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The Soul Mate Debate

By Rinatta Paries

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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?

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* 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

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Ten Ways to Blow It in a Relationship

By Rinatta Paries

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What do you do when you've attracted a lovely person into your life and now you're terrified you're going to blow it? Or, terrified it's going to end?

Arm yourself with the following strategies, and you're sure to blow it in a relationship right from the start.

1. Assume the person is your soul mate immediately upon meeting or shortly thereafter. Look for signs that faith has brought you together and be amazed by the correlations in your lives.
2. Forget about your life, your friends, your self-care. When you have a soul mate, why would you need a life outside of the relationship?
3. Reveal everything, and test your partner with your worst behavior. Let it all hang out. After all, if this is truly your soul mate, he or she will love you no matter what.
4. Have sex right away. If you are meant to be together for a lifetime, you might as well get started on the fun part right away.
5. Ignore anything about your partner that does not mesh with your values, lifestyle, or belief system. True love can conquer such insignificant differences.
6. Do lots of drama together. Job, family, and life crises are great ways to establish a relationship and test whether or not you are meant to be together.
7. Spend as much time together as possible. When it's true love, you can't bear to let your partner out of your sight.
8. Ignore behavior that crosses your boundaries or hurts your feelings. It's true love, so it's ok.
9. Lavish a huge amount of attention on your partner or expect a huge amount of attention to be lavished on you. How else would you act if you finally found your soul mate?
10. Push the relationship forward and demand that it go deeper, in spite of where your partner is emotionally. You have the right to have the relationship be exactly how you want it to be and your soul mate owes you that.

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If you want some insurance that your new relationship has every chance of making it, be...

- * Honest
- * Communicative

- * Clear about your needs and boundaries
- * A good listener

On the other hand, your relationship may end no matter what you do. But being in fear it will end actually makes the end more likely. To eradicate this fear, let go of the attachment that the person you are with be THE right person. Simply be with him or her one day at a time.

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