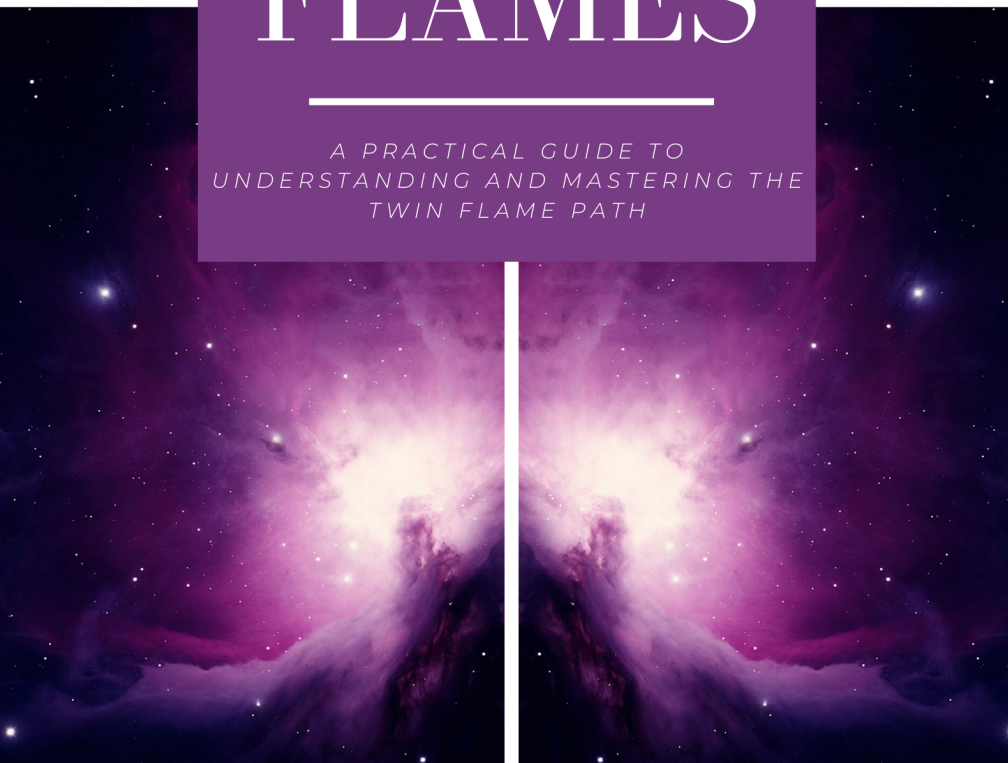




SAME FLAMES

*A PRACTICAL GUIDE TO
UNDERSTANDING AND MASTERING THE
TWIN FLAME PATH*



WRITTEN BY PENELOPE BADGER

Same Flames

A Practical Guide to Understanding and
Mastering the Twin Flame Path

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Revised Edition 3.0

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Author's Note

There are many well-intentioned teachers that attempt to offer guidance to others along their twin flame journeys. Unfortunately, many of those teachers are not in harmonious union with their own twin flames. Some aren't even in a stable or healthy romantic relationship of any kind. Many of them can sometimes be quite new to their spiritual path as well. Therefore, the majority of the information that you will find about twin flames, can be true not only for twin flames, but also for other types of soulmate and karmic relationships.

These half-truths and sometimes outright misconceptions have lead to a tremendous amount of pain and confusion for those on the Twin Flame Path. Having been in harmonious union with my divine counterpart for over a decade, I felt called to share the system that I used, to help others out of confusion and heartache, and into harmonious union with their own twin souls.

Admittedly, I hesitated to share my knowledge on this topic because my personal experience is rare and quite controversial in the so-called "Twin Flame Community". I knew that I would not be able to write such a book and not tell my readers what my experience was with the subject matter. My fear was that the eccentricities of my own situation would not allow people to accept the truth of what I know.

In the end, I couldn't continue to watch the enormous amount of suffering going on regarding twin flames, without doing what I could to help alleviate it. My hope is that regardless of whether you agree with or even accept my personal circumstance, you will resonate with the truth and guidance that is presented here. Truth is truth after all, no matter whom or where it comes from.

This process worked for me and I am confident it will work for anyone willing to put forth the time and effort.

MY BACKGROUND & EXPERIENCE

I am a Lyran Starseed, Jaguar Priestess, intuitive healer, teacher, and writer, to name a few. I have an extensive background in spiritual studies as well as a Bachelor's of Science in Family & Human Development where I focused on love and intimate relationships. I am also a twin flame in harmonious union. Where my story gets unusual, is that after my divine masculine and I were married, we discovered something about our union that is rarely spoken of. As we settled into our journey together, it was revealed that we are not only twin souls, but actually triplet souls. That means that yes, he is my twin flame, but I/we also have another "twin" flame, or rather another divine counterpart that is also part of our original soul spark.

Why is this super weird fact relevant? I've asked myself that very same question. I believe that part of why our original soul split into three parts instead of two, was precisely so I could be of the most service to others on this journey. To be in harmonious union with one counterpart, but also still on the journey towards the other, lends me a rare and unique perspective. I know where you are going because I'm there. At the same time, I'm doing the journey all over again, and am able to refine the process as I go.

The trouble that most twin flame coaches have is that they do not have the real deal to cross-reference their theories with. They may believe that they are in a twin flame relationship when they actually are not. This can be misleading to their clients and people that are looking to them for guidance. The fact that I'm in harmonious union with my male counterpart, allows me to

compare and contrast our other relationship experiences to understand them more deeply.

If I did not already know harmonious union with my first counterpart, I would most certainly get trapped by the runner/chaser dynamic that so many twin flame coaches believe is real twin flame connection. I would not be able to clearly communicate the intricacies of the twin flame path, since I would not be sure about the final destination. Thankfully, that is not the case, and I do have true wisdom and insight to share from my vantage point.

We have along our journey experienced our fair share of karmic and mirror soul entanglements, but the deep knowing of our twin flame connection is what allows us to know we have to let go and keep going. As such, having those experiences while also being in harmonious union, gives me the unique ability to express more clearly to you where you are and how you can get to where you want to be.

I've gone back and forth about whether I should teach about twin flames or not for quite some time. Mostly because my experience is not the norm and was concerned if I were honest it would not be well received. Ultimately, I have decided to be completely transparent and let the chips fall where they may. There is little to no support for alternative versions of the twin flame path such as twins that are polyamorous, LGBTQ, or part of a multiple flame group. My hope is that being open and honest about my own personal journey, I can help those in similar situations that may be struggling.

I am quite aware that the concept of having multiple twin flames is highly controversial. I think the controversy has a lot to do with the hetero-monogamous norms that society holds. It is also an

issue of semantics. It is called *twin* flame after all, so the minute anyone starts talking about having more than one, people freak out. I assure you, it is possible. Is it common? No. Is it possible in the way most people hope that it is? Also no.

The thought of having multiple twin flames might make your head spin. Having one twin flame is already a challenge enough, I know. Don't worry. The vast majority of you will only have one. In rare cases, an original soul spark will choose to split into more than two, in order to fulfill a specific purpose. I explain this concept more in-depth later, but yes, multiple twin flames can and do exist. Keep in mind, the twin flame blueprint that you hold is a perfect match to your most authentic self.

If the possibility of having multiple twin flames is unsettling, or you are not polyamorous or sexually fluid in anyway, you would not have been designed to have more than one. So don't hold onto the idea if it doesn't resonate. I am not here to convince anyone that they have more than one twin, or even should. It is only relevant to explain my experience and background, and why I feel qualified to teach this subject.

MY TWIN FLAME STORY

When I came into union with my male counterpart, I had been on a spiritual journey for a while. I understood the concept of soulmates and even karmic connections, but I had never heard of twin flames. For as long as I remember, I had a deep inner longing for a love that most people didn't seem to believe existed. Even my spiritual counselor and mentor once said to me, "It's so strange. You present like some of my clients who lost a twin sibling while still in the womb." Once I discovered the concept of twin flames it made complete sense why she felt that way.

The first time my masculine counterpart and I met was brief. I was standing outside a nightclub with my then significant other. To hear my husband tell it, he knew immediately that I was “the one”. Honestly, I was really drunk that night and had hardly noticed him. I don’t think we even spoke other than a quick introduction. Fast forward about 4 years, I was deep into my spiritual awakening journey. I was enrolled in a healing arts institute and had met a life coaching student who needed clients to practice on. I hadn’t had much luck in the love department, so I decided to use that session to get serious about manifesting the relationship I really wanted.

Needless to say, the session worked like magic. Shortly after, I met someone, who at the time I thought was the person I was going to be with forever. As it happens, that person’s best friend was working for the man I had met on the street all those years before. I didn’t remember him, and he didn’t recognize me right away either. When we had met before, I was with a man. When we met again, I was with a woman and completely in love. It didn’t occur to him immediately that I was the same person. He had also gone through some pretty nasty breakups and wasn’t really looking anyway.

At this point I was fully committed to my lesbian lifestyle. So again, I hardly noticed him. He was just some guy that was always around at my girlfriend’s friend’s house. We ran into each other there so frequently that eventually, we started talking more. I started to be intrigued by how similarly we saw the world. I had never met anyone that I vibed with on the levels that we did. It was rather uncanny. We had similar ideas, perspectives, and beliefs. Even still, I didn’t think much about him.

Eventually, my relationship with my ex fell apart. I needed a place to move and he had an extra room available. We weren't friends, but we were certainly friendly. We had gotten to know each other enough over the months that I felt at ease in his presence. That led me to take the offer to move into his place. It was the first time we were ever alone together. I can't say that it was anything remarkable, except that it felt easy I guess.

We started spending more and more time together for what seemed like a matter of convenience. In hindsight, I suppose we were dating, but it didn't feel like that. I was just hanging out with my roommate who did cool shit I liked. After all, I was a lesbian and he was a man. I was also still messing around with my ex. So, seeing him romantically was out of the realm of possibilities for me at the time.

As time went on, I started catching myself doing things that made me realize I wanted him to want me. I was really confused as to how that was the case. I was attracted to men sometimes, but aside from the man I was with when he met me, I had only been in relationships with women. The more we spent time together as roommates, the more we started realizing that we were actually perfect for each other. Of course, there was the problem of him being a man, and me being just a little bit too gay for him.

That never stopped us from hanging out, but we would get into heated discussions where we would both end up so frustrated about how compatible we were and the seeming impossibility of it ever happening. One night, he showed up at a club I was at with my ex and some friends. There wasn't anywhere to sit at one point so I sat on his lap. We were just homies after all, what harm could it do, right? Wrong. I mentioned that my back was

hurting and he casually started to massage it. No one's touch had ever, and I mean ever, felt so damn good. It wasn't even sexual. It just felt really, really, really, like really amazing. I wasn't sure how to handle it. It caught me completely off guard.

After the club closed, we ended up at the same convenient store. He came to talk to me through my car window. Suddenly I noticed what nice lips he had, and I caught myself wanting to kiss him. Again, I was floored. What the hell was happening to me? I decided that maybe I had just been single for too long and was feeling lonely. I couldn't possibly want him like that! Never the less, that feeling lingered. Something had definitely changed. I tried to forget about it.

A few weeks went by and I just couldn't take my sexless life any longer. Since I trusted him, I guess I figured he would be a safe hook-up option. I figured he was a man and I could use him for sex and he should be happy for the privilege. At least that's what I told myself. He got home from work one night, and I worked up the nerve to kiss him.

We hooked up. The orgasms were fantastic, and on a first encounter that was really rare for me. None the less, as I was heading down the hallway to my room, I informed him it wouldn't be happening again. It did happen again, about a week later. A few days after that, we actually had sex. It's difficult to describe the feeling, but it was like our parts literally were made to fit together. The energy that travelled through me was like nothing else I had ever felt before. The most exquisite sexual experiences I had had prior to that, paled in comparison to that feeling of connection. At this point, I was a whole entire mess.

When I discovered I liked girls back in high school, it was a natural and easy transition. Realizing that I was falling in love with

a man, sent me into a full blown sexual identity crisis. I was in complete turmoil. I think now that it was actually the twin flame activation experience that I was going through. Once you come into intimate contact with your twin flame, intense awakening can and does happen. Everything that is not true or authentic about you starts to get burned away in the face of the connection. One of those truths that I needed to face was that I was in fact bisexual, not a lesbian.

That was not an easy pill for my ego to swallow. I had a detailed picture of what I wanted my perfect life to look like, and being with a man was not in it. It seems silly to me now how much I resisted it, but at the time, I was fully and deeply identified with what I thought I wanted and who I wanted to be. You will find that one of the biggest lessons you will learn on this journey is the ability to let go of what you think union looks like, as well as who you think you are. It is the gift and the curse of a twin flame connection. There is no more hiding. There is no more denying. You must face yourself, your whole self.

Yes, we knew each other for a while, and nothing happened. It wasn't until I had completely cut ties with my ex that I decided I was more interested in what I wanted to feel, than what I wanted my lover to be like. In that life coaching session years earlier, I had made a list of all of the qualities I wanted in a person. My ex checked all of the boxes. What wasn't on the list was how I wanted my relationship to feel like. When I finally got clear on that, it was him that checked all of the boxes. When I realized that, the soul activation began.

I wasn't really sure what was happening then. What I did know was through my spiritual work, I had committed to following my soul instead of my ego. Once you make that decision, your soul

takes the reigns for better or for worse. Despite my ego saying no, I was being led closer and closer to him. The more we connected intimately, the more distraught I became. I went to visit a friend in California for a couple of days to clear my head. During a long sunset drive up the Pacific Coast Highway, one song on repeat, crying I prayed for guidance about what to do. I was given two options. I could go towards it, or away from it. The option of moving away felt a lot like trying to swim against the current of white water rapids. There really was only one option.

I chose to follow what the quiet in my soul wanted, in spite of what my ego was screaming for. I surrendered, sort of. Shortly after I fell pregnant, and had an early miscarriage. I took that as a sign and I panicked. I started to deeply question if I had made the right choice. I suddenly felt like I had unfinished business with my ex I needed to resolve. Really, my ego was desperate to salvage the picture of my life I thought I wanted. I broke it off with him, moved out, and went back to my ex.

The trouble is, once you experience the kind of love that you find in your twin flame, everything else is a stark contrast. What I had thought was sane before, was obviously now insane. My brief reconciliation with my ex was dramatic and traumatic. The intensity of it all was too much. I decided to visit family in Brazil for a few months to distance myself from everyone. There I performed a self-imposed love detox. In that time I meditated, wrote, and studied The Course of Miracles. Having a crystal clear picture of the two paths laid out before me, I did some deep and honest self-inquiry. I came to face the truth that I was indeed in love with him. After a two month separation with no contact, I reached out.

This time, I surrendered even more. We talked every day and our connection deepened. Upon my arrival back in the States, we were married. It wasn't all peaches and cream the first few months. I was still dealing with residual conflict about my sexuality. I fell pregnant again and had another miscarriage, this time later into the pregnancy. I was faced once more with the same panic and upheaval as I was a few months prior. I gave strong consideration to leaving him. My ego was again using the loss as a way to get me back under it's control. More aware than before, I faced my demons and chose to stay. That marked the transition from union to harmonious union for me and my divine masculine. It was then that we moved into the next phase of our unique twin flame journey.

In order to reconcile the truth of my being that still loves and needs women romantically, we made the choice to live a polyfidelitous triad lifestyle. If you are unfamiliar with the term, that means that three people are joined in one monogamously functioning unit. Yes I'm aware of the whole unicorn hunter thing. That isn't us. Our desire for a third is not so mundane as that. It is the next level of our twin flame path. The topic of polyamory and consensual non-monogamy is too vast to go into for now. If you are interested there are many excellent resources available as well as a book I've written on the topic. Those writings and other favorites will be listed in the resource section at the end of this book.

It was through our search to help me reconcile both my monogamous and bisexual natures, that we discovered the concept of polyamory and more specifically polyfidelity. Though we were already in harmonious union, we still didn't know anything about twin flames. It was through our early adventures in polyfidelitous dating that we met a woman that would

ultimately lead us to discover the concept of twin flame connections.

We met her in the winter of 2013. I saw her across a room and there was something utterly magnetizing about her. When she got closer, her eyes were instantly familiar. There was an undeniable feeling of destiny as we talked. We quickly began a relationship that unfortunately blew hot and cold for several years. During that time I was triggered and catalyzed in ways I never had been before. The back and forth gravity of our connection prompted me to research the feelings and experiences I was having. It was clear that this was a soul connection and integral to my evolution. It was undeniable that it was a connection that was fated and required, but the push and pull of the relationship was maddening.

As I was researching soul connections with symptoms like I was having, I stumbled across the concept of twin flames. The more I read and learned about twin souls/divine counterparts/mirror souls etc, the more I realized that she was something more than a typical soulmate. She was in fact, the first of several *false twin flame types* that many will encounter along their own twin flame path. Even though she was not our other divine counterpart, our relationship with her is what dropped me into the depths of the twin flame world. It was clear now what my husband and I were to each other, and we realized that it wasn't just the two of us.

