

# The Gift of Conscious Soul Mate Reunion

Yes, the Multiverse is made of Love, a perfect vibration that nurtures, elevates, unifies, and co-joins matter in harmonic frequency dances. In this plane of duality/polarity we also experience the illusion of its opposite. And, as such, we have been culturally programmed to experience loss. Our original wounding of separation from the Source to incarnate, leaves us yearning for a deep reunion. We are taught to seek that outside of ourselves in the shape of another being. We look for the "perfect" one that will make everything OK for us inside and out. We call that a Soul Mate.

The truth is that there is no human being that can do that for us, primarily because they are seeking the very same thing. And because of the influence of human experience, we all develop our own unique version of what it is to be loved. No one can match that closely enough to fill the hole of our original separation. Even if they did, what is to guarantee that they will stay?

Well, it's an inside job. The real Soul mate is the eventual reconnection with our own inner child self. When we turn inward as the adult to reconnect with that precious inner soul essence, then we co create the safe nurturing love that can never end. As we, as adults, teach the child self to trust us by showing up, doing what we say we are going to do, own our mistakes, tell the truth, reclaim the responsibility for safety, etc., we create the perfect loving relationship.

And, when the inner child is happy and peaceful with all needs met by the adult self, we are then capable of actually giving unconditional love. For then we are not invested in another human to fix us or make us whole. We are then free to fully experience the deepest depth of relationship, letting the partner be who they are without trying to change or mold them to what we need. Soul mates, indeed. From this delight, we then bring in the community and family that fills out our moments of living. Tending the inner garden of the child is the key to the kingdom.

- Start by acknowledging the existence of your inner child self. Call her by the name you used in the first gift. Move through whatever comes up as you use that name. Energetic baggage and toxic memories are released at the mere mention of that name. Work it until you have a neutral response.
- In the name of building trust, create a sacred space or altar for your little child self. Place mementos, pictures, toys, creations of that child's life on this altar. Place a small plant there to tend...it is symbolic of the growing relationship. Visit and tend the altar twice each day, morning and night. Prepare to release and change a lot.
- The traditional means of inner child contact are the physical body and the emotions. Sensations and pain are calls for attention from your wounded little one. Ignoring or medicating simply tells the child she is not worth listening to. Masking emotions also devalues the child, who then keeps building walls around misinformed decisions made long ago...and the patterns of thinking and behavior continue...same old results. Consider establishing a two way method of communicating clearly with your inner child. Using the non dominant hand to express the child is a powerful tool that changes everything. Explore this technique in depth by reading Lucia Capacchione's book, *The Power of Your Other Hand*. This is the straight road to Soul Mate Reunion.

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Taken from the E-Book, *Living in De Light*