

*Three Mistakes  
Keeping You From  
Your Soulmates*



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## INTRODUCTION

Have you ever had someone enter your life and trigger a tsunami of changes and transformation? Perhaps the interaction went something like this:

- **You recognize their eyes** and find yourself staring into them for longer periods of time than you can stand to stare into the eyes of other people.
- **You know what this person is going to say before they say it.** You have an uncanny ability to know what's going on beneath the surface with this person even when the person hasn't shared the information with you.
- **Your emotions run the gamut when you're with this person.** Not only have you cried at the thought of not being with this person, but he or she has made you so mad that you could punch a hole in the wall. Perhaps in the same week.

If this is a familiar experience, you may have come across a soulmate.

Soulmate relationships can be among the most valuable relationships we can have in our lives.

A soulmate is a person with whom you share a connection that transcends lifetimes. We have connections to our soulmates that are unable to be explained via logic. Perhaps you met someone and immediately felt a connection to him or her. Or you might be experiencing strong emotions toward this person and have no idea why.

The reason the connection is so strong is because your soul recognizes this person and knows that you two have a sacred contract with one another to be a part of each other's evolution. **In many cases, soulmates share lifetime after lifetime with one another, so not only do you have an agreement to be in one another's lives, but you've most likely shared lives and past life memories over and over again.**

Sometimes soulmates agree to be involved with one another romantically, though that doesn't have to be the case. A soulmate can be a friend you meet and immediately open up to. A soulmate can be a parent. A soulmate can be a pet.

Romantic soulmates are perhaps the most intense. Often soulmates will have romantic relationships in multiple lifetimes. Typically in these situations, the relationship will be filled with a lot of passion or drama because the two lovers have many issues to work through from previous lifetimes when they were together. For example, one might have betrayed the other in a previous lifetime, so in this lifetime, the couple has serious trust issues to work out.

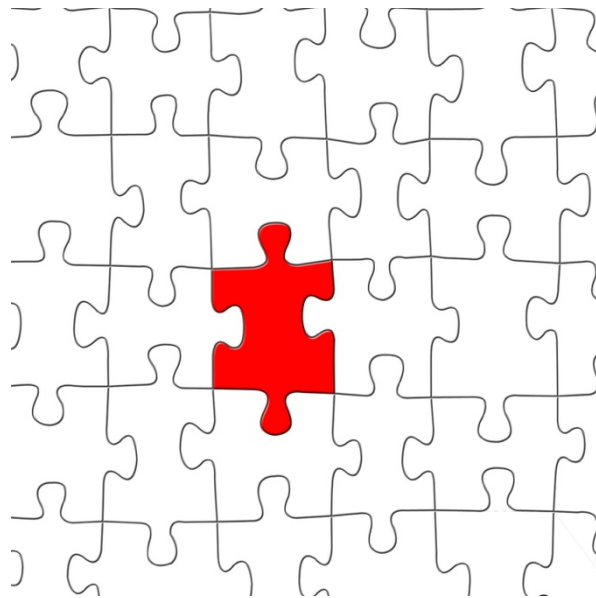
## **Benefits of Soulmate Relationships**

Soulmate relationships can be among the most rewarding relationships we have. Since we feel extremely connected to our soulmates, it feels good to be with these people because we feel understood and we feel a sense of belonging. However, there are other benefits of soulmate relationships.

- **They force us to grow.**
- **They teach us important life lessons such as unconditional love.**
- **They give us the opportunity to revisit lessons we failed to get in previous lifetimes.**
- **Soulmates understand us at a core level.**
- **Soulmates help us to fulfill our life purpose.**

With all of those benefits, it's clear that connecting with our soulmates not only helps us but it helps the entire Universe to evolve. So when we don't meet our soulmates, we are doing ourselves and the world a disservice.

While we will eventually meet all of our soulmates, we sometimes inadvertently put off that meeting. **We may miss meeting our soulmates or fail to recognize them, causing us to lose out on years of knowing this person and spending time with him or her.** Here are three common mistakes that can be keeping you from meeting your soulmates.



## **Mistake No. 1: You Believe You Have Only One**

One common myth that people have about soulmates is the belief that we have only one. There is a romantic notion that we spend our lives searching for that one soulmate who holds the missing pieces to our soul and once we meet that person, we will live happily ever after.

As appealing as that fantasy may sound, it's not the way life is, and we shouldn't want it to be that way. Think about it. If you believe that and you meet a soulmate, you may think you have no more soulmates to meet. And you could then close yourself off and fail to recognize another soulmate who later crosses your path.

Be honest. Do you believe that you have only one soulmate? That couldn't be further from the truth.