It was after this realization that I began in earnest to study the twin flame process. I read as much as I could on the subject. I watched as many videos and listened to as many podcasts as I could get my hands on. I meditated and spoke with my guides. I channeled our other counterpart directly, to get guidance about how to connect with her. I also began to dissect and reverse

engineer how it was that I came into union with my masculine counterpart, in order to repeat the process.

Comparing information that was already available, to the process I went through with my masculine, is how I developed my teachings. Now quite scientifically, I am testing the whole process again to find our other counterpart. As of this edition, it is possible that we have met the other part of our soul flame. Unfortunately, the only way to know with 100% certainty if someone is your true twin flame or not is to use any upsets to clear what arises, then see if the connection remains. You repeat that process with each potential twin flame you meet. The one that is your true counterpart will remain even after the pattern or karma is clear.

The closer you get to union, the closer mirroring souls will feel like the real thing. This makes it especially challenging to discern what you're dealing with. These people are often close members of your soul family who are assisting you on your path. So this woman we know may indeed be our other counterpart, or she may be a dear friend helping us along the way. Only in time will we be sure. I will update this story in blog posts on the website as it unfolds.

To sum it up briefly, yes, I have two twin flames. One I got into harmonious union with inadvertently and intuitively, guided by my higher self. The other I have systematically and consciously called into our lives the same way I did the first. What I present in this book is the method that I have used to not only call in one twin flame, but two. I believe that part of the purpose that my original soul split into more than two counterparts is precisely so that I could assist other twin flames from a place of more scientific certainty.

The process that I have used is in fact repeatable. It will work if you do the work. With that said this journey is not for the faint of heart. It is challenging, arduous, and heart breaking at times. I can make the process more clear for you. That doesn't mean it will be easier. I can promise you that the rewards are exponentially greater than the challenges, and infinitely worth it.

With that being said, let's move on to the process. I'm honored and humbled to be part of this magical, amazing journey with you. I bless you and your divine counterparts a million times with endless bliss and joy in your own harmonious unions.

Section One

Understanding Twin Flame Union

THE TRUTH ABOUT THE TWIN FLAME PATH

I believe that I would be doing a great disservice to the collective if I perpetuated the romanticized version of the twin flame journey. Instead, I'm going to give it to you straight right from the beginning. The twin flame journey is a spiritual path. It is about your own soul's ascension. Coming into union with your ultimate divine partner is the result of embarking on this journey, not the goal.

It's rather important to your success that you begin to make this perspective shift. You absolutely will come into union with your twin flame if you do this work. However, if what you are looking for is a fairytale story of a perfect mate that rescues you from the prison of your loneliness, you may want to settle down with a regular soulmate and live happily ever after instead.

The twin flame path is not pretty. It's deep soul work. It can be grueling and messy at times. You will have to break your heart wide open again and again. You will be called to dive into the darkness of your being to bring your most uncomfortable shadows to the light. You will be required to pay your karmic debts, as well as face and heal your core wounds.

You may even be called to learn the ultimate lesson of detachment and unconditional love, by letting go of your twin flame completely. Know that these things are all part of the process. Know that your courage and dedication will be rewarded beyond what you can now imagine. This you can be sure of.

I apologize if hearing this is disappointing. We all long for love, union, and companionship. However, the twin flame path is first

about self-love, union within, and union with the divine. When you come into alignment with those things, the Law of Attraction will easily and naturally bring your ultimate lover into your reality. It is law. It will happen.

However, if you focus too much on manifesting this love you believe is somehow separate from you, this same law will continue to reflect that separation. It is for this reason that I encourage you to shift your perspective internally. Have faith that in doing so, you will magnetize your twin soul along the way.

WHAT IS A TWIN FLAME?

It is said that first there was only oneness. Then the oneness split into the masculine and feminine faces of God. From there was born all of creation. Our universe is a fractal hologram, thus every piece of creation contains within it the whole. So everything in existence is made of both masculine and feminine qualities. When these qualities are perfectly merged, that piece of creation exists in an androgynous state. Souls before they come into bodies are in such perfectly merged balance.

It is also said that there are souls that have completed their course of study here on Earth. Meaning, they have incarnated countless times, and have essentially graduated from the basic levels of physical existence. They have cleared much of their karma and have learned most of the lessons associated with the lower ego. Many such souls volunteer to come back into bodies in order to assist the rest of humanity in its evolution process.

These beings are often the star seeds, geniuses, and light workers of the world. These souls come in with special gifts and talents. These gifts often include such things as psychic and healing abilities, heightened awareness of their spiritual nature,

and higher level intelligence. These gifts allow them to come out of spiritual amnesia sooner, and further elevate the experience of humanity through their work on the planet.

Most of these souls have a life purpose that includes not only the continuation of their own soul's evolution, but also a calling to help humanity as a whole. These souls are born with a blueprint of their higher purpose and become aware of it quite early on in their lives. They have an inner knowing of their soul calling them to a deeper experience of life and unconditional love.

Sometimes, these souls choose a mission that requires them to split into two or more parts in order to accelerate their learning and/or create a greater impact in the world. These such souls are what most people call *twin flames*. *Twin flames* are created when an original, unified soul spark, or soul essence, incarnates onto the planet into more than one body. Though the term "split" is used to describe these souls, each one is whole and compete in and of itself. Each contains its own balance of masculine and feminine energy that perfectly complements the balance of their counterpart's energies.

Because one counterpart often presents as more masculine and the other as more feminine in expression, the terms *divine masculine* and *divine feminine* are used to refer to these soul parts respectively. The sex of the bodies the soul incarnates into is irrelevant as far as twin flames go. Same sex, trans-gendered and all other gender expression same flame pairs can and do exist. Twin flame union is about souls, not bodies.

A NOTE ABOUT TERMINOLOGY

Twin flame connections are also commonly referred to as *twin souls*, or *mirror souls*. However, the terms *mirror soul* or *twin soul* can also be used to describe relationships that are not twin flame connections. Your twin flame/divine counterpart, that is the same original soul flame as you aka *same flame*, is not a twin nor mirror soul. You are the same soul, not a duplicate, replica, near match, nor mirror reflection.

Twin souls are not divine counterparts. *Twin souls* can be of a permanent nature or transient. Permanent *twin souls* are people whose higher soul expressions are so alike in frequency that they feel like twins. Transient or *frequency twins* are those that have an exact or near exact frequency match as you in a given moment. As you evolve and shift your vibration closer to that of your more authentic self, *frequency twin* connections usually dissolve.

You can think of frequency twins like two different cars driving at different speeds on the same road. As one passes by, they end up being parallel for some time. However, since they are traveling at different rates, the seeming synchronization only lasts momentarily. Only your divine counterpart/twin flame is an exact frequency match to your soul's essence, because only your twin flame is the exact same soul as you.

The descriptions of twin flames, mirror souls, twin souls, and even karmic soulmates are typically lumped together, making it more difficult to discern what is what on your journey. This is the main reason for all of the confusion on the internet. For clarity, I will be referring to the twin flame/divine counterpart connection as "*Twin Flames*", "*Divine Counterparts*", or "*Same Flames*".

Ultimately, these labels are only to help you differentiate where you are along your path. All of these soul connection types actually exist on a continuous vibrational spectrum. Connections further away from your original soul essence are experienced as relationships such as karmic soul mates, while those closer to your home frequency are felt more like mirroring or twin souls. When you arrive all the way home, that is where your twin flame also resides. Once you clear all that is in the way of you connecting to your true self, then you will come into union with your twin flame. That is the work on this path, regardless of what name you choose to use.

For our purposes, I will differentiate between several soul connection types in order to assist you in knowing if you have met your divine counterpart or not. Much of the suffering accompanying the twin flame path is that people will connect with a karmic, mirror or twin soul and believe it is the end of the road. It is not. The same flame/divine counterpart is the end all be all connection you are seeking.

THE SOUL "SPLIT"

Just like identical twins begin from the same DNA of the the same fertilized egg, so do divine counterparts begin from the same soul material. In the process of individuation, each takes on slightly different characteristics. Just like human twins, each is its own complete individual. Neither is at all lacking in wholeness when not with their twin. However, when they are together, there is a sense of pieces perfectly fitting together to create an expanded expression of each. It is not that any soul is less than without their counterpart, they are simply more of themselves when together.

The split does create within it an inherent longing for the other. Again, not because one is not whole without their other soul part, but there is an undeniable force that pulls them towards each other. Everything in the universe has encoded in it a desire and natural movement towards source. So too, same flames have encoded within them the natural movement towards their original source state, which is oneness. Once in different bodies, same flames continue to share the same soul blueprint, as well as the same soul song, frequency, and essence.

In my experience, same flames can also share memories and past experiences. You may have had memories or imprints of feelings from experiences you can't recall actually having. This is due to the fact that same flames share the same higher soul self. This can cause bleed-throughs of experiences during your lifetime here on earth, and from other incarnations as well.

Yes, you can think of your same flame as being the other half of your soul. However, you yourself are also whole. Your counterpart is simply more of you. It is exactly like how everything in existence is simply an expression of the oneness of God or source energy in different forms. It is only a matter of where attention is focused that determines the "separateness" of the forms in the oneness. Your soul's consciousness when focused in your body creates the individual that is you. Your soul's consciousness focused in your twin flame's body creates the individual you perceive as your "other half".

It may be helpful to think of source energy as an endless body of water. If you took a bucket and filled it up with water from that ocean, the water inside the bucket would be identical but now separated from the ocean by the walls of the bucket. If you focus attention on the bucket, it would feel completely separate

from the whole. If however, you focus on what's inside the bucket, it is easy to see that it is all the same substance.

This is similar to how your individual soul essence “separates” itself from the ocean of divine oneness. If you are familiar with Dr. Emoto’s work with water crystals, you know that water molecules can be programmed to take on different forms and frequencies. So now imagine that your personal bucket of source energy which is your unique soul flame, is programmed with a specific essence blueprint.

Now imagine two or more empty glasses. These glasses represent your physical bodies. When you incarnate, the water from the bucket, instead of being poured into one body, gets poured into two or more bodies. Again, the water molecules are not split into two, each glass contains a fractal and whole amount of water. Each body contains within it a soul with an identical blueprint program from when it was all together in the bucket. Whatever water is left in the bucket returns to the oneness maintaining consciousness of the programmed blueprint. This is the higher soul part of the incarnate twin flames.

Once this soul essence is in different bodies, the water continues to be programmed differently according to the ancestral patterns, DNA, life experiences, and individual part of the mission each is designed to play. Even though each person develops different characteristics, they remain at the core, programmed with the identical soul blueprint and mission plan. They are each at the core still made of source as well.

When you meet your same flame, what you may notice is how similar you are in some ways and how different but perfectly complementary you are in others. The ways in which you are the

same are at the core level of your being. These include your core values, deeply-rooted beliefs, your most authentic expression of self, and your core choices. For someone to be your same flame, these must all be in perfect alignment.

Personality wise, you may be quite different, and yet still somehow perfectly matched. For example, you may be a passionate artist, and they may not at all be artistically inclined. In this case, what they would possess is a life-long appreciation for art perhaps and/or have a natural magnetic attraction to artistic people. Whatever it is that you are most authentically and naturally, your counterpart is the most perfectly matched being in the entire universe. Where you are the same you are exactly the same. Where you are different, you are like two sides of the same coin.

Who you are and your personal mission is whole and complete on its own. However, when you come into contact with your same flame, you realize that your life is one component of a much bigger picture. Whatever you have developed and learned in your life up to that point, will perfectly mix with your counterpart's gifts and personality. Together, you will experience an expanded version of what your personal life direction has already been.

Coming together in union, sets in motion the ability to complete the extremely important mission you both decided in your pre-birth contract. It is not uncommon for one counterpart to incarnate before the other. Therefore there may be an age gap or one may be slightly more spiritually "awakened" than the other. This can present different challenges for each person depending on who is older and/or more aware of the connection.

The most important thing to grasp about same flames is that it is not half of a soul looking for another half of a soul. It is two whole souls that are fractal counterparts, searching for their original source state in order to complete a mission. Your same flame is simply the rest of you. When same flames come together it is like combining two glasses of water back into one. On the spiritual level, because the perspective is on what's inside the bucket, there is no separation. It is only here on earth in these bodies that you appear to be separate beings.

MULTIPLE SOUL FLAMES

The concept of multiple soul flames is extremely controversial in the "Twin Flame Community". I believe ultimately this stems from applying limited human constructs to an undefinable and limitless God. The spiritual community is not immune to the trappings of ego based notions. Just because someone calls themselves spiritual, does not mean they have ascended beyond dogmatic or blind beliefs.

I have encountered a marked amount of hostility towards the concept of multiple twin flames on the internet. The argument against it varies, but mostly it is a semantic issue. They say that it is called "twin" flame and therefore can only ever be two. My response to that is simple. If one fertilized egg can split into multiple parts, thus creating identical triplets, quadruplets, and more, why couldn't a soul do the same?

From how I understand it, an original soul can and does split into more than two counterparts in some instances. This would happen for specific purposes that may include anchoring in expanded or higher frequencies that humanity will need in the future. As humanity evolves, those frequencies need to be

present and available for individuals awakening to that particular level of expansion.

There is also the concept of “divide and conquer”. Meaning, the more people with the same soul blueprint, the greater the impact that can be made in the world. Each soul flame pair or group is unique in their mission. How many bodies that one original soul chooses to split into, is directly related to that soul’s particular mission.

I personally do not prefer to limit the possibilities of how source energy could choose to express itself. I find that rather arrogant. As with all spiritual information, I encourage you to meditate on it and/or ask your own guides if it interests you. I resisted the concept initially. After I released the typical human, dualistic way of looking at it, I came to resonate with it deeply.

Another reason that it seems like one could have multiple twin flames is that you may meet many *frequency twins* along your journey. It is also possible that there are many near matches to your home frequency on the planet that could be experienced as a twin flame or divine counterpart connection. There is however only one exact frequency match that would be considered a same flame. In some cases there are multiple people who share the exact same soul frequency because the original soul split into more than two bodies.

I know that some people will never agree with this theory. That’s okay. My own personal experiences are proof enough for me that multiple soul flames do exist. Keep in mind that it seems to be extremely rare and the likelihood that you have more than one divine counterpart is slim. If the concept stresses you out, just leave it alone. Once you come into union with your same flame, you will know if there are more of you or not.

THE PURPOSE OF TWIN FLAME UNION

Contrary to the extremely romanticized version of twin flames, same flame union is not at all about romantic love. Same flame union is first and foremost about the mission. That means that some twin flames may not become life partners at all. A same flame union can be a platonic friend or business partner, or even a parent, child or other family member. Same flame union at its core is about unconditional love, union with self and source, and assisting humanity at large.

With that being said, most twin flames are designed to be lovers and life mates. However, these partnerships are not based in typical human relationship patterns. You must shift your viewpoint from the typical narrative of human love to an expanded, more divine perspective of love. Like I mentioned in the introduction, same flame union requires intense soul work and quite a bit of reprogramming.

The twin flame path is a higher calling that requires relinquishing all ego desires, working towards authentic personal expression and the greater good of humanity. Though sexual union with a divine counterpart is blissful beyond imagination, personal pleasure is not the only purpose. Sexual union between same flames is alchemical and further assists to channel the frequencies they have agreed to anchor in onto the planet.

HISTORICAL EVIDENCE FOR TWIN FLAME UNION

Though the term “twin flame” was coined by Mark and Elizabeth Claire Prophet in the sixties, the concepts of divine counterparts

is present in many myths, legends, and philosophies. Plato in the *Symposium*, talks about Zeus splitting humans into two parts, male and female. That because of this split, they were destined to long for and search for one another to become whole again. Many Gods and Goddesses were described as being divine counterparts, sometimes “twins” but also lovers. These include Isis and Osiris, Shiva and Shakti, and even Sekhmet and Bast are described as being two faces of the same energy.

Jesus and Mary Magdalene have been spoken about as potential divine counterparts. Though other theories suggest that it was actually Mother Mary and Jesus that were parts of the same soul. As this is intended to be a practical manual, I’ve chosen not to go into much detail about this topic. I have included it briefly as a means to inspire your own research if the history of twin flames interests you.

MYTHS ABOUT TWIN FLAME UNION

In this section I will discuss and hopefully clear up some common misconceptions about twin flames and twin flame union.

Myth #1: A psychic or expert can tell you if you have met your divine counterpart.

Though there are many talented psychics and readers on the planet, most of them can only read present energies. What that means is that if you believe the person in question is your same flame, you will likely get confirmation from a reader or psychic that aligns with that belief. On the contrary, if you have fear that the person in question is not your divine partner, you may also get confirmation of that.

Instead of searching for outside confirmation, it is highly advisable that you develop your own intuition and connection with your higher self. Only you can truly know if you are a twin flame, who your counterpart is, or if you are a part of a multiple flame group or not.

Once you have developed your own inner knowing, it can be soothing to ask your guides or readers for signs to confirm your suspicions. It is important to ask for undeniable signs, as when we really want something to be true, we can unknowingly choose to see what we want to see.

Myth #2: *Twin flames are always romantic life partners.*

Again, because same flame union is above all else about the mission, it isn't always designed for them to be romantic partners. It's important to develop your own sense of inner knowing and find a way to detach from the notion that when you meet your twin flame you are destined to be together in a romantic way.

