

How to unite with your twin soul

Manual for unconditional love



LORRAINE VESTERINK

**How to unite with your twin soul,
Manual for unconditional love**

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PREFACE

The twin soul journey is the most fascinating journey to your true self. Your spiritual awakening begins the moment you enter the journey. You are not just embarking on the twin soul journey to reunite with your twin soul.

The journey is primarily intended for three reasons:

1. to gain more awareness,
2. to learn that you are the creator of your reality and
3. to reveal that you are your soul and that you are unconditional love. Once you realize this, you are a magnet for your divine masculine. From that moment on you can unite with your twin flame if that is your core choice.

There is an increasing amount of knowledge about twin souls. When I came on this journey myself, there was much to be found about recognizing your twin soul. What I didn't find was information on how to unite with my twin soul. Most of the time, people only spoke about the pain and sorrow that accompany this journey, claiming that it was nearly impossible to come together and lead a normal, happy life.

In the coming decades, more and more twin souls will meet each other and unite. Some people met their twin soul in their early childhood. What I've observed is that older twin soul couples, who have known each other for a long time, appear to take longer to reunite compared to younger twin soul couples who have recently met each other.

A twin soul couple consists of the divine feminine and the divine masculine. The twin soul with predominantly female energy is commonly referred to as the "Divine Feminine" (DF) which can be either male or female. Likewise, the twin soul with predominantly male energy is called the "Divine Masculine" (DM), which can also be either male or female. The journey is experienced differently by the divine masculine.

This book is primarily meant for the divine feminine. You will discover how the twin soul connection really works and how to unite with your true twin soul; your divine masculine. When you officially have chosen for each other out of unconditional love and the relationship is in harmony, then we call the relationship a "union"!

*"I want to contribute
to as many unions as possible
and help them unite
in the most pleasant, enjoyable and easiest way possible."*

Once twin souls follow their heart and come into union, they are an example of unconditional love. By being so, they contribute to a higher frequency on earth. This aligns with my mission to bring people closer to their soul and to their capacity to create the life they want.

My deepest gratitude goes to my own divine masculine, Ewout. He is extremely faithful to our growth. Due to our growth and continued perseverance, we are now in union. I wish this for everyone. Therefore, I wrote this book for you: 'How to unite with your twin soul'.

MY STORY

"Hello, it's me you're looking for..." I sang this song at a business event. After the event, a man came up to me and said; "I need to know you.". We had a brief "bubble love" phase and afterwards, I couldn't get him out of my head anymore. Three years went by before we met again, on a day when we both felt we would see each other. He surprised me by saying, "I probably shouldn't say this, but I think about you almost every day." I was so amazed that I started typing to google the things he told me. That's when I discovered the concept of twin flames, a term I had never known before. It felt like a relief; finally I got clarity! Everything I had been thinking and deeply feeling was explained all at once.

During those three years, I hadn't been sitting around doing nothing. I had developed more self-love and I had been healing old wounds. I was ready for union with my twin soul. At least, that's what I thought. However, it took another two years before he showed up at my door unexpectedly. Coincidentally, with the full (twin soul) moon of November the 11th and 12th of 2019. A month later, after five years of separation, we entered officially in a relationship, and we became a happy and loving family with our four kids. Some may say it's all just a coincidence, but I've grown past believing everything happens by accident.

I experienced my journey as very tough at times and I feel passionate to help you to come closer to your true self and to come into union with your divine masculine much easier.

I have been a mindset coach for entrepreneurs since 2007 and for twin souls since 2018. Since my twin soul and I are in union, it's easier for me to guide others to their union as well. With my knowledge and experience as a twin soul coach and trainer, I can identify blockages and guide people in the right direction with care, clarity and understanding.

At first, I was unfamiliar with all the tips and advice in this book myself, or I didn't apply it. I have honestly tested everything in this book until my twin soul and I came together. Of course, I wished I knew it all before, but on the other hand I am so happy and grateful to know it now. I have learned so much and became the better version of myself during our separation phase. After being aware of these insights, I've had thousands of others testing it. And through this know-how, I have contributed to many unions. I am so happy and thankful to have added to their happiness. It has led me to write this book full of exercises, examples and advice on how to unite with your twin soul, how to build a happy unconditional love relationship and how to stay united and change the world for the better.

My intention with this book is to lovingly guide you on the right path by providing meaningful guidance.

Sending you much love & light,
Lorraine Vesterink

INTRODUCTION

When I added subtitles to my first YouTube video, the system changed 'twin soul' to 'training soul.' I found that amusing because the twin soul journey is like training, a training for life! It's the best kind of training you could ever hope for. You're training yourself to become the best and most beautiful version of yourself while discovering the true essence of unconditional love.

Your twin soul is often called your mirror soul, reflecting everything happening within you. For instance, if your twin soul is ignoring you, it's likely a reflection of past experiences where someone ignored you, or perhaps you've been neglecting your own needs, just as I did. If you want your twin soul to cherish you, it's essential to start by cherishing yourself and your life. This book can guide you toward achieving this union.

How to recognize your twin soul?

It is being said that twin souls were created at the same time. Internationally "twin souls" are also called "twin flames". Some also speak of "twin soul rays". In this book we use the terms twin souls and twin flames interchangeably, for me they have the same meaning. Although I prefer to use the word twin soul, because I believe that we ARE our souls. In this book, we do not distinguish between the various interpretations people give to them.

In essence, twin souls make similar choices and can sense each other's energy. This can be done whether consciously or unconsciously, even without direct contact or before meeting. Often, you both go through similar life events during certain phases of your lives. Whether you're dealing with your true twin soul is a journey only you can discern; the answer lies within you. In the following section, you'll discover twelve aspects that twin souls I've worked with have commonly experienced. These aspects are presented from the perspective of the divine feminine.

1. You keep thinking about this person

During separation, you may go through a tough time known as the dark night of the soul. It can be quite painful if you're not in touch with your twin soul. No matter how hard you try to let go of your twin flame, it doesn't seem to work; you find yourself constantly thinking about them.

2. You mirror each other

You're not identical, but you mirror each other. It's a common misconception that twin souls behave the same way, possess exactly the same skills, or think and act identically. In reality, they complement each other perfectly, much like the Yin/Yang symbol, which is mirrored and fits together harmoniously. Your Divine Masculine (DM) can trigger various emotions in you. You might not always feel good enough, or you could deeply admire and appreciate your twin soul.

3. You two are a perfect match

Physically, you both seem to match each other very well. People on the outside often assume you're already a married couple. When you look at pictures of twin soul couples,

you can almost instantly see that these individuals are a perfect match. Even if there's a significant difference in their appearances, they embody the same energy.

4. You make similar life choices

These choices can be significant, like career paths, or quite small, such as choosing the same household items. You may even find yourselves sighing, thinking, or saying something at the same time. Our children often say about us: 'There they go again, saying the same thing at the same time.' It's remarkable and intended to provide you with the confirmation you need. Furthermore, this alignment will make life smoother when you are in union, as your lives will naturally harmonize.

5. You go through the 8 phases of the twin soul journey

1) The Bubble Love phase: a romance develops, you are completely in love and you feel that this is what you have always wished for.

2) The Bubble Love phase has unexpectedly ended, often due to fears of commitment, separation, age differences, religious or environmental disparities, income or status distinctions, involvement in another relationship, or for reasons that may not be entirely clear.

