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Energy and Reincarnation 2 of 3

By Ken Myrback

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In an earlier article I spoke about energy. In this article I will go more in depth about energy and how it relates to reincarnation. First you have to understand that it is the nature of energy that it can be neither create nor destroyed. So, if we start with the assumption that the soul is energy, which is not such a big leap, then it stands to reason that it can neither be created nor destroyed. There are some people that say, "Wait there are more people living now then have lived in all of history". Yes that's true, so they say if that's true where did all the extra souls come from? There are several theories about this, but my personal belief is that they are souls from lower life forms and from other parts of the universe. I know this is a difficult concept to wrap your brain around but bear with me. If you believe that the universe is infinite and time and distance are illusions, which I spoke about in my Auras, Energy and Intuition article which if you have not read it yet it is available on our website, then its not much of a leap to understand how souls can move about in the universe as they go from lifetime to lifetime. You see our ultimate job as a soul is to learn and grow from our experiences. This particular planet is a fast track for soul development.

For a lot of you this will click as it did for me. Your thinking ok, so why would any soul want to come here if it's so hard here? Let me answer that question with this question? Why do people climb mountains or kayak down class five rapids? The easy answer is what a lot of people say "because it's there or maybe, it's something I haven't done yet!"

The more true answer I believe is because we are driving ourselves to work through our issues so we can grow. A lot of people now a days seem to have forgotten this though, they are so busy just "trying to get by" that they have forgotten what they are on this planet to do. I was confused with this concept at first when I thought about all the depressed, confused and generally messed up people in the world. Well, for some of those people the lesson they are working on is related to their situation or the situation they are working through is part of their path. So they are exactly where they are supposed to be on their path of development. Others however have strayed from their path. But with guidance, both energetically and otherwise along with a willingness to change anyone can find their true selves again and get back on their true path.

Ken is a Certified Hypnotherapist and Energy Healer living and working in Metro Atlanta.

The Soul Mate Debate

By Rinatta Paries

The Soul Mate Debate by Rinatta Paries

Are you looking or waiting for your soul mate? Many singles spend a lot of energy and time waiting and searching for their soul mate. But are soul mates found or created?

The notion of soul mates stems from the concepts of reincarnation and karma. Soul mates are defined as two souls reincarnating alongside each other over and over again, playing different roles to each other, such as lovers, adversaries, parent and child, victim and murderer, coworkers, etc. Some will argue soul mates were separated at the beginning of time, and so in each lifetime they seek to reunite in some way.

If you were to find your soul mate, the theory is you would be able to instantly recognize him or her. You would feel connected, at home, recognized, valued, loved again, instantly. The two of you will reconnect, fall in love all over again and live happily ever after.

Unfortunately, this is not quite how the soul mate thing works. Here are some sobering thoughts about the notion of soul mates:

* Each of us could have an unlimited number of soul mates. We have many close relationships in a lifetime, so who is to say any one or all of them could be our soul mates?

* Intimate relationships with soul mates are less likely to work out. That's because if someone is truly your soul mate, you have been around the block with each other too many times in too many different ways. Along with intense passion for each other, you will also feel intense anger and resentment.

* If you instantly recognize or feel connected to someone, does that automatically mean he or she is your soul mate? It could be that this person simply has very similar childhood family patterns or adult dating patterns as you do, allowing you to feel instantly at home.

* If you immediately recognize someone who was a lover in one past life and an adversary in another, how likely is an intimate relationship between the two of you to work out?

* The idea that soul mates will find and instantly recognize each other presumes past life memories are at the surface and can be tapped into at any time. Do you remember your past lives, especially if you do not believe in past lives and reincarnation?

Because of the points above, I think those who say they are looking or waiting for their soul mate really mean they are looking or waiting for someone with whom love, relationship, and intimacy will happen instantly. Unfortunately, as I said, this very rarely has a happy ending. Relationships are not about instant gratification and instantly knowing whether you are "meant to be" with someone.

A healthier, more realistic, and more successful notion is one where you and your partner grow to

become "soul mates." In other words, you grow to be in love with one another, to know each other intimately, to cherish and support each other, to share closeness unequal to other relationships. And this can only happen with time.

How do you grow into "soul mates?" Here are some ideas:

- * When meeting potential partners, do not look for an instant feeling of recognition or a strong connection. Instead look for a subtle attraction and a subtle connection.
- * While dating, take time to become good friends and get to know each other. Do not assume you know the person you are dating before you have been with him or her for at least 6 months.
- * Emphasize excellent communication right from the beginning. Establish a standard of communication both of you are comfortable with, and hold each other to that standard.
- * Accept each other for who you are. Neither of you will be exactly like the other, nor will you do things in exactly the same ways.
- * Accept and appreciate each other's shortcomings even as you accept and appreciate each other's good qualities. No one is perfect – not even your soul mate.

Your Relationship Coach,
Rinatta Paries
www.WhatItTakes.com

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Having coined the phrase "relationship coach," Master Certified Coach Rinatta Paries works with singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at www.WhatItTakes.com or e-mail her at coach@WhatItTakes.com.



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