It is rare that divine counterparts are not destined to be romantic partners, however it does happen. Your inner knowing will be the most accurate guide about which kind of union you are a part of. Many twin flames begin as friends or partners in some other way before they recognize that they are also meant to be romantic life partners. That was certainly the case for me, so don't rule it out, just because romance isn't the first priority right off the bat.

If you aren't initially attracted to your same flame romantically, it could be that your idea of what love is follows a more karmic pattern than you realize. As you become more intimately acquainted with them, the precision of how perfectly matched you are can and does change your perspective about the

connection. What you want out of a relationship will change once you recognize what true love really is.

Myth #3: *Telepathy is a sure sign that someone is your twin flame.*

While divine counterparts do experience telepathy even before they meet, the truth about telepathic connection is that it can happen with anyone. Experiencing telepathy has more to do with matching frequencies than anything else. It is a lot like a radio. If your radio is dialed to a certain frequency, you will hear whatever station is being broadcast on that frequency. So if you are close in frequency with another being, or you happen to “tune in” to their station, it is possible that you can experience a telepathic connection even though they are not your same flame.

As you shift your vibration to be closer and closer to your authentic soul essence, you will experience a stronger telepathic connection with your twin flame. Telepathic connections with others that are not your counterpart will often get weaker or cease all together.

If you suspect someone is your same flame and you are telepathically connected to this person, drop deeper into yourself. If the telepathy gets more intense, they very well could be your divine counterpart. If it gets less intense, it's a sign that they may not be. The reason is that your same flame is you. The closer you are to your core essence, the closer you are to them as well.

Myth #4: *There is always a runner/chaser phase with your twin flame.*

While there is often a brief separation phase with a true twin flame along the journey, it is not the runner/chaser phenomenon

so often talked about on the internet. The runner/chaser dynamic is a trauma/drama pattern caused by karmic soulmates, mirroring souls, and frequency twins. A true same flame will not continuously “run away” from the connection.

True twin flames are most often graduate souls. They will not shy away from the work required to come into union. They may need time away to clear lingering karmic ties, or to “catch up” on their spiritual journey, but the separation phase is not the same thing as the runner/chaser dynamic. I will describe the differences in more detail later on.

Myth #5: *You can't have more than one twin flame.*

The vast majority of people only have one other divine counterpart. In rare cases however, the original soul essence can and does split into more bodies in order to accomplish a specific goal. It is extremely rare. Most people don't have more than one same flame. If you come into harmonious union with your divine other half, and you both feel in your heart of hearts that there is another part of you out there, then you may be part of a multiple soul flame group.

Your same flame blueprint will perfectly match your most authentic self. Unless you are naturally polyamorous or bisexual in some way, you will never have more than one romantic counterpart. It could be that the other part of your soul flame is a platonic friend, child, or other kind of relationship. In this case, you will feel whole and complete in your sexual union with your life partner counterpart, and would have no interest in being romantic with your other flame(s).

Only your inner knowing can confirm or deny if you are part of a multiple soul flame group or not. If it is a concept that brings you

peace and harmony, feel free to explore this possibility. If it makes you unsettled or agitated in anyway, let it go. You can have multiple frequency twins or even twin souls that are a near match. There is only one soul frequency however, that is an exact match to you. Yes, that can be found in more than one other person. Though it is extremely rare, it can and does happen.

Even if you feel that you might be part of a multiple flame group, it is atypical to be at the same place in the journey with each of them at the same time. So focus first on getting into harmonious union with one divine counterpart, then see how you both feel and go from there.

Myth #6: You can use your free will to cut cords or sever ties with your twin flame.

This one is also controversial. Yes, you have free will. However, your soul's free will has a higher authority than your human free will. It is extremely difficult to cancel a soul contract, much less a shared soul plan. You can choose to deny your same flame connection if you'd like, but unless you do some serious work on the spirit level to cancel the soul contract and they do the same, you cannot choose out of it. For this reason, it is also impossible to cut cords with your twin flame. Your twin flame is you. You cannot actually cut yourself off from yourself. It's impossible.

Your free will is absolute. You can choose against yourself. You can choose to deny yourself. You can choose to not engage romantically with your counterpart. That is all possible. It probably won't feel good to deny them though. They are you, and it never feels good to be cut off from yourself. Eventually, you will be drawn back to yourself and consequently them in one

way or another. When your soul uses its higher will to choose something, it is virtually impossible not to do it.

You can choose to surrender to what your soul has decided or you can choose to resist it. You will be near them either way in my experience. It's up to you what experience you want to have in life. If you find yourself in conflict, wanting to push away your same flame, what you are really doing is pushing away yourself. You will have to eventually resolve this inner separation in order to come into harmonious union with your divine counterpart and to find your own inner peace.

Myth #7: You will instantly recognize your twin flame.

We are programmed to believe that true love looks and feels like a crazy rush of sparks and intense attraction. What we have been taught love is supposed to be like is really more common among karmic soulmates than with same flames. Determining whether someone is a true twin flame or not takes time. Often, it takes a lot of time. Some flames share core values, core beliefs, and core decisions. You will have to spend quite a bit of time getting to know a potential counterpart before you establish that all of these things are in fact in alignment.

It's more likely that you will not recognize your same flame as being your destined love right away. You may feel something familiar about them, but what it really feels like is a natural ease when you're around them. You probably won't crave them when you're apart at first either. This is because you are always in union on the soul level and you have eternity together. There isn't often a sense of hurried infatuation at all. You'll just like them and they'll like you. It's only once you get to know each other more that you will begin to suspect that they may be your same flame.

Furthermore, your twin flame is simply the rest of you. There doesn't tend to be proper contrast or tension to create a strong gravity. When you are together it can be almost undetectable. It's a lot like how one imagines fish think about water. They don't. It just envelops and surrounds them and they probably take it for granted. You will probably take your same flame for granted at first as well.

Slowly but surely you will start to feel the difference between being with them and being apart. When you are with them you feel at peace and whole and settled into yourself. When you are away from them you feel less full and life makes less sense. You may want to be close to them, but may never feel an intense pull like with a karmic relationship. It's quite subtle, but you will eventually learn to discern what it feels like.

Myth #8: *Not everyone's same flame is incarnate at this time.*

This one is definitely possible. However, if it was true for you, I don't believe that you would have an intense desire for same flame union. I believe that if there is a desire born in you, there is a way to fulfill that desire. I do not believe that the Universe or God is cruel in any way. To desire strongly twin flame union and it not be possible would cause needless suffering. Unless that is the core mission that you personally came to learn, if you want same flame union, your divine counterpart is here looking for you too.

Myth #9: *It will all happen in "Divine Timing"*

The concept of divine timing, in my opinion, is vastly misunderstood. There is no time on the spiritual realm. There is only the eternal now. So how is someone "up there" deciding when something happens "down here"? They aren't. It's up to

you. What divine timing really means is two-fold. On the one hand there is the concept of what I call “process timing” or “natural timing”. Certain things take time to grow, like trees for example, or babies. The seed has to have manifested into physical reality first. Meaning you have to come into vibrational resonance with the seed in order to plant it in the first place.

The other thing that is meant by divine timing is really about vibrational location. You must arrive at the vibration of the thing you want in order to have it. That isn’t just going to happen when some celestial authority decides it’s going to happen. It will happen when you get to the proper vibrational place you need to be in. Sure, that takes process time usually. It doesn’t have to. If you could shift your frequency to the vibration of what you wanted this second without resistance, it would show up in your reality fairly instantly.

So, be careful when someone says that “it will all happen in divine timing”. This can lead to complacency on your journey. Has the seed already been manifested, planted, and set in motion? Then you simply need to wait out the process for it to grow and bear fruit. Or, are you waiting around for a heavenly authority to drop the seed into your hand so you can get started? If you don’t have the seed to plant, you haven’t gotten into alignment yet. If it’s not growing, maybe you keep digging it up to see if it’s sprouted yet. Stop that.

This will take some soul searching and honesty on your part. Are you waiting for it to magically happen? Or are you doing what is necessary to get into vibrational alignment with what you desire? You can’t do nothing, but you also can’t do too much. There is a balance between doing and allowing. That does take practice.

If something you want hasn't manifested yet, you aren't in vibrational alignment with it. That won't usually happen in "divine timing". It might, but you're better off being conscious about doing the work to align with the frequency of what you want.

If it has manifested and it's in the oven, then yes, divine timing is at work. Or rather, process timing is at work. You've begun a process. It's cooking. Let it do its thing. It will be ready when it's ready. Stop taking it out to see if it's done. It will take longer, or worse. You'll mess it up and have to start all over. Nobody has time for that.

HOW TO KNOW IF SOMEONE IS YOUR TRUE TWIN FLAME

What does a same flame feel like? How will you know if someone truly is your destined divine counterpart? Unfortunately, many of the signs you find on the internet can also be applied to other soulmate connections. These include but are not limited to:

A feeling of recognition

An indescribable soul-deep connection

Telepathy

Signs and synchronicities like 11:11 and other symbols

The inability to walk away from the connection

Serendipitous or unusual first-time meeting

Unconditional love

Feelings of fate or destiny

All of the above can be true of virtually ANY soul connection. All of these signs occur in same flame connections, so they have often been confused for the real twin flame deal. To determine if someone is your true divine counterpart, you will need to check a few more boxes.

The following 15 signs are much more unique to same flame connections than to other types. You will notice they are much less romantic and a lot more practical. That's because other soul connections are about clearing karmic patterns and learning how to love. While the same flame connection is really about living the mission.

In order for someone to be your same flame, you may or may not experience signs of soul connection like the ones above. For many people they won't. You must however have these signs that indicate a shared mission. The following are 15 signs that strongly indicate someone is your same flame.

- 1. Your core values match.*
- 2. Your core decisions are in alignment. When you make a core decision, they make the same core choice.*
- 3. Your life purposes are identical or perfectly complementary.*
- 4. As you uncover or discover new things about yourself, they continue to be perfectly matched to who you are.*
- 5. When you clear something energetically or spiritually, they shift as well.*
- 6. The pace of your spiritual growth is similar. If you evolve, they're right there with you. If not right with you, they are never far behind.*

7. *They receive you in all the ways you express yourself with unconditional love. They don't have to try. Who they naturally are, complements who you naturally are.*

8. *Your communication is easy, honest, and transparent.*

9. *You are safe to express yourself in deeper and louder ways, even if you are afraid you might not be. When you do, they still love and accept you easily.*

10. *You feel a sense of peace, like you can exhale and rest in your own essence around them. You can just be yourself.*

11. *When you feel into or drop into your own essence, you feel them more, not less. You may even hear their voice clearly, or feel their touch energetically.*

12. *When you are together you feel such a oneness it's almost like you are by yourself. Alone, but never lonely.*

13. *You feel completely present and yet "out of time" when you are together. At the same time you don't feel like separate people. You feel like you are expanded. Like there is simply more of you in the room.*

14. *If there is a separation phase, it is conscious, not dramatic, traumatic or abusive.*

15. *There is no doubt in your inner knowing.*

There are many other signs that can be applied to same flames. I felt that these were the least commonly mentioned, but the most telling and distinct from other kinds of soul connections. I encourage you to do your own research and compare and contrast what you will learn in this guide.

Though there are many common similarities, each same flame journey is ultimately unique. This guide is to offer you philosophies and processes that have definitively worked for my journey as well as others whom I've assisted over the years. As any proper spiritual teacher will tell you, your inner guidance is the most important.

It's not necessary that you believe anything in this book. In fact I don't want you to believe anything I'm saying just because I am saying it. Take what you learn here and test everything. Use it to discover your own truth and methods that work best for you.

OTHER TYPES OF SOUL CONNECTIONS

The first part of the twin flame journey usually begins with your personal ascension towards union with self. This is the phase where you pay karmic debts, bring your shadows to light, start healing childhood wounds, and begin to balance your inner masculine and feminine polarities. This is where many of the following types of soul connections come into play.

There does seem to be a general "order of operations" or progression through the phases. However, you could experience these in any order as they all must be done. Furthermore, ascension is like an upward spiral. That means you may have "leveled up", but will encounter connections that seem similar to ones you thought you had already mastered. That's because there is another layer to what you can learn now that you know what you know from the previous level.

What you will most likely notice is that the majority of your relationships will match one kind of soul connection at a given time of your life. As you learn the lessons and grow, so will the nature of your connections as a whole. You may still experience

seemingly “less evolved” connections simultaneously, even though in general you’ve moved on. For example, you may have more karmic debts to pay in one area of your life, so you will have to deal with those even after your other connections have evolved to higher states.

Typically the first kind of connection you will encounter are *karmic ties*. This is karmic energy you must balance from this life as well as past lives. Once you have balanced enough karmic and ego energies, you will encounter your *soul contract* relationships. These are often responsible for catalyzing your spiritual learning or are more in-depth karmic ties. Once you’ve reached a certain level of spiritual knowledge, you will begin to encounter connections that offer what I call the “*mirroring effect*”.

Karmic ties and other mirroring souls also assist with healing and becoming more whole within yourself. They show you who you are not, so you can remember who you are. Soul contracts can also assist with getting on the path of your life purpose, as well as balancing internal energies, honing spiritual gifts. Soul contracts can also be situations where you agree to play the “bad guy” or teach a “lesson” for another being.

Mirroring connections prepare you for same flame union by offering the reflection of where you are in your healing process. As you progress along your personal ascension path, the more you will recognize mirroring connections. The closer you get to union, the more these mirroring connections will arrive in the form of *twin souls* and/or other *false twin flames*. Those are like mirroring souls on steroids. Not that everyone isn’t a mirror already, but you must have progressed enough on your spiritual path to make good use of those connections for your growth.

Otherwise, you will only feel victimized by the mirrors, instead of realizing it's you being reflected back to you for healing.

Coming into union with yourself, coming into alignment with your purpose and your twin flame are all one and the same. As such, any and all soul connections will assist you on your journey if you allow them to. I have outlined the different types mentioned above because they differ greatly from twin flame connection. It's vitally important to understand the qualities of these other soul connections as to not confuse them with a divine counterpart connection. The same flame relationship is the doing of the mission. All other soul connections are preparation for that.

KARMIC TIES

A karmic relationship is with any soul that you have encountered in this or previous lifetimes, that you have “unfinished business” with. *Karmic ties* are energetic debts to be paid. They can be either positive or negative. If you did something bad to someone in a past life and never resolved the energy, you will have to balance the scales in this life. If you did something positive for another and they felt the debt was unpaid, they may give back to you in some way in this life, in order to bring balance to the energy.

These relationships feel fated and destined but also a bit confusing. It is common that these people are not from your soul family. For that reason it is common that connecting with these people logically doesn't make any sense, yet the gravity is intense. These are the people you can't seem to “stay away from” no matter how hard you try. It's because in order to balance the energy, you have to come to the realization that you have done or are doing the thing that is being done to you. This

serves to cultivate compassion and forgiveness surrounding the themes of the situation.

Karmic relationships are largely about balancing ego energies and experiencing the impact of our actions on others and ourselves. If you betrayed someone in a past life, they may come and betray you in this life, to mirror your own unconscious self betrayal. Therefore, you have the opportunity to understand the impact of the energy of betrayal, and can clear the frequency within.

Ultimately we cannot do something to another because we are all one. Whatever you do to another you do to yourself. Karmic relationships demonstrate that fact beautifully. These types of relationships allow you to learn the impact of certain actions, and therefore allow you to evolve into higher states of love and caring.

Karmic ties can also be about learning to embrace ways of being that are unlike your soul family. In karmic relationships you will be faced with behaviors that are not natural to you. This serves to allow you to practice acceptance and compassion. It also helps you to be open to aspects of your same flame you may otherwise not have understood because it is so different from your natural state.

The runner/chaser dynamic, we will discuss later, is often played out in these kinds of relationships. Because they feel so fated and serve to uproot unconscious patterns, the push and pull in these connections is pretty intense. There is a separation phase with twin flames, but it is not at all like the trauma/drama cycles people have believed to be the sign of a true twin flame. This is largely due to too many people on the twin flame path not having met their actual twin flames yet. One major indicator that

you are dealing with a karmic partner and not your twin flame is that karmic ties are not based in love. They are usually based in ego, or an ego perspective of “love”. They are often based on “getting even” as it is about evening out imbalanced energies.

Karmic ties often show you where you have or are mistreating yourself and others. They can become abusive for this reason. It is often a power drama of who can finally “win the game”. In *karmic ties* there are always winners and losers. You must learn to rise above that duality and neutralize or balance the scales. Again, *karmic ties* are about balancing power and energy, not about love.

If you find yourself in this kind of situation, it is vitally important to do the Mirror Exercise (*described in detail later*). Essentially, you must be willing to see how you are doing to yourself what you are witnessing the other “doing to you”. You must resolve this battle within yourself. Once you do that, you will be able to clear the *karmic tie* that you have found yourself in and move towards more harmonious relationships.

Karmic relationships are about the particular lesson you need to learn, or energy you need to heal within yourself. You can use your free will to remove yourself from these kinds of relationships, as long as you become conscious of the issue that needs to be healed. You do not need to remain in the relationship to do the work. You can usually ask your guides to show you the energetic cord attaching you to this person and the reason for it.

