**Soul Mates & Twin Flames**
*for the James Van Praagh Special Chat Area*

Tonight I want to speak to you about love. Our souls were created from love. It is our source, and we are constantly seeking that source. We search for it everywhere, from family, friends, co-workers, pets and more often than not, lovers. It is when we are seeking this love, and we feel we do not have a constant supply of it that we become off center. This creates discontent, and a feeling of disconnection from source.

This can lead to loss of compassion, a cynical nature and self-defeating behaviors. One often only has to look in the mirror to see such a soul, one that has feelings of being disconnected and not loved. However tonight, I hope to share with you just how very loved you are. How many mates your soul has placed in your path. These are soul mates.

Love can be experienced in a variety of ways; love of nature, love of a pet, a parent, a boyfriend or lover. Nature is always there and we often take from it, and because nature gives us so much, we can never put this relationship into balance.

Our pets, although we love them dearly, can never be our true equal partners. Children grow up, parents cross over, and no matter how much you love your best friend, there is still something, some key element, that is missing. Even lovers can often not fill the emptiness that resides in your chest at times, so we search for that "something" to make us whole, often times without realizing what is really happening.

We may search out food to fill the void, or the thrill of buying that new car every few years Other vices as well, no matter if they are considered "ok" by society or not, they may still be being used to fill your void.

Within each of us resides a tai chi.... a yin-yang. One side of this yin-yang is filled with your own essence. The other side is vacant and dimmed. This is the side that hungers for totality of the soul, for completion. Each relationship in your life will touch this tai chi, it will attempt to fill it.

When you meet a soul mate, there is an instant connection, as you have met one that has pre-life agreements with you. These agreements are the sacred contracts that most of you have heard of. they are the very things that send off that special feeling. Sometimes the contracts will be to teach each other how to play, sometimes it is to teach of faith and trust. Sometimes it is as simple as teaching you (or you teaching them) that beauty is within you.

Since you have been in many dimensions in many lifetimes, it is understandable that we would "bump" into one another again and again and those moments of bumping into one another are soul mate encounters.

Now I want to speak to you of, lets call her Mary......

Mary's half of her tai chi is based on her past experiences, many of which took place during childhood, so this has set her current perceptions. Her current perceived reality. These experiences form into a real essence that acts in the form of a "billboard" sign. Although these signs cannot be seen by the naked eye, they are most certainly seen by the "all seeing third eye". This is why we typically go on our "first impressions".

Now, we are not speaking of a person's physical appearance, we are talking about the first vibration you receive when you encounter another human being. This is a form of "psychic" reading you each do every day. So what does someone see when they are doing these "psychic scans"? Everything! Everything you are. Remember this is all of your essence including your past.

Now let's get back to our friend "Mary"... her aura greets us before she even speaks the first time. There are little billboards (again invisible to the naked eye). One might say "love's poetry". We know that she has a skill for seeing between the lines, and also know she has a delicate sensitivity". These are just a few of her billboards she is advertising with and, we all see them that encounter her.

So with this thought process, it is simple to see why we would unconsciously encourage someone to come hither. Mary's billboards act as a magnetic north pole to her lover's south pole. This is the extreme attraction. This is why we often end up dating (or marrying) the same man or woman in another body. They may have appeared different when we first dated them, but in the end, they had the same traits we have been inviting into our lives all along.

Now there is a quick little meditation to assist you to cut these cords to these unwanted billboards that are attracting what you really don't want in your life, and that assists you in what you do. However, as we seem to be running a bit out of time (I have so many things to share with you) I will tell you that you can indeed change your attraction patterns, so there is hope, always hope.

Let's discuss for a moment our various types of soul mates. Now I can only share with you what I know, and I want to explain right away I don't know it all, although, please do not tell my husband that! Anyway...

I have found there are 5 various types of soul mates. There are soul friends, these are those that come to support you. If we are very lucky we will have at least one of these in our lives. They are the one that agrees with you, even when they know you are wrong. They may tell you later that you are wrong, but when you need someone to cry with they are there. They are your soul support friend.

Then we have soul family members. I will share an occurrence I experienced. I met my assistant, Annette, on the internet. I had invited her to be one of my private students. Now, bare in mind for a moment, that arrogance is the one thing I have come to learn. That is one of my main features to work on in this life. So imagine my dismay when Annette asked for references....I said..... what?

She challenged my lesson right off the bat! This is what soul mates of any sort do, they force the soul to grow, they challenge. Soul family does not have to be in your actual family, although most of the time they are as well. You will go through your family line and see the ones within your "pea pod", the ones that you are close to this time, are right up against you in the pea pod, like you are a little pea.

The others, well they may be in the same shell but there is no connection other than that. But remember, soul family members will also get as close as they can, even if they cannot get into the family. Grand-children, in laws, nieces and nephews, even work mates, friends children, and more.

They will take the closest available "chair" to you. So keep an eye open! Just as I encountered that fateful day on the internet otw years ago with Annette, I met a soul sister, so you never know.

There are also the types of soul mates that you have a karmic background with. These are karmic soul mates. These are the most difficult I feel. Sometimes when you least expect it they will walk into your life.

I have had many people come to me that are happy in their current relationships, maybe even marriages. Then someone out of the blue comes into their lives and knocks their socks off. What to do? Do they rush off with them because they feel like a soul mate? Is this what they were waiting for? Karmic soul mates have agreements with you.

Imagine the other side for a moment. You are making your life list of special events, and you say, "Hey, I will need some assistance at this time," and someone comes from behind and says,"Hey, I will help." A bond was created. Those people who you only meet for a moment, may be karmic soul mates that have come to change your life, to challenge your life.

Do you love that mate you are with? You think you might like a different life. If it is presented to you, do you take it?

A karmic soul mate may just come along to help you decide. So what if you do want to stay in your current circumstances, but now feel that since this awesome person has come in you have an obligation to them. Why? All you have to do is ask for the bond between you to be severed, unless you want to go. That is a choice you can make as well, as it is all about choices anyway.

This is one point on my Soul Mates & Twin Flames CD the angels really wanted to bring out. You do not have to run off with a soul mate just because that special feeling is there. Let us not forget the villains of the world have soul mates, too. Everyone does. So just because that feeling is there, it may not be the best thing for you overall. Especially if your karmic soul mate opted for a difficult life.

Next we have, of course, the soul groups. These are the groups we have opted to join as a race, a religion, a social economic status, and more. The lessons these groups provide us with are a part of our growing process.

**Now I want to quickly move on to twin flames.**

Twin flames have taken on the fever that the word soul mates used to inspire, and there is a great debate still at hand concerning weather or not twin flames are on earth with us and can indeed be found. So, before I get to the Twin Flame meditation, I want to share something that the angels told me concerning twin flames.

Imagine if you will, a complete flame in eternity, when the flame is pulled apart, there is a division, and (although due to time constraints this is a very short version) when flames, real actual fire flames, meet and come close together, what do they do? They rejoin into one. It is inevitable. The same is true when you encounter your own twin flame, you rejoin, and, hopefully, you get my drift on the rejoining part. The flames consuming one another, do not go to Walmart, they do not cook dinner together. They would do as the flames would, and constantly rejoin.

So when I approached the angels on this matter, this is what I was told, although their actual words were more lengthy and much more eloquent. So I believe that our actual twin flame resides on the other side in the place in between. However, there is a bright side to this, and that is, that we can, indeed rejoin if only for a moment.