



**Understanding Soul Mate Relationships
And How To Prepare For Your Divine
Partner**

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What is a Soul Mate?

A soul mate is a person whose soul has come into your life at a specific time to awaken your soul and teach you the lessons your soul needs to learn. This person can be a romantic partner, someone you desire, family member or friend. Please note that the teachings in this book focus on romantic soul mate relationships. However, you may find that some of the information may apply to any soul mate relationship.

Often soul mates meet through an unexpected, out-of-the-blue experience or event. There is often a sense of déjà-vu or of having known this person before even though you've never actually met. Along with that is an intense (usually first-time ever) attraction and feeling of having to be with this person. It may feel euphoric and enchanting and you just can't stop thinking about them. It's the stuff that poetry, songs, books, and movies and yes, dreams are made of.

Why do we have Soul Mates?

When a soul mate walks into your life, you are forever changed – and this is a wonderful gift. The purpose is to awaken you spiritually to your true self. Every soul mate we meet achieves this purpose. In order to experience this profound change, an equally profound experience is required. This is why we have such an intense attraction towards our soul mate. We feel like

we HAVE to be with them, regardless of any possible consequences. This intense need to be with this person drives us to look within and “soul-search” which we never would do had we not had such profound feelings.

Why do soul mate relationships feel so bad sometimes?

Not every soul mate relationship is filled with ease and grace during this process of awakening. There are soul mates that come into our lives ONLY to awaken us - NOT to have a loving, enduring union with us. These are called karmic soul mates. A karmic soul mate relationship is often filled with despair and pain and is the type of relationship that may compel you to behave in an unhealthy manner. Unrequited love and even obsession is usually present. You are generally separated by such variables as already being in a committed relationship or marriage, long-distance, inability to commit, addiction and substance abuse, or poor timing.

Our karmic soul mate has past life ties to us in some way. We may have experienced some type of karma with them in which each of our souls agreed to come into this lifetime to balance that karma out. For instance, if your partner has an addiction to substances it may be that you had an addiction in a past life with this person. In this lifetime the tables have turned so you can experience what it's like to be *with* an addict and they can

experience what it's like to *be* an addict. This isn't punishment - it's a lesson in compassion, forgiveness, and letting go.

Another example may be that you deeply fall in love with someone who ends up breaking your heart. It may be that you broke this person's heart in another lifetime. Another possibility is that in this lifetime you were meant to turn that pain into a beautiful blessing.

How do I eliminate my pain and despair?

Karmic soul mate relationships are the most difficult to us on a human level but the most rewarding on a spiritual level. They force us to break down existing structures in our beliefs and behaviors. They shed light on those attachments and dependencies to people and things that no longer serve us. In a karmic soul mate relationship, we are forced to make a decision to either grow and transform or stagnate and remain the same. When we make a conscious choice to grow and transform by surrendering to the changes presented to us, we become liberated from the pain and despair of this relationship. We can no longer deny that ourselves and our lives have dramatically changed, and we must move forward with integrity in taking action to align with these changes. At this point I would like to mention that karmic soul mate relationships aren't the **ONLY** events that induce such profound transformation. We experience other types of life-altering events that do, but

again for the purpose of this book, I am solely addressing romantic soul mate relationships.

These changes we must make are both internal and external. The internal changes which are brought to our attention (perhaps harshly, although necessary) are based in self-love, self-respect, and self-reliance. We begin to turn inwards to search our soul for the deeper meaning in this life change. “Why am I experiencing this”, “What’s the purpose of this?”, and “Who am I?” are some of the questions we seek answers to. We start to realize that our unhealthy behaviors and beliefs are born from a lack of self-love and resolve to turn our love inwards. Forgiveness and acceptance of any mistakes we may have made takes hold and turns into compassion. This love and compassion connects us with our true selves where we awaken to the truth that we are already whole and complete. We no longer require or are dependent on anything external to feel whole and complete. It is an amazing spiritual growth process which reveals not just our divine nature, but the Divine itself.

The external changes are those actions we need to take with others based on truth, integrity, and compassion. This is the tangible form of letting go. We have learned the lesson we were meant to learn and release those people with forgiveness, understanding that they will evolve in their own time. We also release material things that no longer resonate with the person

we have become. This may be in the form of a house, job, or lifestyle.

What about our karmic partner – what happens to them?

Once you let go of your karmic partner by making the necessary changes which support you, you are no longer “bound” to them. You are free and your karmic partner is free. You may, however, have to do some energetic clearing of any residue left over to support your new beginning. None-the-less, your karma with them is complete. Just like you, your “ex”-karmic partner is free to travel on their own spiritual journey. Yet their journey will be different from yours as they will grow and develop in a way that is best for them. This will, of course, happen over a time period that is also best for them.