If you leave the situation, but do not clear the energy, you will continue to be drawn to the same or other situations that present to you the issue again until you resolve it. You will feel

like you are on one end of a rubber band that keeps snapping you back into the same or similar scenarios.

Any and all interactions and relationships can reflect karmic level energy. This can include the cashier at the grocery store, or your most intimate partners. The general tone of your life can be a reflection of karmic energy you need to clear as well. For example, if everywhere you go people seem to be judging you harshly, where are you judging yourself or others similarly? These reflections can also indicate negative beliefs within yourself.

If you believe people you love always lie for example, then you will likely end up in situations where someone you love always lies to you. The process to clear negative beliefs is essentially the same, because beliefs are created by experiences. Again, the Mirror Exercise is an excellent tool to resolve karma and negative beliefs that have arisen from problematic interactions with others.

SOUL CONTRACTS

Someone you have a *soul contract* relationship with is typically a close member of your soul family, though it doesn't have to be. *Soul contracts* are connections where you have contractually agreed to assist each other before you were born, usually for spiritual level growth. Examples are to learn difficult lessons, gather mission "tools", to assist in spiritual awakening tasks/initiations, or to discover your life purpose. For this reason they tend to offer a broader scope of lessons and challenges to overcome.

They also typically span a more significant period of time and feel "work-like" rather than leisurely. There is often instant connection and a lot of love in these connections, even though they can be

quite difficult at times. For example, someone from your soul family may have agreed to play the “bad guy” in a situation so that you could learn something important for your soul's growth.

The gravity of soul contracts feels rather binding, as you must complete the required tasks in order to move forward on your soul's journey. You are in essence “bound” to the contractual obligation you agreed upon. If you are having a particularly difficult relationship with someone, but the love is rather strong, ask for the lesson.

You may be quite psychically connected with these people as well and it feels like you have to “do it until its done”. If you use your free will to choose away from this type of relationship, you will have a feeling of not completing something. It would be similar to taking a semester off of school. Even though you've chosen to suspend your lessons, you know that you have not yet completed your course of study. You will likely have to return to the situation until you have completed the contract.

If the situation is particularly problematic, it is possible to renegotiate the terms of your agreement. This takes some deep meditation and it is recommended that you elicit the help of a trusted spiritual healer to assist you. I personally recommend that you just buckle down and do the work presented by this connection. Even if you cancel that particular contract, you may still need to learn the lesson anyway. If you are simply conscious of the nature of the relationship you can remain detached enough to do the work to complete whatever will release you from it.

Energetic cords or energy that binds you to these contractual agreements feel more solid and harder to break than a standard *karmic tie*. When you think about pulling away from the person

when things get too hard, it isn't an easy thing to break out of. It really feels like the entanglement has many levels or is quite complex in its components. You may have done some cord cuttings with this person and yet still remain bound. Even though the lesser karmic or energetic ties were cut, there is something that still won't go away.

This can be the case with same flames as well. So ask in meditation to see the soul contract. Ask your guides to reveal the things you have yet to address with this person. Once the tasks are complete and the contract is fulfilled, the energy usually clears easily on its own. Close mentors and blood relatives often fall into this type of soul connection, as do some lovers, friends, and business partners.

SOULMATES/KINDRED SOULS

Soulmate is an umbrella/generic term, since all soul connections are technically "soulmates". For this reason, I prefer the terms *kindred soul* or *kindred spirit*, since that is usually what people mean when they say 'soulmate'. A *kindred spirit* is a term for any other soul that is part of your soul family. Aside from twin souls and same flames, *kindred souls* are closer to your home vibration than other connections. That's why they feel so nice. These people you will instantly feel a sense of familiarity and naturalness with.

Fast friends and easy lovers tends to be the hallmark quality of these types of connections. These souls often have a complimentary life purpose to yours, and will often be working on similar themes and/or karma. They may be with you for a short time, or for a lifetime. They are your earth-life teammates so to speak. They'll cheer you on and have your back. They are people you can run to when life gets hard.

Kindred spirits come into your life and assist you with tasks, lessons, and make life generally more enjoyable. *Kindred souls* can manifest in any kind of relationship be it friends, lovers, coworkers, family, mentors...etc. Virtually anyone that “vibes” pleasantly and easily is likely a *kindred spirit*. Kindred type soulmates typically resonate harmoniously with your permanent, deeper soul frequency, or core essence.

Kindred soul relationships flow freely and often don't have any sense of deep rooted contractual obligation. You simply like each other because you are so much like each other. They offer comfort and pleasure amidst the more challenging aspects of life. They are true blessings and earth angels bringing respite to an otherwise grueling journey.

MIRRORING SOULS AND THE MIRRORING EFFECT

The truth is that everyone, everything, and every experience is a mirror of your current vibrational state. I've made the distinctions between the different soul connection types because they will feel differently depending on where you are on your journey of self-awareness. In the beginning, you will feel much like these experiences are happening “to you” and coming from “outside” of you.

As you progress further along your path, you will begin to realize that everyone is an extension of you. Therefore, the way that anyone behaves towards you is a reflection of your inner vibrational landscape. By the time you've become aware that your soul connections are not happening to you, but are happening for you, you will see everyone as a mirror. What makes someone specifically a *Mirroring Soul* connection is that it's destined or fated like a *karmic tie* or *soul contract* is.

Mirroring can indicate a deeper soul connection. However, It can also simply be a result of the Law of Attraction bringing you people and situations that match your current vibration. Your transient vibration is a mixture of all the positive and negative beliefs you hold about any and all subjects. The mirroring effect, regardless of how it manifests, can be used to reveal to you where you have made forward progress, as well as any unhealed patterns and triggers keeping you from union. One of the first soul contract mirroring soul connections you may encounter on the same flame path is what I like to call the “*Dark Side Twin*”.

If you have seen the newer Star Wars movies, the *Dark Side Twin* is the Kylo Ren to your Rey. This person will be the polar opposite of you. Everything that you dislike or hate, they will be. Even so, you will fall in love with them effortlessly. You fall in love with them to learn to love those shadow aspects of yourself. You fall in love with them to learn to balance your light and your darkness. They will show you everything you dislike or have disowned about yourself. Their purpose is to assist you to begin to see the duality within, so you can begin to integrate your inner polarities.

You will likely have a lot of judgments about your dark side twin's personality and behaviors. Those judgments are the perfect opportunity to use the Mirror Exercise to come to a place of compassion with the places inside of you that mirror them and their behavior. You may not believe that you are like them or do the same things that they do. That's because *mirroring souls* often magnify the reflections so you can better see what you were previously blind to. You may not do what they do to the same degree or in the same way, but I promise, you will find everything you see in them in yourself as well.

The *dark side twin* encounter is typically where people begin to become aware of the twin flame journey, if they weren't aware of it already. That's because the *dark side twin* feels different than any other soul connection. It's deeply catalyzing and intensely entangling. There can also be a new found level of telepathic connection with this person you haven't experienced before. You will also feel a sense of unconditional love that you have never felt before. They will be doing all kinds of things that you don't like and yet you will be unable to stop loving them. They also tend to have all the inaccurate twin flame signs that you find on the internet. They will not however match your core values or decisions. In fact, their values and core decisions are typically vastly opposing yours.

This kind of relationship is where you begin to explore the concept of unconditional love for another. They may additionally catalyze you towards your life purpose. That was my experience at least. I also suspect that *mirroring souls*, like the *dark side twin*, are close soul family members who have agreed to assist you with your same flame journey. That's why they feel so close to home and can often be confused for a real twin flame connection.

I believe that most "*false twin*" connections happen during this mirroring phase. The closer you get to union with yourself, the closer the person mirroring you will "match" you. However, a soul that is mirroring you feels more like an echo of yourself bouncing back into your awareness. They aren't another version of you, like a twin soul is. They also aren't the rest of you like your same flame is.

Though they say your twin flame is your ultimate mirror, twin flames aren't actually a reflection of each other. They are the rest

of each other in another body. You see yourself more clearly when you meet your same flame because you are looking at more of yourself, not because they are reflecting you back to yourself.

Someone who is not your same flame will reflect just like a mirror would. Mirrors don't reflect back 100% of the image. A little bit always gets lost. A *mirroring soul* or *false twin flame* will always be out of alignment somehow or distorted to some degree. It feels like a projection, because it is. Sometimes it's incredibly subtle, but it won't be you exactly. It's a high quality photocopy of you perhaps, but not you. Something will always get lost in the translation. It won't feel precise and the edges will feel fuzzy.

Mirroring souls simply echo back to you how in or out of alignment with yourself you are. They reflect, act out, or mimic who you are. A true counterpart feels like a puzzle piece that perfectly fits. It's a precise match to your frequency with clear edges that perfectly align with yours. You can see yourself more clearly, because they offer more of you for you to experience. It's not really a mirror at all you will find. It is you. I'm not sure I can explain it more clearly than that. It's difficult to understand the difference until you meet your twin flame. Once you do experience true twin flame connection, you will know exactly what I mean.

The closer you get to being in alignment with yourself, the more a *mirroring soul* will take on the qualities of a *twin soul* or *false twin flame*. So be mindful. It is only by examining whether your core values, mission and core choices match or not, that you can know if someone is your same flame or just another *mirroring soul*. Sometimes those things are the only difference. If you aren't vigilant, you may end up in a runner/chaser situation

for quite some time. This is where a great percentage of the suffering happens on the twin flame path.

If you happen to get caught up in a runner/chaser dynamic with a *mirroring soul*, have no fear. You will get tired of the unrequited love. You will get tired of the heartache. You will get tired of running. When you finally get tired of running, you will stop running from yourself. Any complacency or laziness on your spiritual path will end. The unconditional love that you felt for all others will finally turn towards yourself. Only when you turn your unconditional love towards yourself will you be ready for your same flame union.

Regardless of the specifics, a *mirroring soul's* main job is to get you to make this turn inward. *Mirroring souls* catalyze you to heal your shadows and core wounds. In the face of repeated failure to get into harmonious union with who you erroneously believed was your twin flame, you begin to get serious about your own soul work.

You begin to look deeper into your wounds and triggers. You begin to reclaim the shamed and deeper hidden parts of yourself. When you finally choose yourself and your purpose, when you choose your higher soul's truth over what your ego wants, that is when you will come into contact with your true divine counterpart.

Twin Flame Journey Stages

In this section I'm going to break down the various stages and phases of the twin flame journey. This is simply a common way the journey can unfold. Every divine counterpart relationship is unique and may or may not follow these stages. You might also find that some of these stages happen simultaneously and/or overlap.

You may also find that you are in one phase on the mental level for example, but an entirely different phase on the emotional level. The four main levels that have to be cleared and resolved no matter what it is you are wanting are the spiritual, mental, emotional, and physical. Keep that in mind as you are navigating your way on this path and through life in general.

P R E - B I R T H

I felt that it was important to begin before you began. Remember that you were originally one soul before you incarnated. Before you were born you decided specific things about what families you would be born into, what lessons you would learn, how far apart in age you would be, what your life's mission was, and set timing for awakening on the journey. Many, many details were decided upon by your soul's higher free will.

To know what you and your counterpart agreed upon before you were born, simply go into meditation and ask your guides for your same flame contract to be revealed to you. You can also utilize the help of a trusted spiritual advisor, or use your own tarot or oracle cards to give you insight into the themes and decisions you both made.

This is also where you make soul contracts and/or agreements with other souls or members of your soul family. They will show up in your life at the appointed “time” to assist you with your personal awakening, and specifically with your same flame journey. I put the word ‘time’ in quotations, because again, time in this case is more about vibration than physical time.

When you arrive at certain checkpoints in your spiritual growth, certain contracts and soul connections become activated. Sometimes it can be at a literal appointed time, but more often than not it is about where you are in your awakening process vibrationally. If it is literal time, it often corresponds to astrological placements or ages where typical rites of passages occur. The connections that arrive at these times tend to be appointed to be catalysts for shifts or awakening in your life.

PERSONAL AWAKENING

Before you embarked on the same flame journey, you first had to have a personal awakening. This is at whatever age you began to become aware of the unseen world. It was at this time that you began to question life and the standards of society in regards to love and other ways of being.

You probably began to realize that there was something more than the cookie-cutter life everyone else seemed so happy with. You may have begun to realize that what was normal for others, simply didn’t resonant with you any longer. Perhaps you realized that it never did.

At this time you likely began to seek spiritual wisdom. Perhaps you began meditation or some other healing practice. You were likely driven by a deep longing that you couldn’t quite put your finger on. It began to move you in the direction of more and

more spiritual pursuits. You began to become more and more conscious of things like karma, energy, and unconditional love.

It is often in this phase that you decided you wanted to live a spiritually centered life. You wanted to embody your higher self and live your soul's truth. This phase is where you begin to recognize karmic ties and other soul connections as your "spiritual work". You began more consciously moving through the lessons and challenges of these different soul connections.

DISCOVERING TWIN FLAMES

At some point on your romantic love journey, you began to realize that you wanted a deeper connection than what you were encountering in your life. This is usually due to a string of karmic type relationships that awakened you to this deeper longing.

At this point, or somewhere during the previous or next phase, you discover the concept of twin flames and divine counterparts. You feel suddenly like that longing you have carried your whole life makes sense. You now know what it is you had been looking for all this time.

MIRRORING PHASE

Once you've decided either to live your life's mission or to find your divine other half, the mirroring phase begins. This is when you begin to see all others you come into relationship with as a mirror of your progress. You begin to use the triggers activated by others as a way to heal the separation within yourself.

This often begins with the "Dark Side Twin". You may then encounter several more mirroring souls or frequency twins as you continue to get closer and closer to union with yourself. Eventually you heal so much that you feel rather whole and

complete within yourself. You finally turn your love inwards. That's when you will meet your true divine partner.

FALLING IN LOVE

Falling in love with your counterpart is both instant and not so much. At this point, you've likely been burned pretty bad by some false twin experiences. Therefore, you've learned to take your time and really see if your core values are a match with this potential partner. You've learned that patience is quicker and you are in no hurry to decide whether this person is your true divine counterpart or not. You've been exhausted by karmic ties and embarrassed by false twins and, let's face it, you don't want to go through that again.

You find that you want to get to know this person thoroughly before you jump to any conclusions. As they prove to be more and more compatible with your core values and choices, you find yourself falling in love. Falling in love with your same flame is different than falling in love with anyone else.

Falling for your counterpart feels more like falling in love with yourself. You almost can't associate the feeling of falling in love with them at all. You simply fit perfectly together. When they "mirror" you, it is not in a figurative, echo like way. They mirror you perfectly. They receive you completely. They are easy to talk to. You can be completely and totally yourself without judgement.

You feel a gentle merging like they are just another part of you. You will know deep down that what you are seeing is more of your own soul, not a separate being. You are peacefully and whole heartedly in love without reason. There is no real wanting

or needing, the connection 'just is'. You are simply so grateful to know that they exist. Just this fact makes you feel more whole.

At some point you give in to the fact that they might in fact really be your same flame. Simultaneously, whatever is left of your fears and shadows starts to surface. The difference is that it's nothing that they do to you. They catalyze you by their very existence. The pace of your spiritual growth moves quicker. Ascension seems to happen faster and faster because of their presence.

The intensity of your spiritual growth becomes amplified. The light is so much brighter with your twin, that it makes all of your shadows more apparent. At some point during this time, one or both of you may get dizzy and want off the ride. This is often where time apart usually occurs. It is not the runner/chaser dynamic of a mirroring "false twin" however. It is same flame separation.

SEPARATION

After you meet your counterpart and your soul's activate each other, the catalyst and forward movement of spiritual growth can hit a snag. The acceleration of this process will make any and all karmic ties that are left to be cleared glaringly obvious. If these karmic ties or dysfunctional love patterns have not been dealt with, the union process at this point comes to a screeching halt. Not that anything bad happens per se. It is just that the counterpart who was the second to awaken, has some catching up to do.

They will likely opt out of the connection to explore a previous karmic relationship they were simultaneously dealing with, or one they had before they met you. It isn't often someone new,

though I suppose that's also possible. The reason this happens is that the slower to awaken one has yet to make a clear decision about the path they want to choose. Also, the path isn't linear like most would prefer. You may be working with several different levels at once.

While on the one hand, you may have cleared enough out of the way to meet your twin, but you may not have understood yet your deeper issues. Meeting your counterpart will show you everywhere that you push yourself and/or love away. It can be quite painful to confront these shadow aspects. The overwhelm of that process is the main cause of separation for twin flames. In contrast, false twin experiences cause separation due to incompatibilities within the relationship.

Even though the same flame journey is destined, it still has to be a conscious choice. Both must on some level recognize they already chose the path of their higher self, otherwise this wouldn't be happening at all in the first place. Each counterpart will need to compare and contrast the life they thought they wanted to see the reality of following the old path versus the new one.

Twin flames don't necessarily need to choose the same flame relationship, but they must awaken to the difference between living a life from ego and living a life from spirit. The one who is opting out of the relationship needs to go clear these karmic ties and choose the path of their life mission and soul truth above all else in order to close the gap and return.

The one that is "left behind" must learn the lesson of true unconditional love and complete detachment. The reason for this, I believe, is so that one can learn to turn to the divine completely. To trust and have faith implicitly in the soul's

guidance and direction. To step fully into the power of being a conscious creator. It is one of the last phases of releasing ego desires in order to surrender totally to the soul's mission.