3) The divine masculine ignores the divine feminine.

4) You discover that you are twin souls.

5) The DF starts her healing process. The DM will automatically heal with her.

6) You're having more contact with each other. It seems like it's heading somewhere, but it hasn't fully materialized yet. The Divine Feminine (DF) continues to grow personally.

7) You are content and happy on your own; you don't need your twin soul for that.

8) You unite as a couple, choosing each other willingly. The Divine Masculine (DM) takes the initiative, and you both are prepared for an official, unconditional love relationship.

6. You've never felt a love so deep for someone

You want the best for them, and their happiness makes you happy. You're willing to do anything for their well-being. No matter what your twin soul does or doesn't do, unconditional love continues to flow."

7. Friends and family often see you as a wonderful dreamcouple

They find your twin soul truly lovable. Sometimes they sense a relationship even before the twin souls do. While the world may see you as a perfect fit, differences in beliefs, backgrounds, age, or education can present challenges.

8. Remarkable Synchronicities

These can appear in names, birthdates, hometowns, life events, similarities in family members, and more. It doesn't always have to happen, and you may not always notice it. If you have limited contact, you might only discover these connections later. The length

of the 'coincidences' list doesn't matter. At the time, it provided me with the confirmation and strength to endure even during challenging moments.

9. Signs and Synchronicities

If you're witnessing signs, such as double numbers like 1111, 22, 333, and 44, as well as various synchronicities, you're on the twin soul journey. It could be your true twin soul, but sometimes, it's a karmic or soulmate connection meant for a temporary phase in your life, with the sole purpose of mutual growth. Once the lesson is learned, and if the relationship falters, then letting it go becomes the most caring and loving action you can take.

10. You will always support each other

Your twin soul always motivates you, either consciously or unconsciously, to enhance your personal growth or inspire others, even if the subject isn't their personal preference.

11. Your perspectives often match

Sure, you might have disagreements or arguments, but they're short-lived and actually bring you closer. Escalations are rare. You seldom get mad at each other, and if you do, it's brief. You can tolerate more from your twin soul than from anyone else. Forgiving each other happens almost instantly. Surprisingly, what might be a dealbreaker with others isn't one with your twin soul.

What you desire, is the same your twin soul also desires on a soul level. Sometimes it can be hard, because the DM isn't capable yet of being in touch with his or her feelings for you.,

12. Being happy is a condition to unite

Your twin soul will always unconsciously trigger your past wounds, guiding you to heal them, until you regain your full strength and experience complete happiness.

This book assumes that YOU are fully responsible for union with your twin soul. You are the divine feminine, the creator. It is your choice and it requires a lot of perseverance. This can sometimes feel like an impossible task. I know all about it, but when I discovered my responsibility for the things happening on my journey, I saw it as a privilege to take control of my life. It also gave me the ultimate freedom to create what I desired most: union with my twin soul.

*"Since the moment I decided in my heart
that we were already united,
everything went smoothly. "*

Reference Work

This book serves as a companion to the 'YEAR 1: How to unite with your twin soul' course offered at Twin Soul School. YEAR 1 includes online twin soul tutorials, webinars, and meditations. For a deeper understanding, more examples, and additional insights, I recommend exploring the 11 corresponding modules within this book.

Twin Soul School participants experience the webinars and the Twin Q&A Soul App for daily inspiration as a great source to stay in the positive flow. They hardly ever experience dip days anymore and know what to do in case of the 'DNOTS', the "Dark Night Of the Soul". This is a phase in which you are greatly triggered and pain from the past surfaces to be healed.

Example:

Olivia: "The Memory Webinar is truly a life hack! This webinar should always be available. I wanted to send an email to my twin soul, but I got drawn to the webinar instead. I had to watch it and I focused on the bit which happened to us last weekend to heal. I feel so much better now! You basically give us a full roadmap of everything you need to do on this journey. And I'm doing that now. Just wanted to put that out there. With love Olivia."

(Olivia participated in YEAR 1 and is in Union with her twin soul and they are planning to have a baby!)

Examples

All examples mentioned in this book are true stories of Twin Soul School Students. Due to confidentiality, names are fictitious.

Marking and taking notes

I suggest highlighting the sentences that matter most to you, making it easier to revisit them later. Consider writing down your thoughts and insights in the Happy Notes section after each chapter, allowing you to reflect on your personal growth. I really love hearing success stories and am eager to learn about the experiences that led to your union with your twin soul.

Diary

In your diary, you write the 'Question of the Day,' which is a question that's currently on your mind. Write it down intuitively and only read it back after you've finished writing. This practice will provide you with remarkable insights and answers about your journey and personal growth."

Happywriting Notebook

The Happywriting notebook is meant for scripting and your daily affirmations. The concept here is that you enjoy writing in this notebook. The sentences should be positively framed from a place of gratitude, as if you already possess what you desire. If you're interested in learning the most effective way to write happily, you can join the supplementary webinar: 'Happywriting' at TwinSoulSchool.com."

Affirmations

You will find many affirmations in this book. Affirmations are positive statements you repeat to transform your mindset into changing your life for the better.

Affirmations are effective when you believe in their power and when you state them as if they're already real, continuing until they manifest as your new reality. Affirmations succeed not merely through repetition, but because they reflect your transformed future reality.

When you affirm that you are already in union with your twin soul, you bring it into existence. This doesn't influence your twin soul's thoughts but does change your own thoughts, beliefs, and emotions, which in turn affect how your twin soul behaves toward you. I suggest choosing phrases that resonate with you rather than attempting to affirm everything at once.

A Twin Soul Talk (visit twinsoulschool.com) can help you select the most appropriate affirmations. You can't repeat affirmations often enough. They work best before bedtime and when you first wake up because you're still a bit sleepy, establishing a positive tone for your day. You can also use affirmations while engaging in daily activities like taking a shower, tidying up, cooking, or walking. Simply make it a habit to think positively about what you want as if it's already true.

With the appropriate affirmations, you can easily connect with your true feelings. When you are truly in touch with yourself, feeling chosen and loved, your twin soul will reflect this in their behavior towards you. However, if you lack self-love or have unresolved issues, you may tend to feel personally attacked too easily, leading to distance between you two. That's why it's essential to go through the entire book, address your inner barriers, and enhance your self-love.

Essential Oils

During the twin soul journey, emotional triggers are common, and these emotions can sometimes manifest as physical symptoms. There is a specific essential oil for each emotion that can contribute to improving your well-being. I often compare the twin soul journey to high-performance sports, which is why it's crucial to be physically fit and healthy to navigate this journey with ease.

Remember that you are stronger than you realize. If you couldn't handle this journey, you wouldn't be on it. Each oil is derived from various special flowers or leaves. The scent of these oils stimulates your brain and can help you address your issues. In this way, the power of nature can support you in regaining or maintaining your strength.

How long will it take?

Asking this question will delay coming together. Release the how and when. Also let go of the question: "Is this really my twin soul?" Assume the person you are reading this book for is your twin soul. If you continue doubting, it slows down your twin soul process. Know that being in doubt is also a form of running away from the connection.

