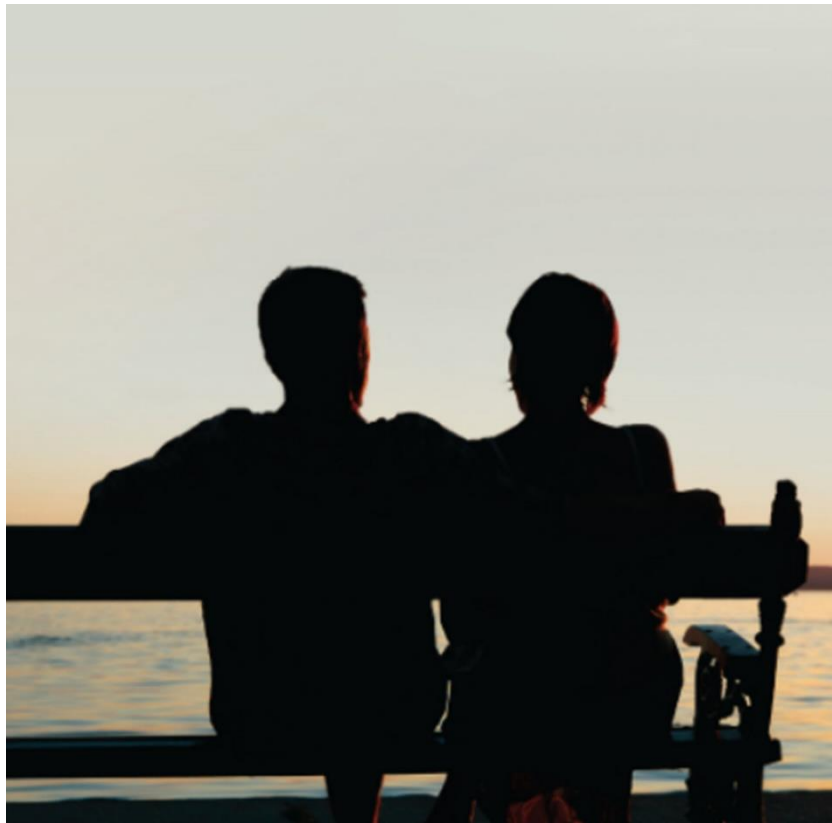


What are soul mates and why do we seek them?

© 2024 Copyright Paul Fenton-Smith



Compatible partners in love relationships can arouse admiration, longing and sometimes even jealousy. The search for someone special, who shares your values and beliefs and who understands you on a deep level can be a life-long process for some. Others meet the one before age twenty and are paired for life.

The search for a soul mate, someone who shares your spiritual journey is a deep-seated yearning for many people. But what is a soul mate; and how would you recognise one if you met them.

Soul mates are people who have shared experiences from previous lifetimes. These can be positive or negative experiences. Sometimes they are both, especially if one partner pre-deceased the other early in life. They may not have been partners previously. They could have been friends, siblings, business associates or even enemies. What these people have in common is unfinished business. The underlying purpose for meeting in this lifetime can be to complete what has been left unfinished, to find a balanced karmic resolution.

In rare instances, two people who have positive shared memories from long ago have agreed to reunite, to build on past experiences. Soul mates can pair up to have a child together, creating new karma that will require its own resolution in this life or another one.

Sometimes we form relationships with soul mates to resolve past difficulties – to find inner peace. This can make us more available for someone new, after that partnership has ended.

With a soul mate standing beside you, many of life's possibilities seem more achievable. Enormous goals can be accomplished when you share your path with someone who loves you and success is sweeter when shared with someone who was with you through your personal winters. The search for a soul mate is often a quest for someone who will soften the way.

When we find a soul mate, yearning subsides and we experience stillness. During question time in a public talk on soul mates some years ago, someone asked me how do you know when you're with a soul mate? I paused to consider this for a moment as the whole room held a collective breath. More than 100 pairs of ears were focussed, waiting to hear my response.

Finally, I said "It's not a mental thing. You feel still. You're no longer performing, trying to impress someone or yearning to be loved or understood. The urgency has disappeared and you're at peace. You've progressed from doing to simply being."

I then asked for a show of hands from those audience members who had experienced this at least once in their lives. Two hands were raised. That's not surprising, because people who were happily in relationships wouldn't have been attending my talk.

Provided that it's not a connection based on a previous life experience of conflict or pain, it provides a chance to feel profoundly nourished, emotionally and spiritually. If it's a reconnection to heal a difficult partnership from another time, the reward arrives when you find resolution. At that point you can choose to remain together or move on, as you'll have resolved that karma.

There's a lot to be said for having a relationship without any history together, as your new partner won't be subconsciously resentful about an abandonment from 200 years ago.

You might laugh at this but many years ago a woman came to me for hypnosis. She wanted a past-life regression to understand why she felt so strongly that her partner would abandon her. I met with her partner and he had the appearance of someone who wasn't going anywhere without her. As she didn't feel this so intensely about her previous partners, I agreed and took her through several past lives over a few hypnosis sessions. It turned out that they had been partners previously and that he had gone off to war and died on a battle field. It was a lonely life as she never remarried.

After our final hypnosis session, she realised that although he had abandoned her all those years ago, it wasn't his fault. He simply wasn't able to return to her. He lost his life and she lost the life she had planned with him. They both suffered in that lifetime.

On a deeper level, part of our desire to evolve emotionally and spiritually includes recognising that some of the steps on our paths in life need to be shared. These steps can be shared with a partner, a parent, a child, a sibling or a close friend. Not

all soul mates are relationship partners. Many people have soul mates in their immediate families. What better way to ensure you'll be together to share a lesson than to be born in the same family.

Soul mates often enter our lives to remind us of our spiritual purpose. They are fellow travellers on the path and everyone needs some reminders. They can be friends, work colleagues or neighbours. Years ago, after the end of a relationship I was tired and listless. A good friend who worked nearby appeared at the front door one afternoon and invited me snorkelling.

We drove to the beach, and stood at the top of two dozen sandy wooden steps, gazing out across the glistening bay beneath us. Small cottages and grand homes nestled together sharing the view of a tiny cove, extending out to the Pacific Ocean. Chris handed me a snorkel and a face mask and we slipped into the cool water from one of the large rocks dotted around the bay.

Crabs scurried out of sight as I eased myself into the water, and the cries of seagulls were muted as soon as I put my head down. Despite the chill factor of the water, within a few minutes I had forgotten my own problems, as I discovered a whole new world beneath the ocean's surface.

The seaweed swayed slowly on the seabed as schools of colourful fish darted in every direction. After a few minutes I spotted a stingray gliding across the sand below and I noticed that if I was still enough, some of the smaller fish approached me, studying me curiously.

Three or four times a week that summer, Chris knocked at my front door and together we snorkelled in the late afternoon sun. It was an enriching, healing experience. It occurred to me later that Chris realised that although he was powerless to heal me of my recent loss, he was able to help me to rebalance myself, through snorkelling.

Chris reminded me that there are other experiences awaiting me and another world which had been invisible to me, such as the underwater world of snorkelling. When scanning your life for soul mates, don't overlook friends, family members and other significant people in your life. (Image: Unsplash).