It is the grand paradox of life. You have to be able to release in order to have. Your same flame union is no exception. To believe that you must have something outside of yourself in order to be whole within, is the very belief that will keep you from having that which would naturally come to you otherwise. This separation phase essentially forces you to turn all the way inward towards yourself and towards God.

Contrary to the runner/chaser phase of the mirroring phase or karmic tie relationships, same flame separation often follows a very conscious, open and honest conversation. You are both fairly evolved souls after all. The one who needs to leave is not denying the connection like in the runner/chaser dynamic. They are simply acknowledging that they are not ready for it.

They may not know why. They may not know exactly what it is they still need to do, but they are aware that whatever it is, they aren't where you are yet. They know they have some more work to do. In contrast to the runner/chaser dynamic, same flames continue to do their personal work while in separation. Furthermore, any work that one counterpart does, the other one benefits from it.

While they are not with you, same flames continue to grow and learn on their spiritual path. It isn't always a complete separation. Sometimes they will remain close, though they've chosen not to go deeper into the connection at that particular time. There is usually more peace than anxiety with same flame separation. It is usually more conscious and loving, rather than traumatic like a runner/chaser situation can be.

REUNION

Once one or both have done the work and tied up whatever karmic lessons needed, a true divine counterpart will come back after the separation phase. They will come back to you having grown. They will not come back and start exactly where you left off or worse, return to a beginning stage of connection. They will have done their spiritual work. They will be ready to commit to this journey with you.

They have likely had some kind of epiphany and will be eager to share their new insights with you. Even if you've been out of contact completely, you will find that they have somehow kept pace with your spiritual evolution. When they return, you must forgive them for their absence. You must not hold resentment. You must find compassion and understanding.

Just because they come back, does not mean you are home free quite yet. They are still going to need some time to work it all out. They are back because their soul insisted they return. They may not be completely on board for the whole thing just yet. It is important to continue to do the mirror exercise during this phase. The spiritual catalysts will continue. Any and all things left to clear will rise to the surface. You must continue to do the work.

HARMONIOUS UNION

If you both have truly committed to healing yourselves and committed to your life's mission, you will move into harmonious union. Things will still come up from time to time, but as life goes on, you will have developed a strong trust in your ability to move through challenges. The connection with each other is so delicious that any problems that arise are willingly managed.

Section Two

Calling in Your Same Flame Union

THE LAW OF ATTRACTION

I'm not going to go into too much depth about this as there are many, many resources about this subject. However, it is a rather important topic to understand if you are to call in your same flame, or manifest anything for that matter. The Law of Attraction is a Universal Law. It is the law that governs our particular universe. This law states that like attracts like. More specifically, like frequencies attract like frequencies.

It is a static law. Whatever frequencies you emit, those frequencies eventually comes back to you in form. Everything in your reality, from your thoughts to your experiences, have appeared because of this law. It is always working, and we manifest things easily and naturally all day long. In order to make deliberate changes to our reality, there are some concepts that are helpful to understand.

The Law of Attraction is much like gravity. You don't fly with gravity. You fly with the knowledge of how gravity works. In the same way, you can't manipulate the Law of Attraction. You manifest by understanding how it works. The Law of Attraction simply is. You cannot alter it nor negotiate with it. Like frequency attracts like frequency, period. You can argue with it if you like, but you can't change the law.

The Law of Attraction simply delivers creation on an auto-feedback loop based on whatever it receives. It's a bit like a cosmic 3d printer. Whatever instructions you give it (what you want/thoughts) and whatever material you give it to work with (your frequency/emotions), it will produce for you a 3d version of what you asked for in your reality. What you put in is what you get out. It is quite literal. You will get what you wanted in a form that feels like the feelings you put into the comic printer.

For example, if you are wanting a relationship, but feel that you aren't lovable, the Law of Attraction will feedback to you a relationship that perpetuates the feeling that you are unlovable. It may be a completely different kind of person and a totally different situation every time, but it will feel like previous relationships have. You may also manifest a lack of a relationship if that best reflects you feeling unlovable. The presence or absence of everything in your life has been brought to you by the Law of Attraction through your dominant feelings about what you want.

You are never not manifesting. The lack of something is still a manifestation of that thing. It is simply the inverse of having it, but a manifestation none the less. That should bring you some comfort, because it means you are already manifesting what you want. You are simply inputting the wrong frequency to get the version that you'd prefer. You can easily change that by understanding the next law.

THE LAW OF RESONANCE

The Law of Resonance states that when one frequency is activated, it will activate all other things with identical frequencies. The Law of Resonance activates what the Law of Attraction sends to you. In order for the Law of Attraction to deliver a frequency, it must first receive that frequency. So if the Law of Attraction is the delivery mechanism of manifestations, the Law of Resonance is the order form.

In order for the Law of Attraction to deliver to you what you want how you want it, you must first consciously activate the frequency (feeling) you prefer about that subject. Basically you are choosing the version of the thing you want. If you don't consciously choose, you will get whatever frequency you are

embodying unconsciously. Again, you always get what you want, you just may not be getting it the way you want it.

You may have heard that training your thoughts is imperative to to consciously manifesting. This is because the thoughts that we think about a subject, and more specifically the beliefs that we hold, first manifest as emotions. Those emotions have specific frequencies. Your dominant feelings, or the feelings you feel most often, make up your dominant vibration. Through the Law of Resonance, holding a specific frequency long enough will activate all other things that match that frequency. The Law of Attraction then receives that “vibrational order” and delivers to you more thoughts, experiences and people that match that dominant vibration.

We each hold a dominant vibration overall, as well as specific frequencies about all subjects in our lives. You could have one dominant vibration regarding your career and another about your love life. To know what your overall dominant frequency is, ask yourself what the general tone of your life is. How does it feel overall? To know what your dominant frequency is about a specific subject, ask yourself how you feel about that particular subject.

JOURNAL EXERCISE:

Anytime you aren't manifesting what you want, or aren't getting it the way you want, use this exercise. This is an excellent way to troubleshoot what frequency you are sending out to the universe regarding any subject.

We've been taught to believe that our feelings are the effect of situations and circumstances around us. The truth is that our

beliefs about a subject is what triggers both our emotions and the Law of Attraction.

Think about your topic. In this case we will use the topic of your same flame union. Whether you have met them or not, is irrelevant. You have already manifested them, even if that manifestation is the lack of union or a version of it you don't like.

Notice how the reality of your situation makes you feel. Make a list of emotions. Be as specific as you can. You may have a mix of positive and negative feelings, "Part of me feels..." "Another part of me feels..." etc.

Once you feel complete, reread what you wrote down, and notice the overall emotional tone. That is the frequency that is most dominant in your vibration about your same flame union. Save this list. We will use it later.

Our feelings are indicators of what it is we believe about the subject at hand. You can therefore use your feelings to help you uncover what you truly believe about the topic. Consequently, what you are feeling is what you are actually broadcasting to the universe, regardless of what you say you want. Once you are aware of the feelings, you can uncover the faulty beliefs. From there you can make necessary changes to improve your situation.

YOUR FEELINGS ARE YOUR GUIDE

We have what Abraham Hicks and others call an "emotional guidance system". This guidance system uses emotions as messages and alert tones to keep you on a path that is most in alignment with your soul's truth. The more negative the emotion, the further away from the truth you are. The less you'll prefer

what you manifest as well. The more positive the emotion, the closer you are to the truth, and the better your manifestations will be.

If you are thinking a thought or activating a belief that is not true from your higher soul's perspective, it will feel bad. Conversely, when you are heading the right direction vibrationally, you will feel better. Learning to notice how you are feeling throughout your day is crucial. More importantly, it is vital to not feel bad about feeling bad if you do. Feeling bad in and of itself will not create negative manifestations. Feeling bad about feeling bad means you have a belief that feeling bad is wrong. That belief will lead you the wrong direction vibrationally.

If you find that you are feeling negatively about a topic, allow the feeling. Let it guide you to the source of it. It will most often show you that you are thinking a negative thought that is out of alignment with your higher soul's perspective. Notice what it is you are thinking that is making you feel bad. Then soften the thought with one that makes you feel better.

For example, you may be thinking something like *"I'll never have my same flame. This journey is impossible."* That thought will feel bad because it's simply not true. Try to think of a thought that feels better. Say to yourself something like *"It's okay that I'm feeling this way. I bet a lot of people feel this way. This journey can be difficult, but I'm willing to do what it takes."* Continue to talk yourself into feeling better any way that you can. If you find this difficult, stop thinking about your twin flame and do something that you know makes you feel good.

The emotional guidance system is for internal stimulus, meaning your own thoughts and beliefs. It lets you know where your frequency is vibrating in regards to whatever subject you are

focusing on. Intuition, or gut feelings is the guidance system for discerning the frequency of what shows up in your external reality.

You will need both of these mechanisms to manifest your same flame. The former so that you know what you are broadcasting. The latter to discern what is getting reflected back to you so you can course correct if need be. For now, put these two concepts in your pocket, we will come back to them.

BELIEFS & MANIFESTATION

In conscious manifestation we turn “thoughts into things”. That means that we consciously choose what we want and make it show up in our reality. In this case you want your same flame out of your mind and in front of you in a 3D, touchable format. The truth is that thoughts don’t create things, beliefs create things.

For a thought to produce anything in form, it has to be thought enough times to collect enough energy to condense into a belief. Once a thought condenses into a belief, it carries with it its matching emotional frequency. That energy is what gets broadcast out to the universe for the Law of Attraction to match and reflect back to you.

Beliefs and emotions are intimately connected. Most of our beliefs are established in early childhood. When an experience supported our survival or well being, it felt good and we made positive associations with those experiences. If something was not supportive, we interpreted those as negative. The degree to which something felt good or bad, was the degree to which it was supportive or unsupportive of your wellbeing.

People and situations will feel a certain way to the degree that they are in or out of alignment with your core frequency. Thoughts and beliefs will also illicit emotions based on how in or out of alignment with higher truth they are. The further away from the truth, the worse they will feel. The closer to the truth, the better they will feel.

Thoughts plus emotional energy create beliefs. In turn, beliefs will feel like the energy that created them, once activated or focused upon. Thoughts with little emotional energy take a lot of repetition before they solidify as a belief. Thoughts with intense emotional energy can become a belief quite quickly. The more emotional energy a situation elicits, the stronger the belief.

This is why affirmations can take so long to be effective. Affirmations are thoughts with very little emotional energy attempting to counteract a belief that holds significantly more emotional energy. Therefore, the best technique to use in order to reprogram your beliefs include visualization exercises like the one I will describe to you now.

IMAGINE IT INTO EXISTENCE

In order for the Law of Attraction to bring you into harmonious union with your divine counterpart, you must utilize the Law of Resonance to activate the frequency of that harmonious union. You will have to do this consciously first until the frequency becomes “second nature”. Meaning, you’ve practiced the vibration enough that it is now anchored into your subconscious mind as a belief.

This is true for any task. At first it takes concerted effort. After enough practice, you are able to do it more naturally and even perform it on “autopilot”. This works the same for practicing a

frequency or vibration about any subject. You will have to practice the new vibration often enough that it begins to shift your overall frequency about what you are focusing on. As you begin to attract manifestations that reflect that new frequency, it will help to anchor it in as a new belief.

The easiest way to do this is to spend several minutes everyday imagining the new reality. Just like your original beliefs were created through emotional experiences, you can create new beliefs the same way. Your mind for whatever reason cannot distinguish between real and imagined experiences. So imagining scenarios is just as powerful as actually experiencing them.

As you imagine in detail, already being in harmonious union with your counterpart, your subconscious mind will create a new program and begin sending that frequency to the universe. The Law of Attraction has no choice but to reflect that new reality back to you. The following are two simple techniques that work like magic to shift your vibration and anchor in the new experience of your chosen reality.

“FEELINGIZATIONS”- Close your eyes. Begin to wonder what it would be like to already be in harmonious union with your same flame. What would it be like to be with your perfect lover? What is your perfect relationship like? Imagine you have been together for years now. Look around. Where are you? What are you doing? Use all of your senses.

Perhaps feel what it feels like to come home to them. Notice the way it feels to turn the key in the lock. Feel the blast of warm air as you open the door. Notice small mundane details about your home together. Small details are important. Maybe their coat is

hanging on the wall. Perhaps there are photos of the two of you scattered about.

Envision seeing your love as they embrace you, welcoming you home. Talk with them about what you will do that evening. Imagine your family or pets doing what they do around the house. Notice the smells, the touch of things, hear the sounds. Imagine until you are overwhelmed with the feelings of coming home to the life you share with your same flame.

Feel the feeling of gratitude wash over you. Thank the universe for guiding you to your perfect life with your same flame. Continue to imagine being with your divine counterpart until you are absolutely consumed by feelings of bliss, elation, and gratitude.

If it is a challenge to imagine a specific person, imagine instead what you would be like if you already had your perfect union. What would you be focused on? How would you feel? What would you be doing if you weren't stressed out about not having your perfect love?

You can even imagine having lunch with a dear friend or family member. In your mind's eye, describe to them all the wonderful feelings that being with your twin flame brings you. Imagine them supporting and celebrating with you. Whatever it takes to conjure up positive feelings and the sensation of gratitude will work.

5-10 minutes daily should do it. You can imagine any and all scenarios that symbolize what harmonious union would look and feel like to you. Feel free to imagine for as long as you like.

The key is to conjure the emotional energy of the experience so that your subconscious mind can register it as your new reality.

Right before bed and immediately upon waking are excellent times to do this exercise.

Do this exercise only if it's fun and it feels good. Don't do it if you are afraid if you don't you won't get what you want. Don't do it because you "should" or feel like you "have to" either. This is playtime with the universe. A game of "what if." Approach it playfully and with joy.

Another thing to be cognizant of is that if you begin to have negative emotions when imagining being with your counterpart, stop immediately. You don't want to add any extra energy to negative feelings associated with your union. If this happens, think about a memory or something else in your life that makes you feel good.

Once you are feeling better you can return to imagining being with your divine counterpart. If you still have trouble conjuring good feelings associated with your union, it's possible that you have some negative beliefs about it.

I will address how to deal with negative beliefs a little later. For now, skip the visualization exercise and move on to the next one instead.

GRATITUDE - Gratitude and joy are the two frequencies that allow manifestations to happen at lightening speed. If you did nothing else but maintained a dominant state of gratitude and joy, your perfect life would manifest easily and naturally without any effort on your part.

Counting your blessings in your mind or in a gratitude journal daily, will help you maintain the high vibe that will make you a match to your harmonious union.

Thank the universe for what you already have that you are grateful for. Also, thank the universe for the things you want as if they have already come to you as well.

Ex. *“Thank you for bringing me my same flame partner. Thank you for the love that we share and how easily we came together. Thank you for showing me so clearly what I needed to do to have them here with me. Thank you for the beautiful experiences that we have been sharing together.”*

As you thank God/Creator/Universe/etc. for things you don't yet have as if you already have them, this reprograms your subconscious mind to believe it is your current reality. You will soon see evidence of that new reality reflected back to you.

Coming into Union

Being able to feel what it is like to be in harmonious union is an important step towards manifesting that reality. Remember, your same flame is you, so it is also vitally important to come into union with yourself and your life's mission as well.

In this section, I offer a step by step process to do just that. While they are presented in a particular order to begin with, these steps are a continuous process.

You will need to revisit each of the steps again and again as you learn, heal, and grow closer to union with yourself and your divine counterpart.

I. DECISION

Beliefs create reality because they are decisive and absolute. They are commands for the subconscious mind to narrow down

the infinite possibilities of existence into your personal experience. Decisions become commands when they are absolute as well.

The Law of Attraction governs our universe, but so does free will. That is why a thought has to solidify into an absolute before the universe will take action on it. You must choose to see the reality that you want. You must choose to accept it. You must choose to have it for it to show up for you.

For some reason, a lot of people miss this step when they are setting their sights on something they want to manifest. I like to compare it to shopping online. Say you picked a bunch of items that you'd like to have. You've even added them all to your cart, but you never click the purchase button. No matter how much you desire those things in your cart, if you don't commit to the decision by committing to the ordering process, the company will never send you those items.

Furthermore, you must sign for and accept the package once it arrives. These choices have to be definitive and absolute. They must be 100% affirmative. Almost completing your purchase or trying to click the button but never actually committing to doing it won't work. If you do commit and order what you want, but then reject the delivery when it arrives in, you won't get what you asked for either.

One thing to be aware of, is that when dealing with orders from the universe, you have to let go of your idea of what the packaging looks like. One of the ways that people miss out on their blessings is by insisting that it looks a certain way when it arrives. The universe will never send you something that is ultimately displeasing to you. However, it might come in a form

you never expected. Your ego is the one that has a picture of how it wants things. The soul only cares about how it feels.

The language of spirit is feeling. The only way to know if a manifestation is exactly what you ordered is by how it feels, not what it looks like. This may be one of the hardest things to let go of on this journey. One of the decisions you must make to manifest your same flame, is the decision to accept them in whatever form they arrive in. This decision is imperative because it exhibits trust and faith in the divine. Underneath that, it is the decision to follow your soul's truth above what your ego has made you believe is true for you.

