

Video 92: Twin Flames

Written by Ariel Glad, November 6, 2018

This is a transcript to video:
<https://youtu.be/k7D2ZH-0EpQ>

During our Q & A sessions, we've gotten a few who want the topic of Twin Flames discussed. Is it real? What is it? How does it work?

Let us start by saying, up front, that we do NOT have all the answers to this. We are only just now ourselves discovering this phenomenon. All we can share with you is what we have personally experienced, and if anyone has anything to add, feel free to leave a comment below. We'd love to have your feedback on this based on others' experiences.

Is the phenomenon real? YES. In our relationship, we are experiencing what we can only call Twin Flames. For a while, we actually didn't have a word for it, and we were frustrated trying to figure out just who we were to each other. We knew something was unique and precious, but we didn't know anything about Twin Flames; we had never looked into the topic, until one day we stumbled upon this concept and found our relationship being explained in depth. So, until we learn something new, we assume that the label of Twin Flames fits perfectly.

Does everyone have one? We don't know.

What are Twin Flames? We don't really know that either. Are we two parts of the same Divine Original Soul? We pondered that idea. Do we have some kind of shared life experiences that are unknown to us? Again, we don't know. We've turned our relationship upside down and all around, looking at it from all different perspectives, trying to figure out what is going on.

Here is what we know, based on personal experiences...

There is a romanticized notion surrounding the idea of Twin Flames, thinking it is this incredibly passionate relationship that is in perfect harmony. While this is true, these aspects aren't expressed in the way people may assume they are.

Being in this type of relationship is one of the most difficult and yet rewarding experiences a person can have. Why do we say difficult? Because at our core being, we are each other's mirror. We are a constant reflection to each other of all the wonderful things we think about ourselves, and also the worst. There is an enormous call for strength, maturity, and dedication to inner spiritual growth that must be present in order for this type of relationship to work as it's supposed to work. We've both done an incredible amount of expanding and raising of consciousness up to a certain point in our lives, alone and on our own. The rest of it must be done together. There are certain aspects of core wounds and traumas that can only be found, expressed, and healed in partnership with a Twin Flame (for us). In this lifetime, we had both reached that level at the same time in order to find each other; and finding each other came completely unexpectedly without either one of us searching for the other.

It could be that we had been incarnating here within the same lifetime before, but the work needed to reach the same level of vibration never happened, so we never met. It could be that one of us was incarnated while the other was not in various lifetimes. At the moment, we are left with certain questions that we do not have answers to. For example, when we discovered the concept of the artificial soul and fragmentation in the Between Lives Area (BLA,) how does something like Twin Flames happen? It must have something to do with the original soul, we assume. What about past life or concurrent lives? We have no answers for this. There have been times when we experienced what we can only describe as shared memories of experiences. What are those experiences if not other lives? We don't **know**.

When meeting a Twin Flame, what one can expect to experience is a profound feeling of love at a core level of the soul, connectedness, and unwillingness to be apart. While at the same time, we find that we are each the catalyst to uncover and work through some very deep wounds we have experienced that we have been unwilling or unable to uncover by ourselves. This has taken an incredible amount of bravery and strength to have the determination to "go there" with each other, face these aspects of ourselves, work through them together, and allow them to heal. It's about having your core soul exposed to the other person, the beautiful and the ugly, and then being able to stand in front of each other and say, "Thank you. I love this part of you equally and completely." It's an ongoing process as we continue to move forward.

For some people, from what we have researched, they continually meet their Twin Flame at different times, but if both of them are not ready for the work, or

a match to the other's frequency, they will continue to bounce off of each other, come together and break up, until that level is the same in both of them.

If you are feeling discouraged by not having a Twin Flame, don't be. We aren't sure that everyone has one, and the work it inspires is not to be taken lightly. It isn't something you can only focus on when you want to. We are in constant communication with each other and making constant checks to our emotional well-being. For all the hard work it is, it is also the most rewarding. We know that we have complete and total trust in the other person. We can know, without a shadow of a doubt, that we would never hurt the other, never leave the other, and never betray the other. In this, we have found the safety and foundation of a relationship, which makes it possible to be vulnerable in every way. We have discovered that it is only in allowing ourselves to be vulnerable and completely open in front of the other we are able to heal those darkest aspects of ourselves.

We also find that we are often sharing thoughts with each other. This has been a very comforting aspect of our relationship because we do not need to explain anything to the other, as the other is often thinking the same thing. We even get to laugh at moments when we say the same thing at the same time! One simple sentence that we have repeated often to each other says it all, "I am you and you are me. That's why."

If you think you might have a Twin Flame, we can only suggest that you continue to work on yourself as a priority. Put yourself and your emotional well-being as a priority in your life, and then pay attention to the people who move into your life. They might be your Twin Flame. If they are, you'll know it without a doubt. It is not necessary to have this kind of relationship to leave this matrix. We have

set intentions for what we want to experience AFTER we leave, however, and we trust that the Universe is guiding us in this direction. We are not simply focused on getting out, we are also focused on what will come next. Twin Flame relationships don't make anyone more, or less, special or capable than anyone else. You have all you need within yourself.

So, now it's OUR turn to ask YOU a question! Do any of YOU know about Twin Flames or something similar? Can you share your knowledge, research, or experience? If you are not comfortable with posting personal experiences in the comments section, we always welcome emails. Thank you.