**In reality, we have multiple soulmates that we interact with throughout the course of each lifetime.** You encounter your soulmates in life after life, as souls tend to evolve together in soul groups.

- A soulmate can be the romantic partner that you fell in love with at first sight.
- A soulmate can be the person you've married.
- A soulmate can be the best friend who you're so in sync with.
- A soulmate can be the boss who makes your work life miserable.
- A soulmate can be the child that you have a strong connection to.

You may even be involved with more than one soulmate romantically over the course of your life. So if you've broken up with someone who you know to be a soulmate, don't fret or believe for one minute that your most powerful relationships are behind you. Circumstances are lining up as you read this for other soulmates to enter your life.

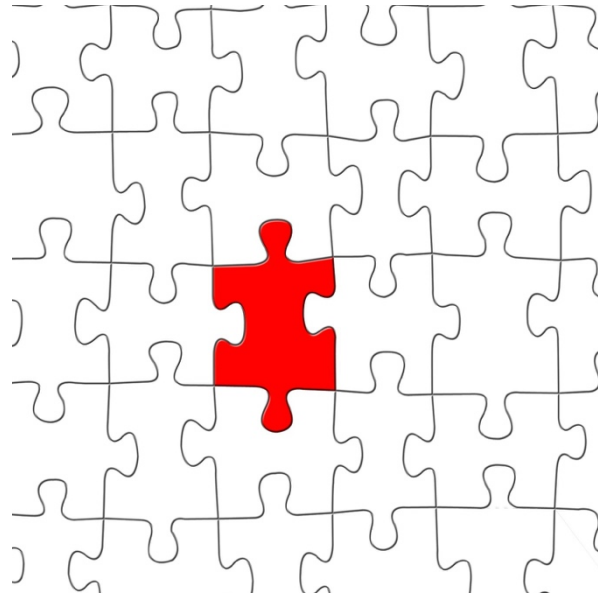
### **Exercise: Identify Past Soulmates**

Not only will you meet more soulmates over the course of your life, but you've likely met several different soulmates already.

Take out a journal and write down a list of people in your life who you have learned a major lesson from. Next to their name, write down the lesson you learned.

Then write down a list of people whose presence in your life changed you in some way.

Look at your list. These people are likely soulmates. Since you've attracted all of these people in your life, be confident that you will attract many more.



## **Mistake Number 2: You've Shut Off Your Emotions**

Have you been hurt by a past love or closed yourself off to protect your heart? If so, you've put up a block between you and your soulmates.

Since we have a special connection to our soulmates, they typically bring up strong emotions in us. In fact, that is one of the ways that we can recognize our soulmates. We may notice that we feel strongly about this person, whether it be a strong camaraderie or even a strong dislike.

However, sometimes we close off our emotions because we've gotten hurt in the past and we don't want to go through emotional pain again. Closing off our hearts can keep us from hurting as badly; after all, if you don't allow

yourself to feel close or attached to someone, you won't hurt as much if that person leaves your life. However, on the flip side, you won't experience the joy and ultimate connection that can come from a soulmate relationship.

We're not supposed to remain stuck in one feeling or emotion. Our emotions are supposed to be like the weather—stormy one day, but sunny soon after. When you shut your emotions down, you close those feelings and stuff them down into your body and they can not get out. As a result, new better-feeling emotions have no room to enter your energetic field. In order to feel pleasant feelings, you must find a way to allow the unpleasant feelings to be felt and then released. Only then will you be able to move on.

## **Signs You've Shut Off Your Emotions**

How can you tell if you have shut off your emotions? Consider the following signs:

- You prefer surface interactions to deep relationships.
- You feel ambivalent about things in your life.
- You're going through the motions in life rather than feeling passionately about anything.
- It's been a long time since you've opened yourself up to a romantic relationship.
- You spend a lot of time or effort trying to avoid being vulnerable.
- You can't remember the last time you've cried.
- No one knows what's really going on with you, including your close friends.
- You pull away from people in your life and see them less often than you used to.
- You avoid looking at old pictures or listening to old music that sparks memories.



## **Exercise to Open Yourself Up to Your Emotions**

It's not the end of the world if you realize you've been shutting down your emotions. However, if you want to live life to the fullest and put yourself in an emotional space to attract and recognize your soulmates, it pays to take some time to open your emotions back up.

There's one thing I want to warn you about. Most likely, tears will precede the opening of your emotions. Have you ever heard of the saying 'have a good cry?' A good cry serves as a release, allowing you to eliminate the feelings that you've stuffed inside so that your emotions can be free-flowing once again.

Here are some things you can do to open up to your emotions.