You have fulfilled your agreement in learning lessons that helped you spiritually and personally grow, and they must also fulfill an agreement to do the same. However, there are times where they may stagnate instead. Whatever your “ex”-karmic partner does, they are safe in their journey. Just like you, they have the power within themselves to transform. And just like you, if they turn inwards and begin loving themselves, they will find they are whole and complete divine beings too. So, thank them for your journey and lessons together then wish them well

in their life. You may now close the book on this story and move forward with your beautiful transformation.

What happens next?

The Divine plan in all this is to embody the divine person we truly are and to express it. In transforming, we find we have a new passion and zest for life and living. We want to find out more about life, love, and spirituality – not in the religious terms but in terms of OUR spirit. We seek healing, guidance, and assistance for our transformation. We surround ourselves with supportive people who are also embarking on their spiritual journey to discover and become who they really are.

As we align to self-love and self-discovery of our spirit, we learn to listen to our heart and follow its guidance. We understand about our ego more and it's victim mentality and choose to instead embrace our victorious spirit in our challenges of the past and present. We now know that without challenges we have no opportunity to become victorious. And we keep moving forward, going and growing, all the while experiencing moments of life's sweetness.

Does this mean there are no “good” soul mate relationships?

There are, in fact, soul mates whom we form a healthy relationship with – one filled with love, respect, commitment, and joy. These soul mates are called companion/kindred soul mates or divine partners. The lessons brought to each other in this relationship are gracefully shared and accepted with each other. There is little, if any, disruption or separating variables that exist. Each party has a deep understanding and acceptance of their individual soul's purpose to learn and grow. Simultaneously, they are forming or have already formed a solid foundation of self-love. There is a mutual desire to share a mature, enduring love AND friendship together which transcends any limiting ego wants and needs. This doesn't necessarily mean divine partner relationships are free from any kind of conflict or adversity, but it does mean that those moments are handled with respect, compassion, and love.

You will feel a sense of déjà-vu, attraction and desire to be with this person when you meet. However, the power behind these sensations is fueled by genuine love. It feels euphoric too but in a way that is grounded, graceful, and easy. You bond quickly in a friendship relationship while moving slow but steadfast towards intimacy. There's no need to rush although there may be a strong desire to form a life together as soon as possible. Each of you is supportive, genuine and trustworthy towards each other and the relationship itself.

How can I be in a divine partnership?

When you have learned the lessons from any past karmic soul mate relationships in such a way that you hold or are willing to hold love and compassion for yourself, you are ready for your divine partner. You are ready for your divine partner when you are conscious and aware of your soul's purpose. You have spiritually grown in accordance with this purpose and continue to nurture it. You love yourself unconditionally and forgive yourself and others for any mistakes that have been made, and let the past go. You have discovered who you really are and love this person you are becoming. Your ego has little influence over your decisions, wants, and needs. You are, for the most part, emotionally balanced and mature. You have no requirements for anyone or anything outside of yourself to fulfill you as you know you are whole and complete unto yourself. When you have achieved most or all of these things, you are ready to meet your divine partner.

Of course, your divine partner must achieve these things as well. Because of this, there may be a waiting period before you actually meet in order to be sure these qualities are in place. But if you have achieved these qualities in yourself, you won't mind waiting because you'll already have attained inner fulfillment, love, and joy. You may hope for this person to come soon, but there is little, if any, *need* of it to happen in your personal timeframe. That would be your ego's attachment

which will transcend when you apply all that you have learned thus far.

Your soul is on this earth to experience and express who you really are. There are many ways in which we can awaken to this purpose. Soul mate relationships are one way in which this can be accomplished. It's all part of a Divine plan for you. You receive a beautiful gift when you experience a soul mate relationship, no matter how painful it may be. When you truly see the blessing in all the pain and despair, you turn your worst nightmare into your greatest joy.

Thank you for reading this e-book, I hope you enjoyed it and found it to be helpful. If you have any questions or comments, please contact me at Pamela@passagetoinnerjoy.com

I wish you many blessings, love, and joy,

Pamela

Find out more about me and living in bliss

www.passagetoinnerjoy.com

As a Soul Mate Relationship expert, intuitive counselor, and healer, you can receive help and guidance from me every step of the way. With my mentoring, I will personally teach you what you need to know most and help you to grow, develop, and

heal from any pain and despair. You will break free of any unhealthy attachments and behaviors. You will heal from past experiences and align with your purpose and true self. You will learn to recognize your limiting ego patterns and how to transcend them in order to attain inner peace and fulfillment. Above all, you will love yourself completely and unconditionally.