In order to manifest anything in your life, you must make a clear and decisive decision. Not only that, but you must also decide to "pay the asking price" for having those things. You must also say yes and choose everything that comes along with it. In the case of your twin flame union, it's doing what is necessary to come into union with yourself, God, and your mission. It may also include accepting it in a package you weren't expecting. Being unwilling to accept everything that comes along with your same flame union will delay it's arrival.

When you are choosing to manifest your same flame, you are asking for the greatest love of your life. What is the greatest love of your life? It is allowing the divine to express itself through you completely. It is accepting and integrating all shamed and pushed away parts within yourself. If you only choose your same flame, you may not get them. You have to decide you want everything that comes along with them as well.

Why? The same flame relationship is not the greater choice. The same flame relationship is included in the choice. Yes, you have to want union with your divine counterpart, but you must also

choose the whole package. That may be a hard pill to swallow. You are reading this book of course because you want to manifest your same flame union into your life. I assure you, you will get them. However, you may not get them by only choosing to be with your twin flame.

If your focus is your same flame only, you may end up constantly focused outside of yourself. You may unknowingly be telling the universe that you are in separation from yourself as you try to manifest them. The Law of Attraction will respond by reflecting that belief, by not giving you the rest of you.

This is not to say that you should not bother doing the visualization exercises. Those are equally important. It is to say that you must keep the bigger picture in mind. You must choose all that comes along with being in union with your counterpart, in order to fully actualize your union. The decision you're really making is about surrendering to your soul's higher plan. You must choose union with self. You must choose to live your mission. You must choose union with God by choosing to embody your higher self and fully accept who your creator made you to be.

You must also feel gratitude and joy for all of those things. As it happens, these choices include union with your same flame without focusing outside of yourself. Focusing outwardly to what you perceive to be separate from you, will slow down your union process.

Yes. Do decide that you want your same flame. Just do not forget to choose the rest of what it entails. If you fully commit to yourself and your purpose, there is no question that you will meet your same flame partner. The way I personally manifested my divine masculine was not by wishing for the perfect

relationship. What I wished for and committed to was following my soul's plan no matter what. I decided that I wanted whatever my soul wanted, and I was willing to follow it wherever it lead me. I committed to finding and loving myself.

I'm not saying focusing only on your counterpart can't work, but if it's not working, consider shifting your manifestation efforts inward instead. Commit to yourself. Commit to your mission. Commit to personal union. Your same flame is part of all that. They will show up when you choose yourself and your purpose. They are you and they are included in your purpose as well.

DECLARATION OF INTENT

To increase the power of any decision, it is helpful to make a declaration of intent. We make choices and decisions every day, but we know deep down we can change our minds at any time. Declarations are more powerful because they are special and more definitive. They are not mundane and therefore carry more weight. Declarations also have the feel of a contractual obligation, so we naturally take them more seriously.

When making declarations, it's incredibly helpful to anchor it into your body. It is recommended to write it down by hand and say it out loud 3 times. One way I find quite effective is to add physical movement. This will further anchor the energy and direct it in a tangible way.

To do this, simply stand as you speak aloud your declaration. After you say it three times, take a step forward with each foot. Visualize yourself walking through a doorway and literally "step" into your new reality. Consider doing this in front of a mirror. Look into your own eyes as you make this commitment to yourself and your divine partner.

“I choose permanent, physical, and harmonious union with my same flame and our divine mission.”

Use the statement above, or create one you resonate with more deeply. You may also like to write a long-form version in the form of a contract. Write it down. Speak it aloud. Then sign it. Here is an example:

I (state your name) choose now to wholeheartedly follow my divine soul blueprint. I am ready and willing to do whatever is necessary to carry out my same flame mission. I choose union with my soul, my divine counterpart, our unified purpose and with God. I surrender to my soul's higher guidance on my same flame journey. I choose permanent, physical, and harmonious union with my counterpart and our divine mission. I intend it and so it is... Amen!/Aho!/Asha!...etc

If there is any fear or hesitation, or if it doesn't feel true when you declare this. These feelings will lead you to hidden resistance you may have about this journey. We will address those later. For now, find a statement that does feel true. Try instead *“I am willing to choose permanent, physical, and harmonious union with my same flame and our divine mission.”*

Saying it this way gives the part(s) of you in resistance space to negotiate before making the final decision. If you try to force the declaration, it won't work properly because the resistant parts of you are not in agreement.

Saying “I am willing to...” is enough to set the intention in motion while allowing the reluctant parts time to resolve grievances, negative beliefs, and/or fears.

II. DETACHMENT

This is by far the hardest step in my opinion. We often fear that if we stop giving the things we want our attention, they won't happen. The trouble is, paying too much attention is a lot like digging up a seed everyday to see if it's growing. It will never grow that way.

Instead we have to have trust and faith that the decision has been made. Our order has been received by the universe, and source is cooking up the most perfect scenario we cannot yet even imagine. You already manifested what your union. All you have to do is feel good when you think about it, and it will change to the version that you want.

Detachment doesn't mean not wanting what you want. Desire creates all things. It's perfectly fine to want what you want. Detachment means you want it because you know it will enhance your life, but you are also not less than without it. You want it, you are excited by it, but you don't need it. Once you decide you need something, you give your power away. You tell the universe that you are no longer whole without that thing. You drop into the feeling of lack. That's what the universe will then reflect back to you.

Detachment means that you don't need to have what you want in order to feel good. If you want your same flame because you're tired of feeling lonely, that's attachment. If you want your same flame because the thought of it excites you, that's desire. Detachment also means that you don't obsess over how it will happen, or what it has to look like. Leave that part up to the universe.

The other part of detachment is to begin to see all interactions with others as reflections of yourself. Utilize your encounters with others as a way to show you where you are still separate from or in conflict with you. Where do you push yourself away? Where do you judge or shame yourself? Allow anyone that comes into your experience to come. Enjoy their presence and yet remain detached, by seeing them as a mirror of yourself.

If there is something you don't like about them, is it that you don't like that you possess that same quality? Be honest and willing to see yourself clearly. Examine all your significant relationships and see where there may be any triggers, unhealed wounds or resentments. Begin to see all things that others "do to you", as you doing it to yourself. See how that changes the perspective. Address the issue within yourself.

Detachment means being confident that the process is in motion. You are never separate from your divine counterpart and they are already on their way into your physical reality. Instead of focusing on them not being with you yet, start preparing for their arrival. Act as if. Get in alignment with yourself and your mission. Commit to doing things that feel good to you.

If it feels good to do the visualization of having your same flame with you, do that. If it only reminds you that you don't have them yet, skip it. Gratitude and counting your blessings is always called for. Again, if thanking the universe for already having your counterpart makes you focus on not having them, just be thankful for what you have now instead.

Once you have made the decision to follow your soul blueprint, you will start to get clear directions from spirit. They come quietly, usually in small nudges. Often the inklings don't make any logical sense. You may suddenly feel like going somewhere

you usually don't go. You may feel like taking a different route home from work. You won't be able to explain why you want to do a particular thing, but you will feel pushed or guided to do it.

Other times guidance comes in bursts of inspiration and excitement, or dreams, signs and/or synchronicities. At this point it's highly recommended to begin some kind of meditative practice, if you don't already have one. Learning to tap into your inner guidance is crucial to following the quiet whisperings and sign posts of your soul.

Keep in mind that seated meditation is not the only option. Anything that calms your mind and brings you into the beauty of the present moment will do. Follow those inklings. You will soon start to develop your own language with your inner knowing and your guides.

III. DISCOVERY

Who are you? What do you like? What do you dislike? Whatever you like it's because it is like in frequency to your true self. Anything you dislike is because it is not like you. Start to honestly examine people, places, things, and activities that really light you up. Stop doing things because of what you think you will get out of it. Do things for the joy of doing them.

Think back to when you were little. What was the first thing you remember being obsessed about or falling in love with? Notice the themes of your favorite movies and books. What things do you "geek out" about? What kinds of activities or subjects fire you up? What things are you embarrassed about loving? Learn to accept and allow yourself those pleasures.

Let go of any ideas your ego has about how you are “supposed to” or “should” be. Accepting who you really are and what you really love and desire, will guide you directly onto your destined path. It may lead you away from people and parts of your life that you’ve grown accustomed to. It’s okay to experience sadness and loss about that.

The trade off is that in letting go of what isn’t you, you will find your authentic self. Resting in your authentic self is where you will find your same flame and your unified mission. Hiding your true self out of fear of what other’s might think of you, or what you might think of yourself, will keep your same flame and your mission hidden from you as well.

Remember that you and your divine counterpart are one. Love them by loving yourself first. Love every part of you. Turn your focus and love inward towards yourself. Reclaim your passions, interests, and explore new ones. Fall madly and deeply in love with you.

Speak to yourself as you would your beloved. Nourish your body. Exercise. Buy some new clothes. Treat yourself to dates. Go to places you love. Travel and have adventures. Do and be the things you want to share with your same flame right now this minute.

Don’t wait for union to make you feel the way you want to feel. Start doing things that make you feel the way you want to feel right now. Union is already coming. You’ve declared it. Believe that it is done and it is done. Checking the mail every five minutes to see if your package is coming won’t make it arrive any faster. Go live your life.

The better you feel, the more in alignment you will be with your counterpart and your harmonious union. Keep yourself busy doing things you like. Only think of your same flame in positive ways. Remember how much they love you. Know that you are the only one their soul wants to be with. Feel the feelings of already being with them, because that's the true reality.

They've never been separate from you ever. It was only your belief that you were not in union that has kept them from you. Pretend they're on a business trip if you must, because they are. They're handling their own business. They are doing what they need to do to come home to you. Trust in that. Know this to be true. They are doing everything in their power to be with you, just like you are. What you choose they choose. So choose yourself.

Learn everything there is to know about you. Journal honestly about your likes and dislikes. Make a list of your core values and beliefs. Get to know yourself as if you were the one you wanted to date. This has three benefits. The first is when you meet someone that might be your same flame, you will know for sure what your core values are already. You can use this knowledge to very quickly determine if they are your divine counterpart or not. Second, learning to fall in love with yourself is like falling in love with your same flame. They are you. Anything you do to love yourself more will magnetize them into your life that much quicker.

Third, your life purpose is perfectly matched to who you authentically are. As you discover things that excite and inspire you, you will get closer and closer to the life's work that will most naturally lead to your ultimate fulfillment and your shared mission. If you get on path and start doing your part of the

mission, they will show up. They are already working towards doing their part as well.

Following inspiration and excitement is key. Perhaps more important is noticing what fulfills you. Fulfillment is literally what fills you up. The feeling of fulfillment is you fulfilling your soul's purpose. What things do you do that leave you feeling full rather than depleted? At peace rather than agitated? Feeling fully expressed rather than pent up?

Choosing things that leave you feeling fulfilled is the quickest path to getting in alignment with your true self, and consequently your counterpart as well. The closer you are to your most authentic essence, the closer you are to your same flame love. As you find the things that you like, excite you and fulfill you the most, you will be getting closer and closer to the frequency that you and your same flame share.

The deeper you drop into yourself, the more you will feel your counterpart. You will begin to notice that you are more easily able to connect with them telepathically. You may begin to feel their presence, or feel their touch clearly. You may begin to have dreams about them. You will realize that you have never been separate from them at all. They were always available to you in your own core frequency. If you want to feel them, feel yourself. If you want to connect with them, connect with yourself.

It may be overwhelming at first when you reach the core of you and you can feel them inside you. Know that the heightened energy and the pleasure you feel is because the bliss of the union with yourself, aligns you with their soul and with the flow of the divine. You may find that it's challenging or you have resistance to being the most authentic version of yourself. That's because we often carry childhood wounds directly related to

who we truly are. The next step offers ways to heal and clear those wounds.

IV. DEFRAAGMENT

According to the Law of Attraction and the Law of Resonance, if you could be 100% in your own authentic vibration, then everything that was created specifically for you would naturally manifest into your reality. This includes your perfect home, your perfect job, your perfect hobby, and yes, your perfect love. The trouble is that we are all a unique cocktail of mixed frequencies.

Every subject and area about you and your life, you hold some belief about. Whether that belief is positive or negative determines which frequency that belief contributes to the overall mixture. You may have noticed that certain areas of your life seem effortless while others seem needlessly difficult. That's because in the areas that are going well, you hold positive beliefs and programming. The other areas, you don't.

The reason that we fragment ourselves into positive and negative programming stems from childhood. We are born with our sense of self and personal frequency completely intact. Because our very survival is dependent upon connection with those adults around us, we begin to take on whatever beliefs and programs they have about life and who we are or "should" be. Anytime an aspect of you was shamed, ignored, or humiliated in some way, in order to remain in connection and protect your survival, you unconsciously pushed that part of yourself away as well.

For example, if it was unacceptable to express anger in your family, you likely learned to shut down that part of yourself and it went unconscious. Now anytime you feel anger, you suppress or

engage in whatever coping mechanism you used as a child to remain in agreement that “anger is bad”. In whatever way worked best for you then, you cut that part of yourself out of your reality.

We can't in actuality separate pieces of ourselves. The only way we can do that is to create a negative belief about it and hide it. If the belief is negative enough, it disappears deep into the shadows of our unconscious mind.

In the example above, you may believe that you don't ever get angry at all. That of course is impossible. Our inner being desires oneness at all times. So what happens is those unconscious pieces begin to manifest in our outward reality, in order to give us the opportunity to heal and integrate.

This often looks like attracting people into your life who display the very characteristics that you have suppressed within yourself. We continue to recreate scenarios that look like the original wound until we can heal that part of ourselves and bring it back to oneness with the rest of us. Many of our negative beliefs about others and ourselves come from these early traumas.

Each time an unresolved emotional trauma happened to you as a child, that part remained frozen in the scenario. Anytime you encounter a situation that looks or feels like the original wound, it will trigger those intense emotions as well as whatever coping mechanism you developed to protect yourself at the time. In order to come back into oneness with the self, and consequently with your same flame, you must defragment yourself.

There are two books that offer invaluable techniques to begin to access, rescue, and integrate those parts back into your being.

The first is *Self-Therapy: A Step-By-Step Guide to Creating Wholeness and Healing Your Inner Child Using IFS, A New, Cutting-Edge Psychotherapy* by Jay Early, PhD. The second is *The Completion Process* by Teal Swan.

Either one of these books will illustrate the complete process by which you can reintegrate your shadow self and wounded parts back into union. Coupled with the *Mirror Exercise*, which I will describe briefly, you will be able to come into union with your true self and thus, facilitate the union with your divine counterpart.

Anytime that you feel triggered into an over-exaggerated negative state of being by your own thoughts, situations or people in your life, you can use the *mirror exercise* with either the *IFS Self-Therapy* or *Completion Process* method to clear those triggers. These methods also work wonders for negative patterns that continue to pop up in your life that you are unable to resolve. (To learn more about the concept of fragmentation, watch Teal Swan's video *Fragmentation the Worldwide Disease*.)

THE MIRROR EXERCISE (FROM TWIN FLAMES: FINDING YOUR ULTIMATE LOVER BY JEFF & SHALEIA)

This mirror exercise is based on the concept that we are all one. Thus, all others are extensions and mirrors of ourselves. Because the Law of Attraction works the way it does, we attract people and situations into our lives that mirror the frequencies that we hold within. The basic steps to the mirror exercise are as follows...

Step 1. Identify something someone is doing that makes you feel negatively. Ex. *"I am hurt because my same flame is denying our connection and running away from me."*

Step 2. Change the pronouns so that the sentence is about yourself. Ex. *"I am hurt because I am denying my connection and running away from myself."*

Step 3. Identify if that feels true. If it does feel true, then go deeper into the feelings. Ex. *"How am I denying my own connection with myself and running away from me?"* Meditate and/or journal and allow the answers to float into your awareness.

Step 4. Ask yourself, *"What does this part of me need to feel loved right now?"*. Whatever the answer is, imagine that you are doing or giving that part what it needs. You will feel a lightness, or a smile in your heart when it is complete.

Sometimes simply bringing the issue into your conscious mind will allow you to make a new decision and/or change the behavior that is being mirrored to you. Acknowledging that that part of you has an unmet need that you can now provide can also release it. If the *mirror exercise* isn't enough, do another round. There may be a deeper upset you need to address. If it still doesn't clear the issue, use the *IFS Method* or the *Completion Process* to go even deeper.

Why is this exercise so important? First of all, you must get into a close enough state of union with yourself to even meet or recognize your same flame. Along the way towards wholeness you will meet your twin flame. Your twin flame is the ultimate mirror. Meeting your same flame is the greatest catalyst for spiritual growth you will ever encounter. The purpose of the twin flame path is, first of all, a spiritual journey towards union with the self and the Divine. Your initial contact with the perfect complement to your soul, will activate any shadows that are separating you from God, your life's purpose, and union with the

rest of your self. This exercise is an invaluable tool during the process.

Same flame union is about spiritual ascension first. It is a soul journey. It is a spiritual path, not a romantic one. It requires a tremendous amount of conscious attention to healing and integrating the self. It requires you to heal and clear anything that is not you. You must release all things that your false identity, or the ego has made you believe that you are. If you aren't willing to do the intense self-examination that is required to heal your shadow self, the twin flame journey is not for you.

