it without purpose. Rather, it is a magnificent and loving part of our Creator's plan for us. There is no doubt that the intensity behind the twin union is more than enough to jump start the journey that will lead us back to our Source, which will happen someday.

In closing, I want to emphasize that anyone who exposes themselves to these basic thoughts on soul mates and twin souls do so with a sense of caution. My thoughts and the writings of others mentioned herein are meant to create a sense of wonder. Please review the resource materials for this topic in this site. And always reach your own final decisions on this or any other spiritual subject by going to your heart for the final answers. It will never lie to you. The real God made it that way.

If you'd like to watch an excellent movie that describes the profoundness of the twin soul union and the passion for soul completion when two twins meet, rent the movie, *Somewhere in Time*, with Jane Seymour and Christopher Reeve.

**"The supreme state of human love is the
unity of one soul within two bodies"**

~ Sri Aurobindo

