



manifesting your Soul-Mate

Many people believe that they need to find their other half, their true love who will make them feel fulfilled and whole. This idea of the soul-mate, which is based on ancient mythology, results in many people waiting for their special person to show up. But is this the truth about soul-mates? Eric Richardson explores this fascinating topic for us.

Should we buy into the idea that someone else can make us happy? Perhaps it would be best to find out a little more about soul-mates to decide.

You have more than one soul-mate to choose from. According to Vianna Stibal, founder of ThetaHealing, 'a soul-mate is anyone that you have known from some other place in time, such as pre-existence'. A soul-mate is someone who helps you evolve spiritually, and can be of the same or opposite sex.

Some soul-mates have the potential to make you feel happier, but some come into your life to help your soul to grow - not necessarily a comfortable process. These people help you learn virtues such as patience and anger management by pushing your buttons and provoking you. A relationship with a soul-mate can be extremely painful if its sole purpose is to help you learn spiritual lessons. These soul-mates are sometimes called karmic soul-mates as they come into your life to help you resolve karmic baggage. A manager at work could play this role.

When you can truly love yourself, you are ready for a special soul-mate. Although it is best to learn how to make yourself happy first before meeting a romantic compatible soul-mate, this does not mean that you must wait until you don't have needs or problems. However, it does mean that you realise that a soul-mate's job is not to try to complete you or make you happy.

A true love or romantic soul-mate is someone with whom you want a fun, intimate partnership or marriage, and possibly children. There is a mental and spiritual magnetism

between you, recognition that you are compatible and complimentary, and a sensual and sexual attraction. You will feel as if you have known the person for a long time, and may experience feelings of *déjà vu*. Unfortunately, we sometimes meet compatible love soul-mates who are already in committed relationships. We need to remember then that we can manifest another compatible soul-mate that will be just as connected to us and with whom we can grow spiritually.

A romantic soul-mate is not without flaws. 'Love is not a fantasy, it is being human. Human beings bleed, fall down and make unforgivable mistakes,' writes Marta Luzim. When you find your compatible soul-mate, it is imperative that you accept this person for who they are. Otherwise, in times of challenge you will judge your mate for not being that hoped-for, ideal person who always inspires you. However, you should draw to you the best person you can. Remember that like attracts like and so if you have lots of unresolved issues you are likely to manifest a soul-mate with lots of unresolved issues.

If you are desperate to find your soul-mate, it is unlikely to happen. Although there is nothing wrong with searching for your soul-mate, it is best to work on your issues of trusting the universe to bring you together with your soul-mate. You need to explore why you do not want to be alone and why you believe that you need someone else to make you feel worthy, loved, fulfilled or happy.

I believe that one of the best ways to find out if you are ready for a soul-mate is with ThetaHealing Belief and

Feeling Work. The practitioner can see if you hold genetic beliefs in your DNA or subconscious programs from your upbringing which affect your ability to find and keep a romantic compatible soul-mate. For example, the belief that, 'men take advantage of me' or 'no-one will want me because I have children' can be 'pulled' (deconstructed) without hypnosis or tapping. As you heal your wounds and hurts, let go of limiting beliefs, and learn new empowering feelings and belief programs, so you become more open to the miracle of manifesting a soul-mate.

Soul-mates are different from soul families. According to Vianna Stibal, 'soul family members have particular spiritual energies that you have experienced before in a non-sensual and non-sexual familiarity with a brotherly and sisterly love'.

Know what traits you want in your compatible soul-mate. Perhaps you want a partner who can support you and who you can support in a mutual quest to become more 'enlightened' beings. If you want a relationship which is also passionate and sexual, then you should specify this when doing your ThetaHealing manifestation, otherwise you may manifest a soul family member.

You can learn particular techniques which will help you draw to you or manifest your most compatible romantic soul-mate. Once there is an alignment with your potential soul-mate's heart, you will be pulled together like magnets.

However, you need to be patient and recognise that the union with this person will happen at the right time.

Your compatible companion soul-mate might not be in your life forever. The other person has free will and you cannot force the union. However, if you are hoping to spend your life with someone, then become the kind of person that someone would like to spend his or her life with. Learn how to change patterns of behaviour that usually sabotage your relationships and hold you back from experiencing expansive love with an intimate partner.

The fairytale version of soul-mate love encourages the stereotype that being with your intimate soul-mate will mean a life free from conflict, hurt feelings, resentment, or boredom. But the reality is that relationships between soul-mates still require work, and a willingness in both people to move beyond hurts and limits, if we are to evolve and change together. For some people this truth is so scary that they prefer to stay single. But being with a compatible soul-mate has many rewards and it is worth remembering that there are tools and strategies that couples can use to work through challenges successfully. You can learn communication and intimacy skills to get good results with your current or future compatible soul-mate. In mastering these interdependent relationships in love, you do your soul work and evolve yourself. 

Theta Healing Workshops

ATTEND THE EXCITING SOUL-MATES DAY:

Are you tired of being alone or with the "wrong" person? In this one day class, learn how to permit the Universe to help you find your most compatible soul-mate. Learn what limiting subconscious beliefs may be blocking you from manifesting your special person for your highest and greatest good. Gain insights into soul-mates, soul families, relationships, and love. Reprogramme your heart, soul and mind with the profound ability to receive deep intimacy in a fun and loving relationship. Heal the heart space and manifest a Soul-Mate using powerful ThetaHealing techniques that you'll learn on the day. This class is open to everyone (including same-sex attracted people).

Johannesburg: 5 November 2011.
Cape Town: 10 December 2011.

For more info on these and other life-changing ThetaHealing® courses, visit www.thetahealing.co.za, or email ThetaHealing Master, Eric Richardson, at Info@thetahealing.co.za. 084 423 3230 (SMS only)

Only people certified by THINK in the USA are permitted to call themselves ThetaHealing practitioners, teachers or masters.

BASIC & ADVANCED THETAHEALING COMBINED PRACTITIONERS' CERTIFICATION COURSE:

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Current Course Schedule:

October 2011: Durban;

November 2011: Nelspruit & Johannesburg;

December 2011: Cape Town.

Venue and days will be confirmed on inquiry.