On average, it takes around three years to unite with your twin soul, from the moment you realize they're your twin soul until you officially become a couple. But if you follow the advice from our videos, webinars, and this book, you might speed up this journey. Some Twin Soul School participants have found union within three months, and there's even someone I've coached who started a loving relationship with their twin soul on the same day. Miracles are possible!

Through this book, I'd love to be your motivational coach, encouraging you to persevere, especially during the inevitable challenges of this journey because they will come. But

remember, it's all worth it. No matter what, your connection with your twin soul is enduring or can be rekindled. Being mindful of this can make this book a valuable resource for you. Enjoy reading, and I also extend a warm welcome to you in Twin Soul School.

"Twin Soul School: Your direct flight to your best self and union with your twin soul." – Linda

For Your Eyes Only

Chapter 1. Balance

In this first chapter, Balance, you will discover how to build a strong foundation for uniting with your twin soul. If you aren't in balance yourself, then your connection won't be in balance either.

This may manifest in the following behavior from your twin soul:

- Avoiding contact or blocking you.
- Responding to messages late or ignoring them altogether.
- Expressing a desire for friendship or a friends-with-benefits arrangement.
- Preferring freedom and avoiding commitment.
- Denying or claiming not to have romantic feelings for you.
- Being in a relationship with someone else (and/or yourself).
- Having an environment that hinders your union.

As long as your twin soul is displaying these signals, there is work to be done until you achieve a balanced and healthy loving union.

**“When you live in harmony together,
Divine Feminine & Masculine energies are in balance.”**

In this chapter you will uncover the initial steps to unite with your twin soul. You will explore how to break free, accept that this is YOUR life and recognize that it's all within YOU. Of course, we will also talk about how to get your twin back;

1.1 Break Free

1.2 It's your life

1.3 It's all in you

1.4 Get your twin back

Perhaps you've already completed many of the personal growth steps mentioned in this chapter and have done a substantial amount of work. This serves as confirmation that you are already on the right path.

1.1 BREAK FREE

How to free yourself from a third situation? A third situation can be any situation that blocks a healthy love relationship with your twin soul. For example: old patterns, limiting beliefs, an unprocessed past, exes, karmic soulmates, or a combination of all these.

If you maintain a third distracting situation, it remains a blockage, an energy leak, or a detour to union with your twin soul. Freeing yourself from a third situation is highly important to be able to unite with your twin soul.

Breaking patterns

Many twin souls haven't felt fully loved or seen in their childhood. This can feel like emotional neglect and be unintentionally caused by death, divorce, abuse, missing a parent or having a dominant parent.

In a previous incident, you might have reacted in a particular way and experienced specific emotions. It's quite common for these events to repeat themselves in your life, forming a pattern. You might be subconsciously reenacting these old patterns due to unresolved past issues.

Your twin soul triggers you until you become aware of these patterns. Once you have an understanding of these patterns you will be able to resolve them. This will motivate you to choose a new habit that contributes to your happiness and to your love relationship. A twin soul relationship is the bonus and not the basis of your happiness!

“A twin soul relationship is the bonus and not the basis of your happiness!”

Patterns don't change overnight. It requires your effort to actively work on changing these patterns to resolve issues. You transform by healing the past and then affirming the opposite. For example, if you felt never seen or heard, you can affirm:

- ♥ I am so relieved that I now feel seen and heard.
- ♥ Everyone sees and hears me, especially my twin soul.

You are healed enough

Make sure you are healed well enough of an unprocessed past. The moment you are triggered and you heal this, you often experience immediate change in your twin soul's behavior toward you.

However, do not fall into the trap of thinking that you are not healed enough for a relationship with your twin soul. You are already whole and complete, so you are already good and healed enough right now!

Some people continue to emphasize healing, particularly focused on their inner child. The more you focus on healing, the more healing flows. So, you can dedicate as much time as you wish to healing, as whatever you give attention to tends to grow. When you primarily focus on healing, you may encounter more situations that require healing. If you are with your twin soul, you can continue to heal together or individually as necessary. It's a beautiful experience to heal while in a relationship rather than being separated from each other.

If you have issues from an unprocessed past that you want to heal, follow the Heal Your Past Method. This method can be found on TwinSoulSchool.com. This method provides 11 steps on how to heal without the need for a coach. With any trigger, you can use this method in the moment you need it the most. The Heal Your Past Method also includes a forgiveness ritual. Practice has shown that the DM often contacts you the same day if the DF practice this method including the forgiveness ritual.

Example:

Liza was unsure about committing to men. Before relationships became serious, she would often end them because she feared being abandoned. Later, when she did gather the courage to commit, a pattern emerged where she felt replaced by another woman, and this happened not just once but repeatedly. Despite being a fantastic and smart woman, Liza faced this challenge. When her twin soul also chose another woman over her, she decided to seek Twin Soul Coaching.

During coaching, we uncovered the root of this pattern. In Liza's early childhood, her parents divorced, and she lived with her father because her mother had alcohol issues. Liza used to sleep in her father's bed until he started dating someone new. After that, she had her own room and bed, which seemed reasonable from her father's and his girlfriend's perspective. However, Liza felt abandoned and replaced, as if she had been traded in for

another woman. Through coaching, she gained insight into the origin of this pattern, forgave her father and herself, and made a new choice. As a result, she broke free from this recurring pattern.

TO DO:

Is there a pattern in your life that keeps repeating itself in terms of relationships? For example, do you (or the other person) keep breaking off the relationship because of dissatisfaction, or do you feel you aren't treated well enough? Maybe you keep running away when things get tough, or you keep wanting to move forward way too fast. Do you make things bigger than they are or do you want to solve problems that aren't even there yet? Are you addicted to restlessness or negative thoughts? If there is such a repetitive pattern in your life, you can write it down below:

.....

.....

.....

Now you can write down the opposite, for example:

- ♥ We are satisfied with our relationship, and this gives both of us peace of mind.
- ♥ We stay in a loving relationship regardless of triggers.
- ♥ We treat each other equally and with the utmost respect.

.....

.....

.....

Copy these affirmations into your "Happywriting" notebook and keep doing this until you see it appearing in your life. If you don't know if you have old patterns, you could write this question in your diary: Are there any old patterns I am repeating? Be quiet for a moment and start writing if something comes up.

Releasing limiting beliefs

You might believe there are no barriers in your path, but hidden beliefs can still hinder your union. These beliefs could include common expectations such as relationships

always ending, living together being challenging, people frequently being untruthful or unreliable, and relationships often being unfair or unequal.

For example, I used to think all sincere and attractive men are already taken. I changed this into my twin soul is available for me. Limiting beliefs can subconsciously be a blockage without you even realizing it. I suggest you write down some of your own common beliefs below:

.....

.....

.....

You might also have self-limiting beliefs about yourself, like thinking you're not attractive, kind, or smart enough. For instance, I used to believe that men become more attractive as they age while women don't. This made me doubt whether my twin soul would find me good and beautiful enough. But I changed my perspective: people become more beautiful as they age, and to my twin soul, I am the most beautiful person. If your twin flame is much younger than you are, you can also affirm: I look younger than my age.

You may believe in your own worth, but you might still harbor doubts about whether others share that belief, especially when it comes to your twin soul. Even if you think others see you as a suitable partner, you may fear that your twin soul doesn't. These thoughts can lead to a sense of inadequacy. If your twin soul is in another relationship, you might worry that you aren't good enough for them. These thoughts can weaken your self-esteem and affect your reality.

