

# I SEE YOUR SOUL MATE

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An Intuitive's Guide to  
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## **Chapter 8**

### **Deciphering Your Soul's Intention**

You came screaming into this lifetime with divine energy pulsing through you and a vision of what you were here to accomplish; you KNEW you were a gifted genius who could change the world.

Since that first struggle for breath, you've experienced many challenges, and sometimes they've astounded you. Yet deep inside you've quietly held onto your dream of a meaningful, happy life filled with love and success.

This impossible dream still lives in you for a reason. It's your road map; the plan you brought with you. It's time to brush it off and remember why you're here.

Your life HAS been all on purpose--every moment of it. You programmed each event before you arrived. Your challenges and gifts are penciled into the fabric of your soul.

But you also brought a powerful tool--your energy. Whenever you use your potent life force energy to move beyond your pain (rather than getting stuck or giving up), you ALWAYS find your way.

Your moments of deepest pain are designed to help you get where you want to go to live up to your great potential. You chose them perfectly.

This lifetime is uniquely your story; no one else has brought in your exact blend of gifts, dreams, and challenges. It's a personalized plan--designed by you and for you.

Your pain, no matter how potent, is your greatest ally. Its purpose is to fuel you in the right direction--if you let it. Consider the possibility that you've also chosen every wonderful, broken, or painful relationship to open your heart and fuel your great mission. This pattern has certainly been true in my life. Every moment of loss and heartbreak has pushed me to look beyond the surface and embrace my true gifts.

Take a moment and remember the greatest pain you've experienced in this lifetime. Has it been the loss of a loved one? Were you fired or laid off from a career you loved? Has illness or injury sidetracked your life?

Examine your pain story from every angle. Look beyond the illusion of grief, guilt, anger, and blame. What role did you play in this event? What agreement were you fulfilling? What if no one was at fault? What if all the players in your drama were simply performing exactly as you instructed them to--before this lifetime began?

Imagine that your divine guides and departed loved ones are all watching you stomp your foot in anger or sleep your life away. Who are you disappointing really?

Have you gotten lost in your own made-up story? Do you often tell people you were abandoned, injured, rejected, betrayed, abused, fired, disappointed, bankrupted, and generally mistreated by the universe? Perhaps you've confused YOU (a powerful divine light being) with your story.

Take away the bad guys in your drama. Take away all the people and events you've blamed for your pain. Who is left?

YOU wrote the script, hired the actors, and choreographed every move. You can change the ending. You can still be the hero of your life.

When this life is over and you review it from the other side, what will you see? Someone who never got back up and tried again? Someone who blamed everyone else? Or will you see yourself as a brave spirit who passionately loved and forgave--and who worked hard to bring your gifts to the world?

The choices you make today determine if this lifetime fulfills your great mission so you can graduate with honors, or if you have to re-enroll and take the course again. Only you can make the choice to graduate.

Let's put a new twist on your story: You weren't abandoned by anyone, ever. You only abandoned your own magnificence. You weren't betrayed by anyone else; you betrayed your own greatness. You weren't abused by anyone. You abused your highest self by not listening to your inner guidance and believing in your powerful gifts.

### **Pain As Fuel For a Better Life**

The moment you begin to feel gratitude for your pain (because you realize it's a divine gift to help you find your way), the pain becomes your fuel.

Remember there are no accidents. You chose the players and challenges in your life before you were born. You lined up your lovers, family, friends, teachers, losses, failures, and challenges, so that your greatest potential would be revealed.

The ONLY answer to the question "Why?" is "Because you chose it for your highest good."

If you've called in lots of challenges, it means you have a strong spirit, and you're here to do great work. The more pain you've experienced, the more powerful you are, and the greater the work you're here to do.

Feel the pain as long as you want to. Just don't get stuck in it. You'll know when your spirit is fed up with the pity party and wants to move on. Don't linger a minute longer in "pitiful."

When a loved one has died, we sometimes feel like we're betraying them if we move on and stop grieving. Yet your loved one is watching from the other realms and desperately wants you to be happy again. Releasing your grief is the greatest gift you can give to someone who has passed on.

If you could have a conversation with your deceased loved one (as I've often had with my departed husband, Paul), he would tell you that your grief hurts him, too. Your painful attachment prevents him from moving on to the great adventure awaiting him in the higher realms.

