

Soul Mates – Discovering Your Spiritual Lessons Together.

© 2024 Copyright Paul Fenton-Smith.



Image: Unsplash.

We often pursue souls mate relationships and friendships to complete lessons begun so that we can progress in life spiritually. Determining what spiritual-lessons you have to master this time around can be difficult, as underlying lessons are often concealed at first.

If you knew what mountains you had to climb together, you might give up before you started the friendship. Once the bonds of friendship are in place, however, it is more difficult to release the connection, so you are more likely to carry on until you complete the issues and master the lessons.

If we are paying attention, we can recognise soul mates when they arrive. It's as though we sense that fate is at hand in current circumstances. It's not always like this. Sometimes we sense danger when meeting a soul mate and there is an urge to resist the path.

Example: Sometimes you may be completely unaware when a soul mate arrives, as I was in the 1980's where I was sharing a terrace house in Sydney's Eastern suburbs when one co-tenant moved out. We interviewed 15 people for the spare room and my fellow tenants decided that they liked Amy. When Amy and I met, I felt a deep sense of dread, but I couldn't determine why.

Some part of me knew that if Amy moved into that house, I'd experience deep pain as a result. Amy seemed like a nice girl. She had the appearance of a pixie. A petite Woman, with enough gel in her hair to wallpaper a room, she had a quick mind and a cheeky sense of humour. I asked the other tenants to wait, in hope of finding a better co-tenant. They suggested that because they liked Amy and I didn't, perhaps I should pay rent on the spare room until we found someone I liked. I had no spare money at the time, so I reluctantly agreed to have Amy move in, despite my initial misgivings.

Over the next few years Amy and I became best friends. We helped each other through relationship break-ups, and we were last minute dates for important events. We moved out together and shared two more houses over the years.

Around five years after we had met, I had completely forgotten my initial dread when meeting Amy, as we had never had an argument despite both of us holding strong opinions about life.

I arrived home one summer's afternoon to five messages on my answering machine. The first was from Petra, a close friend of Amy, who asked me to call her urgently. The second was from Amy's brother, whose lifeless voice left me with a sinking feeling in the pit of my stomach. The third was from Amy's mother. I didn't finish the third message. I was on the phone to her immediately.

Amy had died in a car accident that afternoon, two weeks before her 28th birthday. I was numb with shock. Two hours later I was sitting next to Petra on a sofa at Amy's parent's house trying to make sense of it all. This was the pain I sensed I'd have if Amy moved in with me all those years before.

Over the coming months as the pain subsided, I knew that despite the deep emotional loss, it was worth knowing Amy and enjoying such a brilliant friendship. We had been a terrible twosome together, always getting into mischief and often laughing until we fell over. She took to calling me 'petal' even when she was pretending to be angry with me.

Several months after her death I took a look into our origins, to see where we had last spent time together. I found that we had been close friends (both men) in England at the turn of the century, sharing investments and cementing a friendship that has lasted several lifetimes.

In the first few days after her death, I was grief-stricken. She came to me in a dream to tell me that it was all okay, and that she was fine. I was alerted during my sleep when I heard a voice say 'Hey petal, what are you worried about? I'm fine.' It was then that I realised our friendship will continue and resume again in another life.

Had I steadfastly refused to have Amy move in with us in 1983, I'd have missed one of the greatest friendships of my life, or perhaps she'd have turned up somewhere else in an attempt to rekindle our past-life connection. The simplest way to identify a soul mate is through your initial feeling upon meeting them. Many people describe a type of shock, or becoming overwhelmed by emotion, longing or simply a gut feeling that fate is at hand.

Ways to identify underlying spiritual lessons with soulmates, both as friends or partners, include;

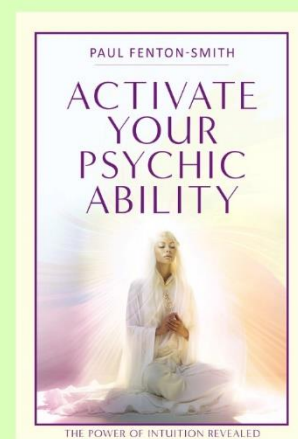
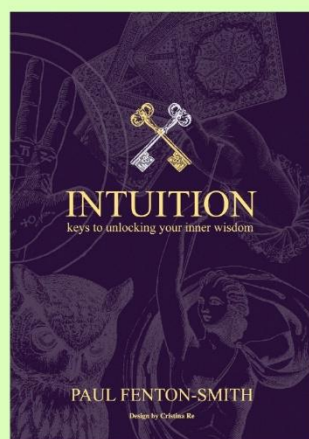
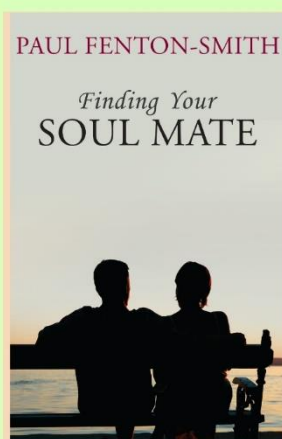
- **Through deep meditation**, it's possible to ask your spiritual guides or your higher-self, (the spiritually evolved part of you that has already glimpsed the end of your spiritual journey). These meditations can require several attempts, to ensure that you're centred and not simply imagining answers.
- **By keeping a diary and searching for patterns** in the diary entries over the months or years.
- **Consulting a clairvoyant who is familiar with** identifying underlying spiritual lesson in life circumstances.
- **Ongoing counselling** can highlight lessons beneath the struggles, if you're paying attention.
- **Dreams at night** can provide a viable way to identify your underlying spiritual lessons within a soul-mate relationship. Recording your dreams in a dream diary or even a pad beside the bed (for dreams to be written up first thing in the morning) is a powerful method for some people. This method can take several months to develop and refine, so be patient.

The quickest way is to consult a clairvoyant, but not all psychics are able to answer such profound questions. If you already meditate to contact your guides or your higher-self, try this method first. Write down your findings, as they may make more sense to you years later.

Spiritual lessons together might seem simple at first, but embracing the challenges of developing inner strength, maintaining emotional boundaries or learning to trust yourself and others can take decades for some people to master.

We're all learning lessons and when it comes to spiritual development, try to avoid comparing yourself with others, as we each have different start and finishing points in life.

© 2024 Copyright Paul Fenton-Smith



paulfenton-smith.com