With that in mind, I believe that once you are on the same flame path, you can't really get off of it. Your higher soul chose it. You're in it for the long haul. The best thing to do is to examine and clear any resistance you may have towards doing this kind of shadow work, if you're avoiding it. It is not fun. There is no sugar coating it. It sucks sometimes.

The more you do it however, you will experience the incredible benefits of it. You will eventually find it exciting when you discover a new trigger. You will know the beauty and the healing that addressing it will bring you. You will feel more at peace within yourself. You will end self-sabotage and limiting beliefs. The best part is, the more you integrate and love all parts of you, the more love you will experience in your life. This part of the process is intense and challenging, but it is well worth the effort.

RELEASING RESISTANCE AND NEGATIVE BELIEFS

Recall the list from the journal exercise you did on your feelings about your same flame union. If when doing the visualization exercise or the declaration you found negative feelings come up, you can also revisit them now.

What you are going to do is literally speak to the parts that have negative feelings or hesitation about your union. You want to approach each of them from a place of curiosity and compassion.

Validate the fears and emotions that arise. Ask those parts of you what they are afraid of will happen if you come into union with your divine other self. Listen for the answer. It doesn't have to be logical.

Speak to these parts as if they were a scared child. Be present and listen. Validate those parts of you by acknowledging and understanding how they might feel the way they do.

You are not stating that their fears are true, simply that it's understandable that they exist. Find ways to put them at ease. Here is an example:

"Part of me is afraid that if I come into union with my divine counterpart I will have to give up my freedom. I really value my freedom, and I'm afraid that being in such a permanent relationship will take away the freedom that I love."

Here you see that a conflicting need is getting in the way of coming into union. One part wants union, but the other part wants freedom. The faulty belief is *"Being in union will take away my freedom."* Because that part values freedom so highly, it will not allow the union to happen. It believes that it will lose what it values so strongly if the union occurs. To resolve conflicting needs and the belief that they cannot coexist, you will need to talk yourself through it.

An excellent tool comes from Byron Katie's *The Work*. When you identify the belief, you want to ask yourself several questions.

1. *Is it true?*
2. *Can you absolutely know that it's true?*
3. *How do you react, or what happens when you believe that thought?*
4. *Who would you be without that thought?*

Most likely you will find that the thought or belief is not absolutely true. Once the absolute nature of the belief in question is dissolved, have a conversation with yourself similar to the one below. Include acknowledgement that the belief is not absolutely true. Offer yourself evidence about how that belief doesn't have to be true. Then find possible ways that the conflicting needs can coexist in a harmonious way.

For example:

"It's not absolutely true that being in a relationship has to mean I have to give up my freedom. In fact there are plenty of people that are in beautiful relationships and still do all the things that they love to do. My divine counterpart is such a perfect match to me that they probably value their freedom just as much as I do.

We won't restrict each other's freedom because we wouldn't want our own freedom restricted. Because we have the same values, it will be easy to find solutions that work for both of us. It's completely possible to be in union with my same flame and still have the freedom I so desire...etc"

Keep talking yourself through it until the resistance softens and both desires seem possible. You don't have to believe 100% that you can absolutely have both, you only have to get to a place where you believe it could be possible. Do this process

with any negative feelings that come up when you think about union with your same flame love.

If this exercise isn't enough to clear the feeling(s) of resistance, you will need to do some deeper work with the *IFS Method* or the *Completion Process*. There may be some deeper wounds associated with the negative beliefs.

V. DISCERN

As you begin to heal and integrate yourself, you will find that you begin to attract potential partners into your life. You will also find that the quality of these potential partners improves dramatically. It's important not to jump to any conclusions or assume that this new person is your one and only perfect partner. You must remember that many of our fragmented pieces are unconscious, therefore unknown to us.

Even though you've done some shadow work, and likely feel much more whole and authentic than before, there is no way to actually tell if you've arrived at your same flame relationship immediately. The only way to be sure is to remain detached as new people arrive into your experience. Examine honestly every new person or situation that shows up in your reality. This will allow you to determine your progress on your healing path. It will also prevent you from falling into attachment with a false twin.

The discernment process is a step on the manifestation path that few people are aware of. The Law of Attraction works constantly. The reason you may not have been aware of it before is because your frequency has remained constant. Thus, the Law of Attraction continues to give to you what has always been. As you begin to shift your frequency cocktail, by clearing

past wounds and installing new beliefs, you will begin to see new and better things show up in your reality.

These new experiences will be a match to the new frequency you are emitting. They may or may not be your end all be all relationship you've been seeking however. In order to ensure that you don't get stuck during this part of the process, it is crucial to remain also in the *Detach* and *Discover* phases. You will also want to continue to *Defragment* during this step. Use your emotional guidance system and your intuition to discern the vibration of your new experiences. Continue to utilize the *mirror exercise* for anything that feels negative or upsetting.

Once you've chosen union with your same flame, the universe brings them to you. The only reason you may not see them, is you may still have beliefs in the way that hide them from you. Therefore, literally every experience you have is an opportunity to get closer or further away from them. Don't take any experience for granted. Allow whatever new experiences come into your life, especially romantic ones, but do remain vigilantly aware.

Keep enough space around the experience so that you can utilize it as a mirror to access your progress on your healing journey. Where have you improved, and what still needs your attention? Patterns you have healed an integrated, you will see improvement reflected in your experiences. Where you still need to do more work, you will see recurring themes or patterns that continue. Hopefully you took the time to examine and jot down your core values and beliefs in the *Discover* step. If not, do it. This is the time to reference those values.

As you begin to get to know someone new, be sure to talk about your core values and your perfect life. It is not uncommon for someone to present as having the same core values or mission

as you in the beginning. Make sure you give the situation enough time to properly observe their actions. *Do their behaviors and actions match what they say their core values and mission are? Where is there a lack of congruence?*

Instead of judging them or wishing they would change, do the mirror exercise. *Where are your behaviors and actions not accurately reflecting what your core values and/or life's purpose is about? Are your behaviors more accurate, or is what you say your values are that is more true?* Work on getting those things into alignment in your own life.

This part of the process can be frustrating. You want your same flame union now. I get it. I promise you though, patience is quicker. You do not want to spend several years running and chasing, believing someone is your true divine counterpart when they are not. The only way to know for sure is to get to know this person implicitly.

Test that their values match their actual life. Test that your values are in fact truly compatible. Where might you be pretending your values are the same in order to “keep them”? If you have to be out of your integrity in some way in order to be a match to this person, they are not your same flame. A true soul match may present a false identity at first. This is quite common. You are both discovering your true selves.

As you are willing to be more honest about who you are, a true soul match will become more honest as well. As you both begin to reveal truer and truer versions of yourselves, a true same flame will continue to be a match to you. Someone who is not your destined counterpart will become less and less compatible the more honest you become.

It can be super frustrating to discover that someone you hoped was your same flame turns out to not truly share your vision and values. It can be hard to let go of such a relationship. If you're really committed to having your true same flame union, let go you must.

Do the *mirror exercise* anytime you run into something that rubs you the wrong way. If it is your true divine counterpart, as you clear those pieces of yourself, they will shift too. If the person does not shift, it may be because they were actually a *mirroring soul* and not your same flame. This part of the process takes time, and will need to be done simultaneously with *detaching*, *discovering*, and *defragmenting* yourself.

Try not to get discouraged if it is revealed that your core values or mission is not compatible with this new person. Simply notice how it makes you feel. Use those negative emotions to direct you towards where you may still have shadow wounds or unconscious patterns you need to examine. Be willing to lose them in order to gain yourself and your true union.

That takes letting go, and a little to a lot of emotional processing. It does get easier each time, I promise. You really don't want anyone or anything else other than your same flame and your true mission anyway. Every minute you spend trying to force something to be what it isn't, is precious time you could be spending in union with your true counterpart. If you feel yourself wavering in focus, go back to the first step and recommit if you need to.

There is no magic button. I know this can be rather disappointing to hear. This is an advanced soul-based experience. This is ultimately about personal ascension, healing, and awakening. This journey is about bringing all of your

shadows to the light. It's about finding every place you don't feel worthy of the greatest love of your life. It's about becoming whole again. That's what the same flame journey is all about.

Coming into union with your counterpart is the reward, not the goal. If you truly committed to this path in *Step One*, forging ahead through the trials and tribulations of the path will be easier to manage. You will no longer wish that someone is something that they are not. You will be determined to learn as much as you can about yourself from all of your experiences. You will learn to be thankful for each and every one of the people and situations that come across your path.

Each person you meet on this journey offers you the gift of more and more of yourself in their reflections. Each one that is not your same flame, if you are willing to release them, will lead you closer and closer home. Letting go of who is not truly yours also offers that person the gift of finding their ultimate happiness as well. Love them and yourself enough to walk away. Your bliss is waiting for you.

The Fast Track to Union

Now that you are aware of all the components that go into calling in your same flame, I can offer you what I like to call “the fast track to union”. It is the quickest way to manifest anything that you want, including your divine counterpart. All of the previous steps are to assist you with getting to this. If you believed with 100% certainty that you would meet your same flame tomorrow and be in union immediately, how would you behave? How would you feel? This is also referred to as “acting as if.”

If you already were in physical union, you wouldn't wonder if you were worthy of their love you would know you were worthy. You wouldn't question the universe or your own power to call them into your life, you would be certain of it. You wouldn't feel sad or lonely or frustrated. You would be in a state of gratitude and joy that they arrived. You would be in awe and in love with yourself for how effortless and how quickly it all happened.

You wouldn't obsess about how it would happen or when it would happen, because you would know it was already happening right now. You would speak about your partner as if they were already with you. You would speak about how excited you are to finally be in their arms. You would clean your room and think about where you want to go on vacation with them this summer. You would feel free and at peace and blissful.

If you could decide right now that all these things were true, and maintain those high flying feelings of your same flame union happening right now, it would come to you with lightning speed. Yes, you will inevitably dip into lower vibe emotions at some point. If that happens, let it be okay. If you feel doubt or worry or feel like falling back into old obsessive habits, simply say to yourself *"I'm having doubts right now, but it's okay. I can still have the reality I want right now. It's totally possible to have what I want even though I'm not feeling so good right now."*

If you believe that when you feel bad it will block you from having what you want, then it will block you from having what you want. If you don't, it won't. Negative feelings only stop our manifestations when we get fearful that they will. If you can believe that no matter how you feel, you will get exactly what you want, you will get exactly what you want no matter how you feel.

Say to yourself something like, “*Wow, it’s so amazing that I can have moments of negative feelings and the universe will still give me everything I want. That’s so cool.*” Conversations with yourself like this will naturally get you up and out of those negative feelings. You will get back to a place of gratitude and joy for the grace and abundance that the universe provides.

This technique may take a little practice. You may feel like you’re lying to yourself at first. Just remember that you don’t have to believe absolutely that it works, you just have to believe it’s possible that it can work. Remember belief is what creates your reality. If you decide that you believe that no matter what you do or how you feel, your same flame union is here, then it will be.

Complete detachment is key. However, you’re not letting go completely because you don’t want it anymore. You are letting go because it’s already yours. It’s already happening. There isn’t anything left you have to do. It’s here now.

If you get stuck, just go back to the previous steps of *discovering* and *defragmenting*. Keep the belief that it doesn’t matter that you’re feeling stuck. Just do the shadow work that presents itself, but don’t allow it to make you believe you have gotten off track. You don’t have to be perfect to have what you want. There is not one single rule that says that.

You can be a work in progress. You can have shadows and wounds and not be fully healed. You can have your union right here and right now anyway. You can meet your same flame and continue to heal together. There is absolutely nothing that says you have to be completely done with your journey before you can have them. That’s just a belief.

Section Three

From Separation Back to Union

WHAT IS THE SEPARATION PHASE?

The separation phase is technically the phase where after you meet and spend significant time with your same flame, one or both of you chooses to leave the connection. For our purposes, separation can also include the time before you come into contact with your divine counterpart for the first time. This is because the soul work you must do is exactly the same whether you have already met them and are in separation, or have yet to meet and are therefore “separate” from them.

The truth is that you can never, and are never truly separated from your counterpart. You are the same original soul spark. On the spiritual level you have never been split apart at all. You can always, and I recommend doing this, return to the spirit realm in meditation and remember the oneness that is the spiritual truth of your union. This can be especially comforting after you have already met them, and are now in the separation phase.

RUNNER/CHASER VS SAME FLAME SEPARATION?

There is so much confusion about this phase of the twin flame journey. The same flame journey is already challenging enough in and of itself. The misunderstanding of the separation phase causes many on this path to experience needless additional suffering. The confusion happens because the separation phase can and does happen with divine counterparts.

It is not however, the runner/chaser phenomenon that is so widely discussed on the internet today. You have probably come across these lists or articles that describe this inevitable phase of the twin flame journey. A majority of these perspectives seem to be presented by people who are not actually in union with their

divine counterparts. They have maybe gotten as far as meeting a *false twin* or even a *twin soul*, but they do not realize it isn't the end of the journey.

Most are still in the mirroring phase, and believe erroneously that they have found their same flames. This is speculation on my part. However, being in union for over a decade and having experienced the difference between true same flame separation and the runner/chaser dynamic, I feel confident in that assessment.

The writers of these runner/chaser theories experience the runner/chaser dynamic and assume that it is the separation phase that comes along with same flames. It is not. They are not the same thing. They are in fact, quite different and the result of different types of soul connections.

THE RUNNER/CHASER DYNAMIC

The runner/chaser dynamic happens when one person believes that someone is their twin flame when they are not. It is common in twin soul or frequency twin connections, as well as karmic soul ties. Let me rephrase for clarity. The runner/chaser dynamic is a result of misidentifying and therefore believing a karmic relationship or mirroring soul is a divine counterpart connection.

The person that is "running" often denies the soul connection, or is simply not spiritually awakened enough to understand the deeper truth of such a connection. They may be actively focused on someone else and genuinely not interested in the awakened counterpart or the connection. They might even be married or committed elsewhere.

The “runner” is typically not engaged in spiritual self-improvement, or their interest is superficial and “trendy”. The term “spiritual fuck boy” comes to mind. That is someone who is still playing on the level of the ego and has realized that taking on the identity of someone “spiritual” can get them what they want out of others.

These individuals are not driven by unconditional love or a soul calling. Instead they are driven by power, fear and/or ego needs. They are essentially “unawakened”, and therefore driven by their wounded inner children still desperately trying to win love and approval. Their purpose in your life is to reflect your own wounds so that you can bring them into the light for healing.

Many teachings will tell you that this is happening because your counterpart is still “unawakened” and if you just hold on long enough they will “wake up” to the connection. This is completely contrary to the same philosophy these same teachers have that same flames are higher evolved souls. It is quite illogical to me that in order to be a divine counterpart in the first place you have to be highly evolved, yet at the same time your other self can be completely asleep and stuck in the matrix.

I don’t buy that. It has also simply not been my experience. This misguided belief has lead countless people into abusive patterns with karmic soulmates and mirroring souls, and has kept them from doing the healing needed to attract their true partners. The same flame journey is not an excuse to put up with harmful or abusive relationships.

These teachings are destructive because they tell you to believe if you just love the other person unconditionally enough, then your counterpart will wake up. The truth is, if the “runner” actually does return, the pattern continues. It does not evolve.

The relationship repeats itself from beginning to end like a broken record. Over and over again.

If that is happening to you in your separation phase with your “twin flame”, they are not your divine counterpart. Another possibility is that they are in fact your same flame, but you are completely ignoring the mirror work. If you think that’s the case, do the mirror exercise and shift the pattern within yourself. If it does not improve your situation, they are not your same flame.

Keep in mind, I don’t mean improve a tiny bit. Even those that are asleep can learn that they must shift a behavior or at least pretend to, to continue to gain what they are getting from you. It must be a significant shift. If it isn’t a significant and remarkable shift, if they don’t make the same core choices that you make, they are not your same flame.

Yes, one can and often does fully awaken first, but the other is not completely asleep. They simply are a little bit behind the other. They are still rather conscious beings. Conscious enough to acknowledge the connection. Conscious enough to have already begun their own shadow work. A true counterpart will always be affected by any spiritual clearing that you do. A “runner” will not. Not to any significant degree at least.

The more spiritual work you do to heal yourself, the further away the “runner” will get. A true twin will come closer. Your true divine partner may still choose against the relationship, but they choose against it consciously and for good reason. I’ve personally experienced the runner/chaser dynamic numerous times, as well as been on both sides of the same flame separation due to my unique situation. The following are my personal experiences with each of them.

MY EXPERIENCE WITH THE RUNNER/ CHASER DYNAMIC

The runner/chaser phase feels like beating your head up against a wall. It feels like forcing something to be something that it's not. It feels like leaving the center of yourself and compromising your integrity to be a "perfect match" to this person. The runner/chaser dynamic feels like being mind fucked every day. It feels like being gaslighted. It feels like being rejected, ignored, and pushed away.

It feels like you have a PhD in spirituality and they are still in Kindergarten. You feel like you have to raise them. You feel like you have to be things that you are not, like things that you don't, or go places you don't want to go in order to connect with them. It's exhausting because you cannot drop deeper into yourself without losing touch with their energy. When you need to retreat into yourself or do things that you truly love, they get farther away.