When Paul died in 1980, Chief Fools Crow (a Native American healer and spiritual guide we visited while Paul was sick) hiked to the nearest phone booth from his cabin in the woods of North Dakota. He lived far from phones and it was long before the days of the Internet, so no one had told him of Paul's death. Yet he knew the moment it happened. He wanted to get word to me through our liaison in Denver.

As I returned home from the hospital, my phone rang. The caller said, "I have a message for you from Chief Fools Crow. He says Paul has passed on now, and the spirit guides are guiding him to higher realms. If you wallow in your grief, you'll prevent him from moving on to where he needs to go to find peace. Let him go."

His words truly helped me; I didn't want to hurt Paul by holding onto my grief, even though I was terribly sad. I would never hinder Paul's progress after everything he had just gone through. I was only twenty-nine years old and may never have moved past

my grief if it hadn't been for that powerful realization that if I loved Paul, I had to let him go.

If the person you're grieving for is still alive, but they've chosen not to be in a relationship with you, you have only one option. Let go! You've fulfilled your karmic agreement with this soul and will reconnect at a future time with a new agreement. But you have to let go now or they won't be able to join you again in the future. Close your eyes and see the person in front of you. Say, "Until we meet again, I release you with love."

**Here's another story to inspire you:**

***Lynn's Story***

Lynn was a fifty-year-old, stay-at-home mom who had been married for twenty-five years when her husband moved out. "I had been devoted to my family and raising children, but somewhere along the way I lost myself," she remembers.

The ensuing divorce, bankruptcy, and selling of her home felt devastating. "I went from a five-bedroom home in a gated community to living in a one-bedroom apartment where I was afraid to walk out the door."

In college, Lynn had studied sociology and child development, but after her divorce, those careers didn't fit. She had such a difficult time getting a job after being out of the work force for so long that it made her question everything about who she was and what she was supposed to be doing.

Out of desperation, she strung together several part-time jobs to get back on her feet. She knew it wasn't her great work, but she was happy to begin paying bills and

living on her terms. Eventually she was able to move into a townhome where she felt safe and comfortable.

The heartbreak she felt every day led her to discover a deep spirituality that she believes gave her strength and guidance. As part of this discovery process, she did a session with me and learned about her powerful master soul path of Cancer 22/4 (see Chapter 9 to find your path).

“Now I understand my need for inspiration and purpose in my work, and why my marriage ended. I had forgotten my soul’s intention,” she says. This realization led her to become a Feng Shui practitioner and freelance writer.

“My experience has been that when you’re in alignment with who you are based on integrity, you’re provided with the right opportunities,” she says. “I was not on my right path during my twenty-five-year marriage so it ended in divorce.”

She recently began a new relationship with a 7 path soul that she says is much more in harmony with who she is and what she’s here to do. “I’ve learned that when you’re living your authentic life you attract someone out of strength and honor, rather than out of loneliness or desperation.”

Lynn now believes she had a soul agreement with her former husband that was necessary for her evolution. “He was in my life to teach me valuable lessons. I had to learn them or experience that same kind of destructive relationship again.

“The key for me is to be who you’re meant to be in the highest form possible. Then you attract the complimentary mate. This has had amazing and almost instantaneous results in my life.”

## **My “Break Your Heart Wide Open” Meditation**

If today you find yourself weighed down with heartbreak and grief, this daily meditation will help you move forward. I’ve used it many times in my life and it has helped my clients.

1. Start each morning with a ten-minute meditation. During this meditation, quiet your mind with mantra or prayer repetition. I use the mantra *Om Namah Shivaya*, a Sanskrit phrase meaning, “I bow to the highest self.” You can also use the Lord’s Prayer.

2. At the end of the meditation, when your mind has settled down, ask to feel fully the pain in your heart.

3. Focus your attention on the heart chakra, take several deep breaths, and allow yourself to experience deeply any pain in your heart. Cry it out if you need to.

4. Picture the pain leaving your heart chakra and moving out of you, up to the divine source. Give it away to God. See divine beings taking your pain away and transforming it into love.

5. Offer to relieve the suffering of humanity. Picture a sick child in an impoverished country. Tell her you’ll take her pain so she doesn’t have to feel it anymore. Feel her pain and release it to the divine beings. Let them turn it into love.

6. Repeat this meditation again at the end of the day before going to sleep. By starting and ending each day with this process, your grief will dissolve very quickly and you’ll have energy to move forward with your life.

For more information visit: <http://www.ISeeYourSoulMate.com>  
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