When the divine masculine is insecure about their feelings for you, it's your job to change this. After all, you're worthy of your twin soul's love. Your DM is also worthy of this unconditional love. Don't waste your precious time anymore.

What beliefs do you have about yourself? How do you think others see you?
How do you think your twin soul sees you?

- I do / do not consider myself good enough.
- Others find me / don't find me good enough.

- My twin soul finds me / doesn't find me good enough.

Example:

Mandy didn't consider herself beautiful enough. She is a highly educated, pretty woman. Despite this fact, people around Mandy told her that her twin soul was much more attractive than her. It seemed unkind of these people, but they contributed to Mandy's personal growth. People said this because Mandy radiated uncertainty and doubts with her own energy. Her thoughts about herself got reflected by the outside world. It wasn't the environment, but she didn't consider herself beautiful enough. People around her played this role for Mandy to be able to resolve this. As soon as she had solved this within herself, she made a step in the right direction and was guaranteed to get this reflected to her by her environment and by her twin soul in particular.

Here are some affirmations that can help with this:

- ♥ I am beautiful.
- ♥ I find myself beautiful.
- ♥ Everyone finds me beautiful and especially my twin soul.

When people around you start giving you compliments, it's a sign that you're heading in the right direction. Moreover, when your twin soul consistently compliments you on a specific aspect, it's an indication that you've resolved that issue within yourself.

In the chapters "Self Love" and "Sexy Divine Feminine," we'll delve deeper into boosting your self-confidence and self-image. The more genuine you are, the more your divine masculine will adore you. There's no need to pretend to be someone else, as your divine masculine can see through it and senses it's not authentic. Twin souls come in all forms and sizes, and what truly matters is being true to yourself. In essence, you are already more than good enough right now.

You might find yourself constantly worrying about your connection, thinking, "Will it ever happen? Am I just going crazy or obsessing over it? Everyone says I'm wasting my time and should stop." It's important to recognize these thoughts for what they are and release them. Instead of worrying, try to be confident and let go of those doubts.

You can start affirming:

- ♥ My feeling is right.
- ♥ My twin soul came to me all of a sudden.
- ♥ We are very happy together

TO DO:

Create positive affirmations about how your twin soul feels toward you and your relationship. Keep repeating these affirmations until you're united with your twin soul. If you start having doubts, like wondering why there's no progress or if things are going in the wrong direction, it can hinder your progress. Doubt is a way of avoiding and can slow down the process. Stay committed to your affirmations and keep the faith.

**"The only obstacle to union is your limiting beliefs.
Believe it's possible, stay committed to affirmations,
and most of all... let go of doubts."**

Releasing karmic/ex-partners

As long as you are still in another relationship or intimate with someone else, you can't unite with your twin soul. It's an energy leak that gets in the way of your union. The same goes for your twin soul.

Are you still maintaining an (unhealthy) relationship with an ex-partner?

Do you or your twin soul have another troubled relationship, a sibling (brother-sister) relationship or a karmic relationship?

These are all energy leaks and signals that neither of you are choosing for yourselves. A sibling relationship speaks for itself and will not be discussed any further in this book. We will dive deeper into a karmic relationship because this relationship, especially in the beginning, can have similarities to a twin soul relationship.

A karmic relationship is an unhealthy (toxic) relationship. Some characteristics:

- In the beginning it all seems wonderful. In time, a karmic partner brings out the worst in you little by little. You try to regain the feeling of the beginning. It comes more from an addiction feeling than from real love.
- A karmic partner can often bring you down, make you feel guilty, create chaos and turmoil in your life, can claim he or she cannot live without you, burden you with his or her problems, give you the feeling that you are the one to blame, or involve those around you in your relationship in an unpleasant way.
- Each time you take a step backwards, until one day the bomb bursts.
- The periods of distance become longer and longer.
- Those around you often see you are in an unhealthy relationship, even before you notice this yourself, and they express this to you.
- You unfairly want to hold on to something that no longer serves (both of) you.

- In a karmic relationship, the other person may not want you to be happy without them and may say hurtful things to and about you.
- The love in a karmic relationship diminishes with each lesson learned and released, eventually fading away.

A twin soul relationship has other characteristics:

- Your twin soul always wishes all the best for you. Even if this means a life without you (temporarily).
- He or she will encourage you to do things that are good for YOU.
- A twin soul almost always talks positively to you and about you.
- A twin soul remains loving in most cases. When they run away, it isn't from you, but from themselves and the relationship. Running away can be in terms of ignoring, blocking, but also in terms of cheating, losing oneself in work, sports or family. The Divine Masculine (DM) needs to maintain a sense of control, freedom and independence. However, this is different from intentionally trying to undermine or confuse you as a karmic partner might do.
- With a twin soul, you come closer together after each physical separation.
- The moments of separation become shorter and shorter.
- You can feel a lot of sadness when your DM runs away. As you develop yourself, the triggers become less and so does the sadness over separation, because you learn separation doesn't exist.
- In time, the energy between you becomes less intense, which has the result you can be longer in each other's presence and build a happy love relationship in harmony.
- On average, it takes three years to be in a steady, harmonious, permanent union with your twin soul from the moment you are officially in a relationship.
- The love for your twin soul is always there (or is coming back all the time).

Sometimes you don't realize you have not yet been released from an ex-partner. Perhaps you maintain communication because it gives you a form of security. You keep the lines of communication open so you can always go back to your ex. You don't want to burn the bridges which prevents you from building a new relationship properly. Sometimes it's an addiction to drama. You may need several attempts to fully let go of a karmic/ex-partner.

"If your twin soul is still in a relationship, it doesn't indicate whether the two of you will get into a relationship. If you choose union from your core, a bridge of events will be created, allowing you to unite from flow, without you having to do anything toward your twin soul.

TO DO:

When you think of your twin soul's (ex)-partner, visualize this person (or all ex-partners) as separate from your twin soul and happily with their own partner, someone who complements them perfectly. In your visualization, gradually diminish the size of the ex-partner(s), as if they are becoming shadows and eventually fading, drifting, or flying away. Use your imagination to sever the cords between you. Through this process, (karmic) partners gracefully fade from your lives, allowing all of you to create much happier lives. Now, envision yourself and your twin soul together.

Is an ex-partner the father or mother of your children, you can affirm:

- ♥ We have a good relationship for our children.
- ♥ We respect and value each other as parents.
- ♥ We have good and only much-needed contact about our children.

Example:

Sometimes, it isn't an ex-partner but rather the children of your twin soul that can impede the relationship, often due to their loyalty to their own parent. This was the case for Miranda. Despite the challenges they faced, she consistently affirmed her happiness in her relationship with her Divine Masculine (DM), and they planned a vacation together. However, due to pressure from the ex-partner and the children, her twin soul initially canceled the vacation and ended the relationship. While alone at the beach, she persisted in creating an amazing vacation for the two of them together. Two days later, he chose to pursue Miranda anyway, fully embracing his power, and they enjoyed a wonderful vacation together. Upon their return, the children acknowledged and accepted their relationship. The ex-partner continued to send unpleasant emails to Miranda, but she transformed the situation by refusing to engage and by persistently affirming her intentions.