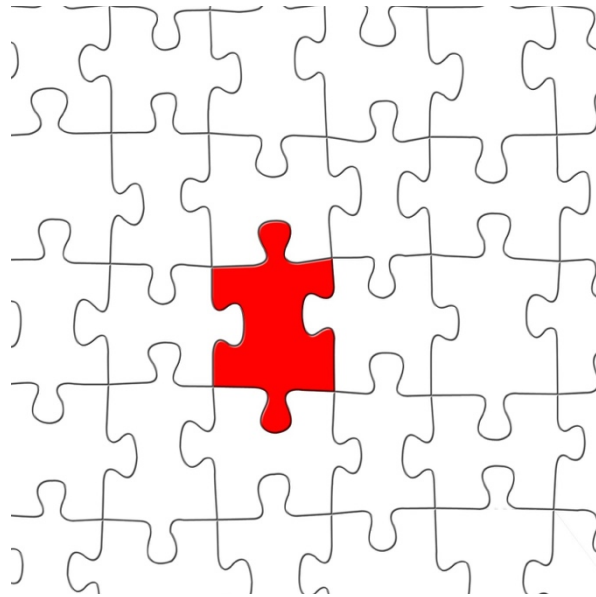
**Journal.** When we journal, we often move beyond the blocks that have been put up by our logical minds. Journaling is a form of artistic expression that puts you in touch with your heart rather than your head.

**Turn to the Arts.** When is the last time a movie inspired a good cry? Artistic productions, such as books, movies and plays appeal to our emotions. Treat yourself to the theater, a good book, or a Netflix subscription. Allow yourself to feel the stories and you'll begin to get back in touch with your emotions.

**Create an Emotionally-Stirring Playlist.** Music is one of my favorite ways to get in touch with my emotions. Find songs that make you feel something, whether it's joy or even sadness. You might be wondering why you would want to listen to something that makes you sad. When you close off your emotions, you feel nothing. Once you get in touch with one emotion it's easier to feel another.

**Sort Through Old Memories.** Pull out those old picture books or that box of birthday cards you've received in the past and go through them. When you sift through old memories that brought you pain in the past, you invite that pain to come up (hopefully through a good cry) and allow it to pass through and out.

Once you've opened up to your emotions, you are in an emotional space to attract and recognize your soulmates.



### **Mistake Number Three: You're Living in the Past or Future**

While we are meant to benefit from the lessons of soulmate relationships, it is very much possible to miss meeting some of our soulmates — at least temporarily. We may miss opportunities to connect because we're not present, or we're so disconnected from our soul that we don't notice that soulmate who is sitting next to us in a restaurant, or the soulmate who just started working in the office cubicle next to ours.

When you have a lot of mental chatter, it's easy to miss what is important. You miss subtle signs from the Universe such as coincidences and synchronicities. You miss messages that can give you instructions on the next step to take or a different path to try. You could even find yourself walking right past a soulmate and fail to recognize them because you are so busy thinking about the meeting you will be attending at work or the argument you just had with your best friend.

Sometimes people ignore their hearts and live the lives that others want them to live. Other times, people drown out their inner voices, choosing instead to let their egos make all of their decisions. If this sounds like you, you are living a life disconnected from your soul, which is the part of you that is able to recognize your soulmates when they show up.

This is a recipe for missing a soulmate. As the name suggests, your soulmate is connected to your soul's longings. If you ignore what your soul is telling you, it will be easy to miss what your soul could be trying to show you, whether it's the path to your heart's desires or a soulmate who could lead you there.

### **Signs You're Living in the Future**

- You're consumed with thoughts about achieving a far-off goal.
- You are worried about something bad happening in the near or distant future in some aspect of your life. (i.e. losing your job, running out of money, growing old alone...)
- You're constantly thinking about what you're going to say or do in future interactions with people

### **Signs You're Living in the Past**

- You're not over an ex love or relationship
- You're mad about something that happened in your life long ago.
- You think frequently about people or events from your past.
- You feel as if life has passed you by or as if the best things in your life are behind you.

### **Exercise to Get Into the Present**

Visualize something that you consider to be beautiful. It can be your favorite flower, a painting, a person. It can be anything, as long as it is an image that makes you feel good when you picture it in your mind's eye.

Whenever you find your thoughts wandering to the past or future, visualize your object of beauty, and let it bring your attention to the present.

### **Ushering In Your Soulmates**

When you meet and share your life with soulmates, not only do you gain satisfying relationships, but you grow into a better version of yourself. Thus, attracting your soulmates to you isn't just a blessing to you, but it's a good thing for the entire Universe.

You have the power to open yourself to your soulmates and hence, usher them into your life. Use that power for the advantage of us all.