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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Spiritual Partners.**

**By Udo Vieth**

Spiritual Partners.

by: Udo Vieth

Often we hear people talk about searching for their soul mate. Looking for a match made in heaven. And other such statements.

Is this possible. Is there any truth to these statements?

We all know that different religions have different takes on the above, so I will try and avoid making any judgement calls in this area. As a matter of fact, let me state that in the context of this article, that I am not equating Spirituality with religion in any way whatsoever.

I merely exploring the attraction of partners beyond the normal physical and emotional norms we normally associate with relationships.

Could it be possible, that two people are attracted to one another due to some type of cosmic alignment? Let me explain what I mean. First we need to accept that there are universal laws governing our existence in this universe. These are undeniable. Consider the law of gravity. It affects you, whether you believe in it or not. This is a universal law!

If you now consider that the law of gravity is merely a law of attraction of two "bodies" of similar properties, this opens up a whole new understanding In this case bodies of matter. Would it be so inconceivable to accept the existence of this law of attraction between two "bodies" of similar matter in the "spiritual" or energetic realm? Let's call them "souls" for want of a better term at this stage. Is it not feasible that attraction between similar entities could be a valid observation.

That would explain the "Soulmates". This implies that entities that are similar, experience a higher degree of attraction than dissimilar entities. This could also explain, why we are attracted to a certain type of character in a person, over and over again.

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Now what about a match made in heaven. Of course this depends largely on your definition of heaven. For the sake of the issue at hand, let's define heaven as an ideal environment of contentment and bliss, free of any physical stresses. By implication then, the "match made in heaven" would be an attraction and joining of "entities" in such a way, that the sum of the parts would ensure the existence of circumstances such as defined for heaven. In other words, together they complement each other in such a way as to make their existence easier and more blissful because of their joining. This would be the ideal situation, which we would all strive for if we understood and believed the totality of it.

All the above thoughts were merely an attempt to let your thought processes about relationships break out of the box and consider new dimensions. Scientists have shown that there are definite actions and understandings which can build upon these thoughts. So if you are prepared to open up your mind, and cast off the stereotypical beliefs that society puts out, you may discover a new, exciting and definitely different way to look at relationships.

The acceptance that nothing is as tightly defined as it appears, opens up a world of possibilities to experience and create relationships that could have been "made in heaven"

Remember, keep on loving with an open mind.

Who is Udo Vieth? He is fast becoming an expert on love, relationship, romance, as well as being a qualified EFT and Biofeedback practitioner. He has a website:

<http://www.Toprelationships.com>

with

information regarding all aspects of relationships.

### **Cultivating Spiritual Intimacy**

**By Omaudi Reid**

#### **Cultivating Spiritual Intimacy by Omaudi Reid**

When two people – destined for each other, come together, there is often an incredible amount of combustibility. Combustion occurs when two or more substances react chemically together, resulting in the giving off of heat and light; often called burning. In the same manner, two people joined together by God can spiritually set each other on fire.

However, after being married a while that sense of combustibility can easily be lost if the spiritual life of the marriage is not cultivated. But, a couple that intentionally, and actively engages in maintaining the spiritual life of the marriage continues to be a strength one to another, and ignites new sparks that blazes through every area of marriage and family. I believe that through personal devotion, mutual support, joint devotions, spiritual dialogue, and spiritual activities, a Christian couple can maintain

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spiritual intimacy in their marriage.

First, each spouse must keep their fire burning. Each partner keeps their fire burning by maintaining a growing and intimate relationship with the Lord Jesus, through personal prayer and Bible study. When we first got married, my wife and I mistakenly thought we could depend on each other's spiritual life for our personal growth. I thought to myself "my wife is such a great Christian, she will be able to help me solve my spiritual struggles". The mistake we made was instead of pursuing the Lord for our personal growth, we began to depend on each other. Eventually instead of helping, we began to drain each other. What we learned is that we must maintain intimacy with the Lord in order to have true spiritual intimacy with each other.

Once our personal lives are burning with spiritual fire, then we can conduct that heat to our partners. If you have ever touched a hot pot, then you understand what a conductor is. Metal pots are good conductors because they transmit the heat coming from the stove. The person whose spiritual life is hot and on fire can conduct that spiritual strength to their partner.

To be spiritual heat conductors we must intercede for our mates in prayer, and support them with our encouragement. An effective intercessor believes God for the success of their partner. Exercising faith in prayer for your partner is crucial. Why? Well, we know more than anyone else the strengths and weaknesses of our partners. We see their faults, joys, and sadness. Thus, not only do we have the opportunity to intimately intercede in faith for them, but also our encouragement means a lot to them. Essentially, we must be our partner's own spiritual cheerleader - fanning the flames.

In addition to the above, a Christian couple spreads the spiritual flames through joint spiritual habits. The most obvious of these is having scheduled devotions. In devotions couples pray and share biblical truths with each other in an open and transparent way. I recommend not only having a scheduled time of devotion, but also allowing that time to develop into a natural habit. In our experience, my wife and I, have found it best not to allow our scheduled time to become a rigid formality; instead, it serves as a training time for the natural flow of our spiritual connection. So that in times of difficulty praying and sharing together will be as simple as breathing.

A natural outflow of a joint spiritual life is spiritual dialogue. Although often neglected, spiritual dialogue

is an important part of spreading the flames of spiritual intimacy. I define spiritual dialogue as qualitative and interactive conversation concerning our application, thoughts, feelings, and conclusions on spiritual matters as it relates to our life and society. Put simply, it is enjoyably talking about how spiritual things affect our life and the world around us.

Spiritual dialogue is qualitative and interactive. It is more than surface talk, such as "Pastor preached a good sermon today". It involves sharing our deep spiritual thoughts to each other, such as "this is how I'm going to apply the sermon to my daily life..", or "the Lord showed me weakness in that area". Remember to interact, and allow each other ample time to share insights and thoughts.

Going to spiritual events together provides opportunities for spiritual dialogue. Sometimes we can make religious activities such a duty that we drain all the joy out of it. Couples, however, can enjoy spiritual activities together. The spiritual activities couples can share together goes beyond the regular

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Sunday services, and weekly conferences. Volunteering to work side by side in a Christian ministry, and working together on Christian projects are good activities to share together. Along with that, today there are Christian movies and television programs that you can watch. Many Christian organizations today are making Christian videos more than ever. Perhaps you and your mate can buy a video, and watch it together, then discuss it afterwards. Simply enjoy your joint spiritual life; you are heirs together of God's promise.

Omaudi Reid is the owner of HarvestersOnline, and author of

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