When you shift into a higher energy frequency, a (former) partner may re-enter your life. Don't immediately question whether this person is your divine masculine. Instead, see it as a sign that your desires related to your twin soul ARE manifesting. You are radiating a positive energy that attracts people to you.

Reuniting with your twin soul begins with freeing yourself from karmic/ex-partners, old patterns, limiting beliefs, doubts and an unprocessed past.

Deciding to be in union

If you wait for your twin soul to make the decision to come to you, you can wait forever! As crazy as this may sound, the decision that you come into union with your twin soul rests within you. You make the decision in your heart. Your divine masculine senses this and will take all the necessary actions to make it happen. Your twin soul comes to you automatically, without any action on your part. Taking action isn't a part of your job; it's the DM's job. The DM has more decisiveness. You as a DF have more power to create.

Remember, the choice to come together comes from deep within. Avoid trying to convince your twin soul that you are twin souls and destined to be in a loving relationship. This may actually slow down the beautiful relationship you both seek.

Sometimes it seems like you are doing all the inner work and your twin soul is only involved in work, sports, family, or other partners. You may find yourself accusing your twin soul of not being in union yet. This is very understandable, but stop doing this and realize that YOU are the one that hold the key to union with your twin soul.

Example:

Julia believed she was fully prepared for her twin soul, thinking she had done everything necessary. She couldn't understand why her twin soul was still hesitant about being in a relationship with her. However, during a coaching session, it became clear that she was still living under the same roof as her ex-partner, and the house was still jointly registered in both their names.

Living together provided safety, comfort, practicality, and financial benefits, but because of this arrangement, she wasn't truly available for her twin soul. Julia's perspective was, "If my twin soul chooses me, then I'll move out of this house." However, a twin soul relationship doesn't work that way. You must first make the inner choice with complete certainty, and only then will you witness a transformation in your relationship. It's essential to start living in the desired future reality, and this certainly doesn't include your ex-partner living with you both.

Interestingly, Julia now resides in a wonderful place, and a man who remarkably resembles her Divine Masculine (DM) lives across the street. This is a sign of things falling into place. She had even previously envisioned this property as an ideal location for her twin soul's business.

TO DO:

Once you have liberated and aligned yourself, there is room to prioritize balance and stability in your life. This includes focusing on your health, work, finances, organization, and your living space. For instance, contemplate how you would like your home to appear when your twin soul arrives. If needed, thoroughly tidy up your living space. Are there lingering items from a past partner? It's time to remove them. Physically create space in your closet for your twin soul's belongings as well.

Example:

Mia had various belongings in her home that once belonged to her deceased partner. His coat still hung on the coat rack, his clothes remained in the closet, and she continued to wear her wedding ring. Photographs of him adorned the walls, and even her social media profile picture featured her late partner. While it was understandable that she wished to honor the memory of the person she loved dearly, these mementos and her unresolved grief were obstacles to her union with her twin soul.

Recognizing this, she created a dedicated memorial space and began the process of decluttering and letting go of other possessions. As she did so, her twin soul started taking more initiative to connect and meet up, a significant change from the previous lack of contact or initiative on his part.

TO DO:

I highly recommend daydreaming. Allow yourself to daydream about your twin soul already being by your side. Daydreaming empowers you to shape your new reality. Imagine engaging in various activities together, even though it hasn't happened yet. It's akin to having an imaginary companion, much like how children create imaginary friends.

Envision walking together, going shopping, sharing meals, and sleeping side by side. By doing this, you emit the energy of "togetherness" rather than feeling alone. This energy attracts a reality of "being together" through the law of attraction. Moreover, your connection with your twin soul is an energetic one. Your choice to be together automatically influences your twin soul to make the same choice.

1.2 IT'S YOUR LIFE

It's YOUR life! YOU get to decide what you want to do with this life. Coming into union with your divine masculine is also a part of your choice. Some people are already a bit older entering the twin soul journey. In addition, more and more young people are coming early in their life on this journey. No matter how old you are. You are the captain of your life! You may take full responsibility for everything that happens in your life now and in the future. You may choose what is right for you, regardless of the opinions of others.

**“As long as you are not in union yet,
neither of you are ready for it yet.”**

Reading this may not feel enjoyable, as you might think your twin soul is the only one not ready yet. But looking back, you'll come to realize that neither of you were ready at that time. Through this book, you'll be equipped with the perfect tools to become fully prepared for the beautiful reunion with your twin soul.

When you change, your divine masculine changes too

When you change as a DF your DM changes along with you, because you are one on a soul level. Obviously, each in your own authentic way. You make the same decisions, but this doesn't mean you read the exact same books or anything like that.

Suppose you decide to release your separation anxiety for good, then your twin soul probably decides to release commitment anxiety for good. It is both a primal fear of being abandoned and being alone. Realize separation doesn't exist. Once you know this, you will never feel alone anymore, and your twin soul will come and stay with you.

Have compassion with your divine masculine. You decided to change and automatically your twin soul will change with you. This may overwhelm your twin soul because they didn't see this change coming, whereas for you it is a conscious choice.

**“Give your DM time to process things.
You took your time for this process as well.”**

Choosing your own happiness

It can also be the case that you're sabotaging your own happiness, because you feel guilty toward your children, (ex) partner or parents (in law). You are still a little afraid to choose your own happiness, but it's your life and you can choose what is best for you. When I broke up with the father of my children, I wanted to set an example for my children, showing them it's okay to choose your own happiness. Through the relationship with my twin soul, I want to give them an example of a relationship based on unconditional love.

"Life is too short to not be happy."

Example:

Susan continues to choose her current partner because it appears to be the easiest option. Her primary reasons for staying are their children, their beautiful estate, and the fear of financial insecurity. She's also concerned about what others in her environment might say. Secretly, Susan is involved with her twin soul but hesitates to make a decision. In doing so, she fails to set an example for her children about choosing happiness and demonstrating unconditional love. This keeps her in an unhealthy and unhappy relationship, which is detrimental to everyone involved—herself, the children, and her partner. Her partner deserves someone who can love him wholeheartedly. Honesty is crucial, and on this journey, there's no need to worry about finances. If Susan chooses love and herself, there will be an abundance of money. Money isn't her source; love is the source of everything that comes her way.

**"Money isn't your source; love is the source
of everything that comes your way."**

TO DO:

Are you still letting something or someone hold you back in your relationship with your twin soul? Write down below what/who comes to mind.

.....

.....

If so, I recommend you write down below the opposite of what is holding you back. Then copy this into your Happywriting notebook.

Making your own contract

Some people say there is a soul contract that states whether you will unite with your twin soul. If there is, know that you are always allowed to change agreements. It is up to you to choose, in this present moment, for your desires. You are allowed to choose union or not. Put aside opinions of both yourself and others regarding such matters if they don't resonate with your heart's true desires.

While some individuals believe that God or the Universe makes choices on their behalf, my belief is that we must take charge of our own decisions, and we receive complete support in doing so. Never relinquish this responsibility to external forces; instead, remain within your divine power.

It's best to avoid seeking validation from mediums, tarot cards, or readings. If you do consult them, make it a point to decide for yourself how you want to interpret the information and what actions, if any, you wish to take based on it. Ultimately, you are the one who determines what you create in your life. Mediums can often perceive and sense potential developments in your life based on your current energy. However, you have the power to change that energy on your own, even within the same day. While good mediums can provide guidance, consulting them can sometimes lead to doubt, which can be distracting and delay progress. In essence, seeking confirmation from a medium is still seeking external validation. Instead, trust your heart, as it holds the truth. Time spent on readings could be more effectively used to enhance your mindset.

