



On the wings of love

Tantric teacher and coach **Elena Angel** explains the highs and lows of a soul mate relationship

Tantra is my passion, and I'm passionate about relating. The two go hand-in-hand, the journey being a movement from a place of aloneness and

separation to a place of intimacy – profound intimacy – and the sacred union: first with oneself, then with another and, ultimately, with the Divine.

Most of us have dreamt of blissful, Divine transcendence of some kind and some may have experienced it – in meditation, art, nature, in a gaze, in a healing, in some words, in an enlightened moment... somewhere, sometime. Most of us also long for – and may have experienced to a greater or lesser extent – satisfaction or fulfillment in daily life, in 'ordinary' life; a sense of really being ourselves, fully, totally, whole-heartedly, authentically, having fulfilled our needs and now living our dream, following our deepest yearning and enjoying a life that showers us with abundant blessings.

Similarly, in relationships, we sometimes dream of a magical other, with whom we can experience romance, fiery passion and ecstasy, but we may also wish for a relationship that makes sense, that nourishes and supports us, that offers important stability, compatibility and balance, and translates into a successful life partnership.

We may find ourselves tending towards one type or another at different times, with different people, and sometimes we make do. But a certain listlessness may linger, a twinge of doubt. Even if we stay in the relationship, we may keep the search somehow open, hoping for something better, something more.

Well, what if we could really have it all? Ecstatic transcendence and real-life fulfilment. Is it really possible? Yes! Absolutely.

Self-realisation is intrinsic to the Tantric pursuit, and that is a total realisation. Through Tantric alchemy, we forge the new, realised self, free from egoic limitations, able to manifest paradise on Earth. This is work one does first for oneself, but it's even more powerful to share the magic with another.

Let's talk about soul mates

The term 'soul mate' has been used in many different ways and with different connotations, but I like to keep things simple. Let me assure you, you're bound to meet several soul mates in your life...

What I call soul mates are those people that are literally your soul's mates; you might say, friends, partners, allies. You will recognise a soul mate as someone that somehow activates you. Strongly. You may feel as though you already know when you meet them, or you may feel somehow connected, even before you get to know each other's histories. You may feel an exceptionally strong attraction or resonance on many levels – physical, emotional, mental, spiritual.

Sooner or later, you will be engaging with this person in some way, possibly feeling compelled to do so, even if there

are signs of challenge in the connection. In fact, contrary to romantic ideas around this, soul mate relationships are often full of highs and lows: times when it all feels great, but also times when you feel hurt, things break down and you wonder, 'why is this happening?'

Who are they?

Soul mates are those people who come into your life precisely with the purpose of 'activating' you, pushing all your buttons (for better or worse!) and really motivating you to look deep and hard – into yourself and who you really are – so that you may then express and fulfill that true self. They will encourage you and challenge you, reflecting both your light and your shadow. These soul mates are not necessarily people we wish to become romantically or sexually intimate with. They can also be your work partners, friends, relatives.

Your soul is on its journey. Soul mates will come into your life to travel with you and move you further along. In terms of manifesting soul mates, then, the first step is to become aware of your soul's purpose. Then you'll be better able to recognise the soul mates when they turn up, to understand the opportunities and lessons these connections bring and to make the most of the amazing opportunities they represent. ▶

Are you aligned with your soul's purpose?


Take some time consciously to connect with the higher Intelligence, your own soul or higher self.

Imagine sending a ray of white light from your third eye (the brow area) out into space, to a distant but bright star. The light of your ray meets the radiant star, and you feel a connection, a merging with this bright source of light, but it still maintains a sense of identity: this is still your ray.

You may ask to be shown your soul's purpose, or receive some guidance, in which case you may receive some images, words, or something else, or you may simply feel a communication taking place, within the light, and know that you receive information through the light and can make perfect sense of it in deep within you, even if it does not have any words or signs.

When you feel the process complete, allow your ray of light to start coming back again, back through space all the way to your third eye, and allow it to light up your mind, then light up your heart, then light up your belly and expand through the whole of your body, and let it just shine you, all over, as you gently remove your focus and conclude the practice.

