



DEEPEN YOUR CONNECTIONS WITH

Soulmate relationships

ELENA ANGEL urges us to embrace all relationships, romantic or otherwise, whole-heartedly to enjoy their true greatness

Mates for souls – sound strange to you? The fact is, the mere mention of ‘soulmates’ is wildly evocative. Some will wince and dismiss the idea, others will go all romantic and gooey, while many will sigh in longing and, perhaps, mild despair. But ‘mates for souls’ somehow sounds different, right? This simple reversal is my invitation to consider the whole concept anew.

LET’S START WITH THE ‘SOUL’ PART

Clearly, we’re not talking about the mundane. We’re addressing a greater aspect of ourselves as human beings. Something that’s bigger than our thoughts, emotions and bodies. We refer to a deeper essence and a greater perspective, one that transcends physical limitations and is spiritual in nature; what we might call



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random people who come into our lives in unexpected ways, and sometimes only for a short time. What these connections have in common is that they affect us in crucial ways. They are our ‘mates’, helping us to recognise and achieve our highest potential. It could be a single phrase spoken randomly by a stranger or years spent together in great intimacy; somehow these experiences touch that deeper part of ourselves and often push us to personal limits, enquiry, new directions, discovery, understanding and growth. Looking back, we recognise how formative or transformational the encounters with these people have been – we simply wouldn’t be the same without them.

RECOGNISE THE SOULMATES IN YOUR LIFE

There’s great value in considering the soul perspective in these connections, particularly as a lot of them are actually very challenging. Whilst some relationships are pure magic, in the smoothest and most pleasant way, I have found it’s quite common for them to defy categorisation, cause us difficulty, not turn out according to expectations or end up leaving us feeling hurt. It’s all too easy to judge these to be problematic, failed mistakes and missed lessons that can literally transform us. It can take time and an attitude of a spiritual warrior to do this sometimes, but the secret is to look for the lessons and hidden blessings in every exchange. The starting point is to remember that the soul is the active, guiding principle, creating opportunities for growth. Then, we can treat every every relationship as a mirror that allows us to see more and hidden aspects of ourselves, so that we can grow. Of course, this is a two-way process; others serve our growth, just as we serve theirs.

ENJOY DEEP CONNECTIONS ON MANY LEVELS

Staying mindful of hidden lessons and the spiritual dimension can help us to experience more depth, satisfaction and value in all of our relationships, as we become more authentic and discover our own worth. Imagine how you would treat your friends, colleagues and lovers if you became aware of your soul level connection with them? How would you feel about yourself, if you became aware of your great contribution to the growth of others? The ideal of the romantic soulmate as ‘the one’ is exactly that, an ideal. As human beings, we long to connect, transcend feelings of separation and unite in perfect intimacy – ultimately, unite with the divine, with source. But that is not to say we cannot experience profound intimacy and deep meaning with another person. All that’s needed is to practise the same mindfulness, to recognise that greater aspect of ourselves and the other, and to relate from this place. **SS**

our higher or divine self. The ‘mate’ part is fairly obvious. Mates can be friends, fellow-members in a team venture, partners – including sexual partners. ‘Soulmates’, then, can be understood as people with whom we form friendships, teams and partnerships, including sexual relationships, connecting on a soul level.

BUILD A BETTER YOU

In a sense, soulmates are as common and ever-present as the air we breathe. If we regard the whole of humankind as a collective – and a spiritual one at that – then we’re all part of the same team; we’re all soulmates. When we look at individual people and personal experience, however, the presence of soulmates feels very special indeed. They can be parents, siblings, friends, teachers, colleagues, lovers, life-partners – even

INSPIRING READS

Attract soulmate connections in 5 easy steps

- 1 Have belief** Even if you’re not too sure about the whole idea of the soul and soulmates or somehow don’t believe you’re capable, deserving or cut-out for such connections, start by entertaining the possibility that there could be more for you to discover in relationships – maybe, even, a soulmate or two. If you allow the possibility, it’s possible.
- 2 Cultivate self-esteem and self-love** Relationships mirror our inner state; soulmate relationships will do so even more emphatically, in order to fast-forward our growth. The higher your self-esteem, the better your relationships. Affirm your self-worth, observe your self-talk, be mindful of your inner critic and speak kindly to yourself. In any situation and faced with any choice, ask yourself: “If I loved myself, what would I do?”
- 3 Follow your passion** Your soul’s purpose expresses itself through your gifts, talents and heartfelt desires. Let yourself dream: what are you passionate about? As you follow the passion in your heart, you’ll notice more and more soulmates turning up to assist you at every turn.
- 4 Stay open, curious and receptive** Drop assumptions, judgements and expectations and stay true to your heart. See with fresh eyes and expect the unexpected; soulmates may surprise you! Discover the hidden lessons by asking: “What does this situation reflect about me?” Follow your heart in your choices and actions.
- 5 Relax, trust and be grateful** Trust that everything is happening perfectly and in the right order. Relax, notice all the blessings in your life and feel grateful; feelings of gratitude will attract even more things to be grateful for – including great soulmate connections.

OUR EXPERT

Elena Angel is passionate about soulmates and she runs workshops, meetings, retreats and offers personalised and online coaching specially designed to help you attract and cultivate these special connections. For more information, visit elenaangel.com