Releasing ego and shame

You might feel a sense of shame about having a twin soul because you fear it may seem too "airy" or that others will perceive you as obsessed with it. Those around you might even suggest that unconditional love and twin flames are mere fantasies. These doubts can persist if you believe you'll make a fool of yourself or if you still view the concept as too whimsical. If you conceal your true self by adopting a different persona, such as using a different name online, your twin soul may also continue to hide their love for you. Make the choice to live authentically from your truth. Having a twin soul is entirely normal and beautiful, and more and more people are discovering this unique connection. This type of relationship operates differently from what we've learned from

previous relationships. A twin soul relationship primarily revolves around personal growth, with the relationship itself being an added bonus. In contrast, other relationships often emphasize external appearances like a large house, two cars, children, and a pet, while personal growth takes a backseat.

**“A twin soul relationship is about personal growth,
and the relationship is a bonus.**

-

**Other relationships are often about looks
and personal growth is a bonus.”**

Your ego used to dictate how you should handle things and respond in the past. However, in a twin soul relationship, you discover the wisdom of releasing your ego, along with your fears of abandonment, rejection, and scarcity mindset.

TO DO:

Let go of the opinions of others and your ego. Imagine yourself in the shower, allowing both external opinions and your ego's judgments to wash away down the drain. Send your divine masculine partner the energy to release external opinions and ego-based judgments too.

You could affirm:

- ♥ It is safe to let go of opinions and fears.
- ♥ It is safe to come into union with my twin soul.
- ♥ It is safe to trust love again.

It may be because of your past you are afraid your twin soul will choose someone else or will leave you. You may embrace this lovingly and let go of this thought.

You can affirm:

- ♥ My twin soul is faithful to me, has always been faithful and always will be faithful.
- ♥ I am the one and only for my twin soul.
- ♥ I trust myself, my twin soul and our unconditional love.

The language of union with your twin soul

Building a relationship with your twin soul is like learning a new language. You learn a language quickly by repeating the words you don't know, until you know them. As a basis you learn all the verbs. As a delightful bonus, you explore the diverse ways of

expressing yourself.

**“Everything your twin soul says or does (not)
is feedback. This is how you discover
the language of union.”**

Does your twin soul want to call you or meet you? Make an agreement on this, and most importantly, listen! At times, you might delay or undermine the meeting due to a fear of rejection. If rejection does occur, please don't take it personally. It isn't a personal rejection or a failure; it's feedback highlighting areas for self-improvement.

You might believe that you love your twin soul more than they love you in return. Your twin soul may even express that they don't have feelings for you and suggest that there's a better person out there who can offer you everything you desire.

In this case you could affirm:

- ♥ My twin soul feels and expresses unconditional, sincere love for me. In every possible way.

You can substitute the term "twin soul" with their actual name. Keep repeating this affirmation until your twin soul openly expresses their feelings for you. Don't halt it immediately after the first attempt; persist for a while until your twin soul consistently demonstrates their affection for you. If you stop too soon and doubt their love, your twin soul may withdraw, triggering your fears once more. This can lead to a cycle where you need to heal and work on this issue again.

Example:

If your twin soul says, "I don't want any more contact with you," respond by saying that it's okay. However, deep down, recognize that this is unlikely to be a permanent situation because twin souls typically find their way back to each other. When they do return, your connection will become even stronger.

TO DO:

Inside, believe that you and your twin soul are in touch often, and repeat:

- ♥ Our connection is always strong.
- ♥ We're consistently in touch.

♥ I regularly receive loving and sweet messages from my twin soul.

If you do this the right way, chances are your twin soul will be (back) in your life within a month, within a couple of days or perhaps even today! Do you want to structurally change the runner-chaser pattern and stay in unconditional love? Go all in and follow the course YEAR 1: How to unite with your twin soul and after that YEAR 2: How to stay in unconditional love.

Finding affirmation within yourself first

If you seek confirmation from your twin soul, you won't get it. When you have found the confirmation within yourself first and no longer need it externally, you will receive the confirmation from your twin soul.

"When you find self-confirmation and no longer seek it outside, your twin soul will confirm it."

If you want to receive a compliment from your twin soul, about your behavior or appearance, you will receive it from your twin the moment you feel this way about yourself. On your way to receiving compliments from your twin soul, you often receive compliments from other people around you. This is a sign you are on the right track. These are called "Birds Before Land (BBL)". The decision to unite is yours, first. Only YOU can decide this from your core and your twin soul will confirm it afterwards.

TO DO:

I recommend that you affirm what you desire to hear from your twin soul as if you have already received it. Continue doing this until you receive it both from your surroundings and your twin soul.

My twin soul ...

- ♥ ... sends me cute messages daily.
- ♥ ... loves me as much as I love them.
- ♥ ... enjoys being in touch with me consistently.
- ♥ ... came rushing to me all at once.
- ♥ ... opens up to me more and more.

Give to yourself the things you desire from your twin soul. If you seek contact, be genuinely in contact with your own body and emotions. Love yourself with the same intensity that you love your twin soul. Sometimes, the Divine Feminine (DF) may have

elevated the Divine Masculine (DM) to a pedestal. Understand that you are just as valuable. You are the jackpot! Recognizing this equality can bring balance in your connection.

TO DO:

Visualize your twin soul standing slightly below you (perhaps on a staircase) with the intention of eventually reaching a state of equality. Typically, in visualizations, your twin soul starts above you because you've placed them on a pedestal.

You always fancy your twin soul

You love your DM unconditionally. No matter what your twin soul does or says, you continue to feel the love. At a later stage, you grow closer and closer to each other as you lovingly set boundaries.

It's quite common for twin souls not to be each other's type at all. For instance, the person has a completely different posture or hair color (or no hair at all). Usually, you're drawn to a different kind of person. However, whether or not your twin soul matches your typical "type," you'll be attracted to their charisma because you always find your divine masculine appealing and attractive. Often you even like the smallest things about your twin soul. Think of a birthmark, feet, legs, and especially the eyes, as the eyes are said to be the mirror of the soul.

"Unconditional love involves growing closer as you set loving boundaries."

You may often tolerate things from your twin soul that you would find unacceptable in another partner. Whenever you see your divine masculine, you deeply understand: "They are the one for me." This knowledge and sense of belonging to each other reaffirm that union is inevitable. The issues that once seemed unacceptable (so-called deal-breakers) gradually fade away, leading to a deeper and more complete union.

Karmic soulmates may think they are dealing with their twin soul. This is because they hope this person will fill the void within themselves and because they haven't yet met or recognized their true twin soul. It's part of their own process to find out.

It's no one's job to determine whether someone else is with their twin soul or not.

People must figure this out on their own. Just make sure you're no longer distracted by karmic soulmates, and your divine masculine will detach from this as well.

The most crucial aspect is that you're on the twin soul journey; the rest will naturally fall into place. Learning to place full trust in this path is essential. Often, when doubts arise about your feelings for your twin soul, it's just before you unite or take your relationship to the next level. Think of it as getting "cold feet."

