

SOUL MATES:

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A FEBRUARY REFLECTION

For centuries, people from all kinds of different backgrounds and cultures refer to their fascination with meeting their 'soul mate' one day. Some believe there is only one person for them in the entire world, while others do not subscribe to this theory at all.

Thomas Moore gives a unique perspective in his book, "Soul Mates - Honoring the Mysteries of Love and Relationship". He writes:

"... A soul mate is someone to whom we feel profoundly connected, as though the communicating and communing that take place between us were not the product of intentional efforts, but rather a divine grace. This kind of relationship is so important to the soul that many have said there is nothing more precious in life. We may find a soul partner in many different forms of relationship - in friendship, marriage, work, play and family. It is a rare form of intimacy, but is not limited to one person or to one form."

This idea suggests that soul mates can be found all around us. It means that our children can be soul mates, or our parents or teachers or co-workers - anyone with whom we share a profound understanding.

Is it always a pleasant interaction? Don't you think that a soul mate could also be someone who helps us learn more difficult lessons in life? This seems like it could be especially true regarding romantic soul mates.

When you consider that a lot of people base their perception of a soul mate on movies, television, books and fairytales, it is no wonder so many are disappointed with the real thing. What we see in media is very misleading. Many soul mate relationships are awesome, but there is genuine research showing that some are not meant to be harmonious, or long-term.

We then consider the facts of free will and destiny in relationships. We have a choice about how we respond to major relationship events - we can take the high road or the low road. That is, we can accept a short-term arrangement and enjoy it for

what it is, or we can allow it to color our future with unhappy memories. The choice is always up to us.

People often run into trouble at times when they may perhaps benefit from spending some time alone, instead of rushing headlong into another relationship. We've lost our ability to enjoy solitude - being alone with ourselves has become uncomfortable. Just as the moon has phases and the Earth has seasons, so each of our lives follow individual cycles as well. Trying to force a relationship when we are better off alone will only cause conflict and stress.

Many believe that we remain trapped in unhealthy relationship cycles unless we are able to forgive soul mates who have hurt us in the past. It's about releasing anger and resentment or guilt that we harbor within, long after the relationship is over. The idea is to think of that person as a teacher, and to ask ourselves what we needed to learn from them. Many great teachers in the world have said that we are all mirrors for each other.

It has also been suggested that we work on giving up. Give up the driving need to find Prince or Princess Charming. Most of us are programmed to believe we need to find one perfect person to meet all our needs for the rest of our lives. This is impossible, but many still strive for it and then think they 'failed' if their expectations are not met. Distorted idealism and sky-high expectations only set us up for disappointment. Instead, remain open to soul mates with whom you are compatible, and share chemistry. Stop searching - but continue to pay attention.

There is no question that a relationship with a compatible soul mate is amazing. But there are so many different levels, and so many different ways to think about this idea. Many of us limit ourselves by sticking to the old accepted dogmas. If we act the way we have always acted, things will be like they've always been. Dare to strike out and discover new attitudes and ways of thinking about love and relationship. It will free your heart, and open your mind to endless new possibilities.

Namaste!