The process helps you to resolve doubts and self-sabotage, to gain a stronger sense of purpose and direction, and 'tunes' you to a harmonious vibration that will attract beneficial people and circumstances to you – including soul mates.



The more you align with your soul purpose and check that you are following the guidance of your higher self as you continue your journey, the more you will recognise those important people in your life and make the most of these connections. Needless to say, some romantic, intimate relationships are bound to arise and these will reach even deeper in you. Don't be surprised if there's more than one soul mate. Don't be surprised, if they don't look / talk / think like you had imagined your ideal partner would - or look / talk / think exactly as you had dreamt they would. Don't be surprised if you feel a full-on connection, or if you feel compelled to be in relationship with a person, despite 'impossibilities' or incompatibilities in character or circumstances.

The thing is, these connections are primarily on a soul level and, in order for you to experience the best possible outcome and maximise the potential for self-realisation and intimacy with self, other and the Divine, all your choices and behaviours must be aligned with that higher level of consciousness, before all else. It may be you'll have to make some difficult decisions along the way, but you needn't be at a loss or suffer unnecessarily. If you'd like to be happy on this planet (as well as in the starry heights), all you have to do is listen to your heart.

Making it work

In an intimate soul mate relationship, you will have the opportunity to explore your own and each other's masculine and feminine energies. The potent connection you will experience will most likely translate into great sex, but there's much more to play with.

Find your heart's desire

This is a great practice to help you make decisions, set your intentions, and discover what's true for you.

■ **Take a deep breath and as you exhale imagine you are clearing your mind and opening space in your head. Take another deep breath and as you exhale imagine you are breathing through your heart and opening the space in the heart. Take a deep breath again and as you exhale feel yourself present and stable in your belly and body.**

■ **When you feel relaxed, open and centred, bring to your awareness the possibility that you are contemplating or anything you are questioning as true or untrue for you.**

■ **Once this is clear in your mind, take a deep breath and allow the image or concept to drop into the heart space**

Any relationship can be transformed into a soul mate relationship-

In the case of soul mate relating, there is a clear invitation to move beyond ego-centred relating and the mutual negotiation of needs, and to begin to embody the universal principles of consciousness and love in service to the greater good.

As partners explore the inner and outer masculine, they enhance their awareness of their true selves and of each other's deepest essence and consciousness expands. As partners dive into the inner and outer feminine, they enhance empathy and their capacity to accept, respect and love themselves more fully and compassionately, extending the same to the other. Love expands and expresses more fully.

Partners can choose to occupy masculine and feminine poles, consciousness or love, augmenting the differences, but also the attraction towards each other, practising presence and trust and opening the door to a passionate intensity. When partners are focused on honouring and living their highest truth, expressing authentically from a place of loving acceptance,

respect and appreciation for each other, there is much less need for negotiation and compromise. When partners are focused on expanding awareness and expressing love more fully, there's a much greater chance of harmony arising, even in challenging situations. Their deep understanding of the differences between the male and female dissolves misunderstandings and enhances communication.

This is the practice of conscious or sacred relating and it is accessible to all who choose it. And here is some more good news: if one is willing to engage in such practice, any relationship can be transformed into a soul mate relationship!

Elena Angel is a Tantric practitioner, healer and guide. Her course, *Tantric Alchemy: Manifesting Your Soul mate*, next offered in September 2013, is a powerful blend of Tantric and Taoist wisdom, quantum energetics and advanced transformation and manifestation technology that guarantees you will manifest profound and intimate soul-to-soul connections

and observe the reaction. Does your heart open or close? Pay attention, but be receptive and listen for the answer that arises from the heart, feel for the feeling.

■ **Once this is clear, with another deep breath, allow the feeling to drop lower into your belly and check if this feels safe and nourishing, or if you have tension or fear. Simply observe and allow for your belly and body to show you. If you feel tension or fear, breathe deeply, and as you exhale let it drop further down, through your legs and feet into the Earth, and let it be absorbed.**

■ **If the feeling is warm and nourishing, take it back up to the heart, connecting with the open feeling in the heart, then take it up to the head, where if can meet with the concept, image, words, and then, as a light intention, send it out to the Universe with love and gratitude**