Finally, the things you've longed for are right before you. This can lead to uncertainty: "Is this truly what I want? Is my twin soul as amazing as I imagined?" These doubts emerge because your ego aims to shield you from potential disappointment or perhaps to break something down in order to rebuild it anew later.\

Example:

Jane always informed new dates straight away with her "dealbreakers". She firmly stated her boundaries from the start. With her twin soul, this never came up at all. She discovered accepting everything from him. Things she would normally never accept. She was also much easier and faster intimate with her twin soul. Something she would normally never do at an early stage.

The only way is forward

The moment you meet your twin soul you no longer have a choice; you are on the twin soul journey whether you like it or not. There is no turning back. The journey to the most beautiful and purest version of yourself has begun. The only way is forward. Many people, me included, have tried to step out of the journey. The word "trying" is already indicating that you don't trust for the full one hundred percent; this doesn't work. If you're aware of this, there is only one choice: Choose your own growth and happiness as a base and receive your love relationship with your twin soul as a bonus.

If you aren't together yet, you are still overlooking something or there's still a blockage subconsciously and often unintentionally. Focus on the things you want and don't pay attention to the things in your life you no longer want. Don't worry about how it's all going to happen. Don't shift your power to wanting to control things or 'make' things work.

**“Tune into the energy you are already
having what you truly desire.
The universe will take care of the rest
because the universe always provides.”**

1.3 IT'S ALL IN YOU

Life often unfolds, and we may feel as though we have little influence over it. It's common to blame our divine masculine for the delay in achieving union. We might even assume it's our twin flame's fault.

The emails I frequently receive from Divine Feminines who have discovered the YouTube channel typically begin in this manner: "My twin soul is still in a relationship. My twin soul has blocked me. My twin soul expresses a need for freedom. My twin soul says..."

The emails almost never begin with: "I would love to resolve my blockages so I can unite with my twin soul." Whereas that is precisely the only thing that works! After all, it all exists within you. You have the power to change the situation.

TO DO:

When you're not in union yet, you may ask yourself this question, "Why aren't we together yet?" You can do this once or occasionally (not daily). I suggest you write down all the answers to this question. For example, "I don't have my life together yet", or: "My twin soul is still in a relationship."

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.....
.....

Also write down what your twin soul has said to you about why you aren't together (yet).

For example:

- I'm not ready.
- I'm too busy and I can't take it.
- I need my freedom.

.....
.....
.....

Feel your twin soul in your heart and hear your twin soul say:

- ♥ I am ready now.
- ♥ I have sorted out my life and I have plenty of room in my life for you.
- ♥ I would like to feel connected to you in an official love relationship.

If your twin soul isn't ready yet, automatically you aren't ready either, because you are one. It can help to affirm in 'We'-terms:

- ♥ Suddenly, both of us were ready for a relationship.

- ♥ Our lives are now in order.
- ♥ We are officially in a loving relationship together.

Affirming this will profoundly influence and transform both of your lives. As your energy and thoughts shift, your twin soul's energy and thoughts also naturally change. Your twin soul becomes ready when you are. Subsequently, you'll notice the contrast between the version of yourself that believed you were ready and the one that is genuinely ready. When you are ready, you embody trust, think with trust, and communicate with trust.

**"If you're truly ready, you BECOME trust,
THINK like trust, and TALK like trust."**

Example:

Ella received a response from her twin soul right after using these affirmations. He now wants a future together! Ella excitedly shared, "He mentioned that he's got his life sorted out – a new place to live and a better-paying job, so he believes he can now provide what I deserve. I was in disbelief! He even asked when I could visit because we live far apart. We talked all evening, diving into deep, intense, and emotional conversations that felt so familiar. It was like the separation had never happened. After a three-month phase of intense love, we had no contact for six months. I've been diligently following the Twin Soul School webinars, including the affirmations and meditations, for ten weeks now. I decided to send him a message first, saying, 'Hey, how are you? I think it would be great to have a chat with you.' I had affirmed beforehand that he would be happy about it, but I didn't expect such a wonderful response! He mentioned he had wanted to reach out earlier but was afraid of disappointing me. We're finally planning to meet each other soon. Thank you, Lorraine, for Twin Soul School, the meditations, and your support!"

It isn't necessary to send the first message, but you can certainly take Ella's way as an example, if you are in the right flow and you are sure your DM is eager to receive a message from you. If you're trying to test how far along union is, don't get disappointed or demotivated if you don't get anything back or something you don't want to hear. Use your twin soul's response as feedback. When in doubt, don't send anything at all. Communicate only from truth (not your ego) and from flow.

**"Your twin soul is ready when you are.
Afterwards, you see the difference between the
version of yourself that thought you were ready and
the version that truly IS ready."**

The energy of connection

Everything already exists within you. This means your twin soul also exists within you. You always carry your twin soul in your heart. You can tap into this by imagining hearing your twin soul saying sentences to you like:

- ♥ "I am eager to fulfill your true desires."
- ♥ "I am excited to receive your love."
- ♥ "I am ready to explore the depths of our connection."

TO DO:

Put your hand on your heart. Breathe in through your nose and out through your mouth. Feel your twin soul near you. Have a heart-to-heart conversation with your divine masculine. You can ask anything and if you are silent, you will receive answers to everything on an energetic level.

Each journey is different

As much as there are similarities between the twin soul journey of twin souls, each journey is different. Each twin soul couple unites in their own pace. Never compare yourself to others and don't judge. You don't know what these people have been through before and how much they have healed already. One couple still has much to heal together. Another couple has had a difficult time while in separation and they are having an easier time from the moment they unite.

You could compare it to losing weight. One person loses more pounds than the other because of their different starting weight, physique, causes and level of discipline. Celebrate others being in union already. Recognize that this is a sign that it's possible for you too! The more twin souls unite, the higher the likelihood that you will soon be united with your twin soul as well.

It can take years for twin souls to come together, months, or it can happen in a day. Don't limit your thoughts to what you think may or may not make sense in terms of timing. Life can change overnight. This happened also to Jennifer.

Example:

Jennifer had a brief relationship with her twin soul. She moved on with her life after this. Her divine masculine had also moved on and ended up in a karmic relationship. He wasn't happy in this relationship, but he felt it was too stressful to choose for his divine feminine. He was afraid he didn't know enough about the twin soul relationship and whether he was dealing with his true twin soul.

Jennifer has only done one Twin Soul Coaching session. Without any form of contact, her divine masculine decided to end the relationship with his karmic partner that very evening (on the day of the coaching). He realized that this person wasn't good for him. He contacted Jennifer immediately. The next day she was introduced to her twin souls' parents. They were together from that day on and decided that she would move to his hometown on the other side of the country.

How to stay balanced

Similar to weight loss, people on the twin soul journey are yo-yoing frequently. This isn't a bad thing, although of course it does slow you down. You'll move both forward and backward at times. It's not necessary to be positive every day. If you don't feel aligned on a particular day, it isn't a problem. Your twin soul and you are already one, so you can never ruin it. If things don't go your way on a given day, that's perfectly human and normal. It's alright. Tomorrow brings another opportunity to align with your desires.

If you keep yo-yoing, you will receive conflicting messages or signals from your divine masculine. You mirror each other. It could be you're in balance for a while now, but maybe you are still receiving conflicting messages? This is because of the situation previously, being out of balance. Maintain your balance, believe your relationship will become stable and you will receive stability in your relationship.