Runners are typically still focused on gaining experiences in life. They are not ready to be experience providers. You cannot be largely a consumer of experiences and be connected to a mission of providing experiences to humanity. If they are experience providers, their reasons are mainly self-serving. They are still dealing largely with ego based issues. They are still driven mostly by ego wants and desires. They continuously choose against the truth of their soul as you see it. They chase the same kinds of people and play out the same dramas over and over again.

They are drawn to you inexplicably, but resist going deeper anytime they return. The connection never deepens in fact. If it

does, the running phase lasts longer afterward, or you are pushed away even harder. If you separate for a significant amount of time and meet again, they are for the most part, exactly the same. They haven't evolved much, if at all.

If you are experiencing these kinds of things in your separation phase with your potential counterpart, it is highly unlikely that person is your true same flame. There is a possibility that they might be, but only if you have not been doing your own shadow work. If you have been vigilant in clearing the patterns mirrored to you by them, and they are not evolving, then they are not your same flame.

You must be honest with yourself and detach and release them. This is especially true if the connection gets weaker anytime you are more authentic in who you are. Be willing to let them go and remain in your own essence. Stop leaving yourself to match this person. If the connection does not deepen as you get closer to yourself, they are not your same flame. Return to the steps illustrated in the previous section *Calling in Your Same Flame* and re-focus on yourself.

MY EXPERIENCE WITH SAME FLAME SEPARATION

In contrast, a true same flame separation is not at all like the runner/chaser drama. As I mentioned in the introduction, I am a triad soul flame. Therefore, I have had the experience of the separation phase twice, once from each perspective. The first time I was faced with my same flame partner it was overwhelming. I had just left a relationship with a karmic soulmate and had newly begun to recognize the difference between a karmic/ego path and a soul driven existence.

I had only newly committed to following my soul path when I met my divine masculine. Initially we were friends and roommates. I hadn't considered him romantically because there wasn't that intense chemically-driven attraction we too often equate with real love. Instead there was simple peace and ease being around him. It wasn't so much that I felt like I've always known him, but there was never a reason for me to imagine him not in my life.

We naturally and instantly began to spend more and more time together. The more we talked and learned about each other, it became clear how similar our values, and perspectives were. We thought alike. We wanted the same things out of life. Our gifts and talents were perfectly matched. Over time, it became more and more apparent that we were rather perfect for each other. Not just a little bit. We were absolutely and perfectly matched.

The only problem was, at the time, I was really gay. Not that I wasn't in reality quite bisexual, but I had committed fully to my identity as a lesbian. I had decided what I wanted my life to look like, and being with him did not fit that picture. Even still, my soul had been activated in a way it never had been before.

I was faced head on with the choice to stick to my ego identity, or to follow the pull of my soul. I had been on a spiritual path for many years prior to this. I was consciously aware that I was being presented with the choice to follow a path lead by my higher soul, or remain committed to things my ego had steadfastly identified with.

Ultimately, after several months, I followed the pull of my soul and we got together. The pace of the shift within me was dizzying. Everything I had believed my life to be began to dismantle. Who I thought I was began dissolving before my eyes and it was incredibly challenging. As the natural ascension

process continued, as it does when same flames unite, it became glaringly obvious that I had loose ends to tie with my previous karmic partner.

It wasn't so much that I was completely conscious that's what it was, but I think my ego was making one last attempt to keep me on the path I had previously chosen. I made a conscious choice to leave him and go back to her. You could say that I ran. It wasn't really that energy though. It was more that my soul was calling me to resolve and clear the past completely before I could move forward into the union.

Again, I didn't know that's what was happening at the time, but it was a soul urge and I followed it. I was not denying the connection I had with him. I was simply acknowledging that I had unfinished business. We had a fairly calm, honest, and conscious conversation. We didn't argue or fight. He gave me the space I asked for. He never once pressured me or interfered. He released me in complete unconditional love.

During our separation, I continued to consciously do my own spiritual work. I was not running in that sense. I just needed time to make sense of the intense shift that had happened. I needed to contrast the old life I thought I wanted, with the new one that was so completely different. I wasn't completely aware of it then, but that's the process that was happening.

Often the one who needs to "catch up" on the journey, has to have this juxtaposition in order to understand and fully commit to their true soul path. That is often the real reason behind some flame separation. Even though the same flame path is a higher soul, destined choice, we still have to consciously choose it. Otherwise, we suffer great inner conflict as we continue to follow our soul path "against our will", so to speak.

A true counterpart will eventually move towards the connection no matter what. Their own soul and the entire universe compels them to. It is a much smoother process if they are given the space to choose it of their own accord. It's so important to allow your same flame to come to this choice on their own. If you are the one that gets "left behind" while your partner works through this phase, release and allow them the space they require.

Trust that they will come to the choice in their own way, on their own time. The more space you allow, the faster they will come to the choice on their own. Your lesson during this time is faith in the connection, unconditional love, and fulfilling and nourishing yourself and your purpose. You can also speed up the process by dropping deeper and deeper into your most authentic self and doing the mirror exercise on how the separation is making you feel. The truth is, if they're running, you're running from yourself somewhere as well.

My divine counterpart had completely released me in the spirit of unconditional love. He has said it wasn't as difficult as one might think. Not that he was sure I was coming back, but he was so sure about the connection that somewhere he knew that the only outcome was for me to return. He said there was just a knowing of some kind. A knowing that allowed him to feel at peace with the separation, even though it wasn't what he wanted.

When it is a true same flame that leaves the connection, you will feel a similar peace about it. When a runner leaves there is a marked sense of anxiety. You don't know if you will ever see them again, but you know you still have unfinished business with the "runner". On a soul level you know that you have soul ties or lessons to learn and it can feel stressful to separate from them.

With a same flame, you are never separate on the soul level. So even though they may not be physically present, you don't ever feel a complete loss of them.

As I attempted to reconcile my past relationship during this time, it became so clear the difference between the two connections. Eventually I was certain that I no longer wanted the old karmic version of life. I was clear that I wanted this new soul connection above all else. In less than two months we reconnected. We were married shortly after and have been happily together for over a decade.

Experiencing the other side of separation has been rather enlightening. I have so much more compassion for what she is going through than what I would have had I not been the one to leave the first time. Her process, though circumstantially different, has been fairly identical to my process energetically. I recognize clearly that where she is at now is quite similar to where I was ten years ago. Unlike the phase between me and my husband, her and I have remained in constant contact.

We continue to do our own spiritual work, though more often than not, our processes mirror each other precisely. When I clear something, I find that she has also been working on the same issue. When she opted out of the romantic relationship, she wasn't at all in denial of the connection, she simply stated that she knew she wasn't "spiritually mature" enough to engage in such a union between the three of us.

She knew that she needed more time to continue her process of healing that she had begun before we met. She also has karmic stuff with another person that began well before we came into her life. Of course I am understanding of that, having been there myself. I am reminded constantly of what I needed during my

necessary separation and am able to give her the space she needs because of it.

I also know that while I'm 99% sure she is our other counterpart, the truth of a connection is only ever revealed after the separation phase has ended. I am also aware that it's possible our particular connection may solely be about the mission or perhaps she is simply a twin soul assisting me to get to our real counterpart. We may also have a destined life partner that is not part of our original soul flame. These are things that are important to consider on your own journey.

During separation it's good to continue to explore other possibilities that show up in your reality. Try not to dwell on your potential same flame's absence. Continue to live your life to the fullest. If this person is your divine counterpart, they will return to you. They will want to be with you. Simply continue to drop more and more into your own essence and clear resistance and shadows that arise. The relationship will unfold as it was written by your soul before you were born.

I am personally doing my own work during this time. I am focusing on absolute unconditional love, not only for her and her process, but for myself as well. We are not waiting for her in the sense that anyone is holding their breath. We want our other same flame. We want our ultimate lover. We are not attached to it having to be her. That is a distinction that is important for you to make. Continue to want union. Continue to do the necessary inner work. Don't attach any outcome to a specific person however, it may not be who you think it is.

We have released our potential counterpart in unconditional love, the same way that my husband did for me. We will continue to love and support her whether she turns out to be our destined

partner or not. In the meantime, I continue to rediscover myself, feel deeper into my own essence, focus on my passions and come into closer and closer union with myself and my husband. We remain solid in our knowing that we are already whole and complete within ourselves, and that the other part of our soul flame exists and is on her way to us now.

Remember that your same flame is you, so if you get closer to yourself, you will feel them more as well. If you detach from the outcome, and connect deeper with yourself instead, if you find you also feel this person more, then that's an excellent sign that they are your destined counterpart. If you feel them less, they probably aren't.

No matter if you feel the person you are in separation with more or less, continue to drop deeper and deeper into yourself regardless. Choose to love every single part of who you are and you will inevitably magnetize your true same flame into existence.

SEPARATION DOES HAPPEN

Same flames do sometimes leave. It's true. Separation can and does happen, especially in the very beginning of the connection. In most same flame unions however, it doesn't last very long and typically doesn't happen more than once. It's not that you won't continue to run into challenges or have the desire to run away in a true same flame relationship, it's that you will stay and face them.

Typically same flames are conscious enough to face the difficulties, do the spiritual work, and find resolution without too much trauma/drama, hallmark of other kinds of connections. Of course, every same flame journey is different. Separation could last longer and happen more than once. It is possible. I do feel

that prolonged or subsequent separations are unlikely because of the higher level of consciousness present in most divine counterpart pairs. If the separation phase is full of trauma or drama, it probably isn't your twin flame.

For those who feel like they have an "unawakened other half", I'm sorry to say, but I don't think that person is actually your same flame. It's very unlikely in my opinion. They might be still unawakened to the reality of your particular connection, but I don't believe that one partner is ever that far behind in their spiritual growth from the other. Certainly not to the extent that you would feel they are completely asleep or "unawakened". If they are not progressing spiritually at all, even though you are, they probably aren't the one.

An unawakened soul already has the challenge of awakening as it is. I just don't think it happens that they would also have to take on the same flame journey and mission as well. Your true counterpart will match you in every sense. That includes the level of your spiritual evolution. Even if there is an age gap or they started their spiritual journey after you did, your same flame will still have a similar knowledge base to you, or the pace of their growth will be significantly accelerated.

Of course, your experience is your experience. I certainly don't know all the ways in which a same flame journey can unfold. Use your inner guidance to determine whether someone you're in separation with is your same flame or not. Compare and contrast the qualities of the runner/chaser dynamic versus true counterpart separation. Be willing to be honest in your assessment of your situation and what you're currently experiencing during this time. Trust your inner guidance and act accordingly.

WHAT TO DO IN THE SEPARATION PHASE

If you are in separation it is crucial that you drop into yourself and witness any places that you are not in union internally. Feel into the feelings you feel about the separation with your person. Use the mirror exercise to acknowledge how, and in what ways you are mirroring what you are observing in the other. In a runner/chaser, trauma/drama scenario, it will be super obvious where you are being triggered.

In true same flame separation, the triggers can be rather subtle. You may have to dig deep. You also have to consider that what your partner is doing can also be mirroring your relationship to your life purpose and not your relationship with yourself or other romantic situations. *Are you in separation with your true calling? Are they off reconciling with a karmic partner and you can't find the mirror?*

Perhaps you are flirting with an old career path that isn't in alignment with your same flame mission. Perhaps you have remnants of ego beliefs about that particular career path being more secure, more lucrative, or more in line with what you think you want. Maybe you are 100% on board for the same flame relationship, but not 100% on board for your part of the mission.

Anything that upsets you about the separation, really look at it and find the reflection in yourself. It may not be what you think it is. It may not be a direct reflection, especially if it's a runner/chaser dynamic. You may find that what they are doing that upsets you in a romantic sense, is showing up in your life in some other area. Keep an open mind. Think outside of the box.

Compare energies and how it feels, not specifics of the circumstances. If you are willing to see it, you will find it.

If you are relatively sure that the person you are in separation with is your counterpart, turn your focus towards your shared mission. What can you do to more fully commit to your part of your same flame mission? Perhaps journal, meditate, or ask your guides to reveal to you what you can do to more fully align with your union's purpose.

We get so focused on the ultimate lover part of the same flame journey, we often forget about the fact that the union is ultimately to serve the mission. *How can you better serve your mission now? What can you do more of? What do you need to do less of? What is it that would most benefit your shared mission at this time?*

Focusing on the shared mission between you and your same flame allows you to completely release them, but also stay connected through your unified purpose. If you are consciously working on your shared mission, they will never be far away. It will make the time in separation much more productive. It will give you something to do that will assist your union without focusing outside of yourself or on their absence.

It also makes logical sense, that if you are actively working on the ultimate reason for your union, it will magnetize your counterpart to you that much faster. It has been my experience that this is absolutely true. Separation is not a time for despair. It's an opportunity to examine your own separation with yourself, and/or your purpose and come into greater alignment.

If you are in separation, knowing that it is a normal part of the process is helpful. You can actually begin to see it as a road

mark of your progress. If you are experiencing a runner/chaser dynamic, know that who you are dealing with is a karmic or mirroring soul. Get the lesson. Clear the reflections and keep it moving.

If you are experiencing same flame separation, you are almost there. Your union is right around the corner. Keep the faith. Keep doing what you're doing. Soon you will be reunited with the love of your life. Reunion is not only possible, but inevitable with a true same flame. Once you do come back together, there is one last step you will have to complete.

Reunion to Harmonious Union

You've done the work to call in your true same flame. You've remained calm and collected during the separation phase. You've released them in unconditional love and continued on with your own spiritual journey and working on your life's purpose. You have now reconnected and you are over the moon!

Hold your horses there partner, you aren't done yet. Reunion is still not harmonious union. In order to transition fully into the harmonious union phase there are some things to keep in mind. It is vitally important that if you are the one that got "left behind" during separation, you have come to a place of true forgiveness of your partner's absence. If you are feeling resentful or wounded, do the work to process those emotions.

If you are the partner that left, make sure you've done your own forgiveness work on yourself as well. There can be a marked amount of guilt once you become fully aware of your connection. You might feel bad for having left the connection before you

were aware of what it was. You might feel embarrassed that you pushed away what you now realize is the most blissful relationship you could've ever imagined. I say this from personal experience.

The reunion phase is still a delicate time, so don't get complacent. The partner that is "catching up", may still be working through some of their issues regarding the connection. Their soul may have called them back, but their mind may still need some convincing. Patience and continuing to do the mirror exercise during this phase is critical. It is also important to continue to uncover and compare your core beliefs and values.

The reunion phase is extremely revealing as to whether or not this person is really your true same flame or not. You may begin living together during this time. Theories and philosophies about your values will be put through the ultimate test now. Keep the lines of communication open, honest, and transparent. You will be developing deeper intimacy and learning even more intricate details about each other.

It is during this phase that you can finally be sure if you are in fact same flames or not. Unfortunately, there is no other way to be 100% certain. It takes a significant amount of time to bump up against each other's values, and authentic personality traits to honestly know if you are each other's perfect match or not. As you drop deeper into the connection, you both will begin to uncover truths about yourselves that you didn't realize you had been hiding. These truths are often times the real test of whether or not you are compatible on the deepest soul levels.

Be willing to be completely honest with your partner. Though scary, it is so much better to know sooner than later that something vital to your wellbeing is really in alignment with the

core of your partner's character or not. It is human nature to hide the more vulnerable parts of ourselves at first. You must be courageous enough to reveal those parts to each other now. Only then can you know without a doubt that you were truly made for each other.

Stay present and remember to reach out to one another often. One of the problems in a same flame relationship is that you are so connected on the soul level, it's easy to forget to connect on the physical level. Touch each other as often as possible. Look into their eyes daily. Delight in the fact that you know their soul, but they are in a new body this lifetime.

Being awakened to your spiritual nature while you are in a body is one of the most blissful experiences in existence. Part of why you came here was to experience the physical pleasure of union. Don't forget to enjoy that as much as you can. Sexual union between same flames is indescribable, otherworldly, and oh so delicious. Even still, the oneness you naturally feel when together, may keep you from reaching out physically if you aren't aware of this phenomenon.

Don't forget to turn your focus to the mission as well. The truth is that you cannot help but do the mission. You are the mission. The frequency that you embody is the frequency that you came here to anchor onto the planet. However, actively working on your same flame mission will add an exponential level of fulfillment to both of your lives.

Make life playful and fun and your work will never feel like work. Your contribution to humanity will become an effortless extension of your being and your perfect union. If and when you run into challenges, the *mirror exercise* is still the perfect tool to assist

you through any rough patches you may come across. We are ever evolving beings. The spiritual work doesn't ever stop.

However, the longer you are together, the more you will trust that you will be received unconditionally. Even in the most heated of arguments and most human of moments, you know that you both will always make the core choice of love and union. That is what this journey is all about after all.

About The Author

Penelope Badger, is part of a triad soul flame, and has been in harmonious union with her divine masculine for over a decade. Part of her life's purpose is to assist the collective on their journey to wholeness and true divine love. She is an author, coach, intuitive healer, tarot reader and more. She specializes in shadow work and assisting others to uncover their most authentic selves, so they too can live the life and love of their dreams.

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