Receiving mixed messages is preferable to no contact at all, but if you desire lasting peace in your relationship, you may want to seek more balance in this situation. Inconsistent behavior from your twin soul often stems from insecurities shared by both of you. Yes, your DM also has their own insecurities. I've noticed that many DMs often deal with even more uncertainty than the DF. When you open yourself to love and genuinely believe in your worthiness of unconditional love, your divine masculine returns to your life... and stays!

Only if we ourselves take responsibility for what we create, situations can change. Never take things personal from your twin soul, whatever they say or do. Observe and examine your feelings because of this situation. Often the DM can't give you what you desire yet because neither of you are ready for it. It has nothing to do with the love for you. It has mostly to do with the energy you are in. The external world, including your twin soul, isn't against you but silently supports you. Even if it may not always be evident, ultimately, it all resides within you. Embrace your inner power, maintain it, and discover balance and stability within yourself.

Something is better than nothing

Suppose you want to break off all contact or you want to react frustrated toward your twin soul because you think you aren't receiving enough time and attention. The best

thing is to forgive your divine masculine and settle for what you CAN see in the now. You have created the current contact yourself. Think about all the thoughts you have had over the past few months (or years) and you will realize it was you creating this situation.

Cherish what is and affirm:

- ♥ We grow from little things to everything.
- ♥ We are in touch with each other enjoyably.
- ♥ We are in a loving relationship.

Be happy with one conversation, one meeting, even if you think it's far too short. From this point you create more enjoyable conversations and more enjoyable chats and meetings. If you block your twin soul, you will make union even more difficult, because you will both run away from the connection.

Of course, it's very tempting to step into your ego. I have done this too at times because I had the feeling I deserved more. Once you realize this doesn't contribute to your desire, it is easier to let go of your ego and step into love again.

Ancestral Burden

If you ever find yourself feeling unappreciated or overlooked, it could be linked to your parents' experiences of not feeling valued or seen in their own past. Often, these ancestral burdens are passed down through generations. The choice lies with you to break free from this cycle. Remarkably, when you do, it often positively impacts not only your life but also your parents and your children. If you hesitate to make this change for yourself, consider doing it for the betterment of your entire family lineage. It's possible that deep within you, there might still be lingering emotions of anger or sadness stemming from your parents' actions or omissions in the past.

Example:

Vivian didn't feel seen by her twin soul. During her youth, her parents never attended her volleyball games, unlike all the other parents who were present at every match. Her own parents were always preoccupied with their businesses. When she forgave her parents, she found greater inner peace, reconnected with her twin soul, and he even introduced her to his children.

Example:

Samantha felt she received not enough attention from others. For example, she never received gifts, but she herself was very attentive to others. She felt frustration about this. She then affirmed: Everyone is giving presents to me. The very same day her sister stood on her doorstep with a bunch of flowers.

TO DO:

You can change your relationship with your parents/children/family members by affirming:

- ♥ Our bond is better than ever.
- ♥ Now I am taken seriously by....
- ♥ They now respect my boundaries

Resisting the temptation of social media

Don't look at your twin soul's social media from now on. If you would be in union now you wouldn't look at your twin soul's social media page either. Once you peek, you may be distracted or disappointed by what you see. This prevents your manifestation from happening.

I know it can be very tempting to sneak a peek anyway sometimes to see if your twin soul is online, for example. When you do look, just say to yourself:

- ♥ Hi dear, I know we are each other's true love.
- ♥ How wonderful, I'm receiving another lovely message from you.
- ♥ Ohw, there is another picture of us online.

Example:

Sarah briefly checked her twin soul's social media anyway, and she came across a photo of him on a watercraft with another woman – exactly what her affirmation had mentioned she wanted to experience with her twin soul. It's important to always affirm from the first person's point of view and imagine and feel that it's you on the watercraft with your twin soul, rather than just looking at a random picture of another couple in love on a watercraft.

The best course of action is to refrain from checking social media altogether and trust in the process. However, if you do happen to sneak a peek and it triggers you, it's essential to accept it, release it, address any emotional wounds that need healing, and then restart your affirmations until you manifest your desired reality.

Forgiveness works wonders

Sometimes you THINK you feel no anger toward your twin soul, because you feel so much love. But you might subconsciously be angry, and if so, forgiveness works wonders. When you forgive your twin soul and yourself and apologize for your part, the air is cleared again, and it feels as if nothing negative has ever happened. Just do this within yourself. There is no need to say it to your twin soul. In coaching, I often apply a forgiveness ritual. After the person has had coaching in forgiving the twin soul, the DM

often contacts them the same day. You can also apply forgiveness to other relationships in your life to experience what's changing for the better in those relationships.

“You might have hidden anger inside, even if you love your twin soul deeply. Forgiveness can do wonders.”

TO DO:

Breathe deeply in and out. Visualize your twin soul. For example, you say, "I have something to say. I don't like that ... I'm angry/sad about that. I don't like it when you ignore or reject me."

After you do this, you hear your twin soul say, for instance, "I'm sorry, I don't want to give you that feeling at all. On the contrary. I love you. Somehow I have to exhibit this behavior. I don't want this either. So please forgive me. I'm sorry."

Then you say sorry yourself by saying for instance: "Forgive me for blocking our relationship. I'm sorry. I love you. I am going to do everything now to open my heart to you because I know it's safe to do so."

Now let the last fear flow out from your body and make your body the way your body would feel if you were in unconditional love. Feel the love flowing through you and through your twin soul. Everything is now peaceful and calm between you. Place your divine masculine in your heart. The air has cleared. You are now ready for each other.

I recommend performing this forgiveness ritual only when you feel triggered. Once it's done, there's no need to keep repeating it. You can release the past now to prevent it from recurring.

1.4 GET YOUR TWIN BACK

Your twin soul already belongs to you. It has always been this way, and it always will be. How can you not have something that is already yours? It's an inner knowing, and doubt has no place in that space. On this journey, you learn to trust your feelings. You have a deep understanding of what is true and what isn't. The realization that your twin soul is always with you can bring you peace of mind.

**“Your twin soul already belongs to you.
This always has been and always will be.”**

As long as my divine masculine is happy

Many Divine Feminines (DFs) often say, "As long as my twin soul is happy," and I did the same for a long time. My twin soul's happiness took precedence over my own. Perhaps you can relate to this. While it may seem loving, your twin soul will reflect your actions by doing things that are not in their best interest either. Your twin soul might remain in a relationship for the sake of the children, adopting the belief that "As long as the children are happy"...

The truth is, when you are happy, your Divine Masculine (DM) will also find happiness. This is how you can tell if your twin soul is content. It doesn't mean you will always have good or bad days on the exact same day, but often, you will experience happiness or unhappiness during the same period.

Example:

Fabienne believed her twin soul was content in his relationship with someone else. Even though she wasn't happy herself, she embraced the idea that her twin soul was. However, he was sacrificing his own happiness for the sake of his family and was trapped in a relationship that didn't bring out his best self. When she discovered this truth, she felt profound sadness. It was only when she recognized that her own happiness mattered too that she made the choice to unite with her twin soul and committed to being together.

You are already in union

You can always have conversations with your twin soul, even if you are not yet in union. For instance, when you seek your twin soul's perspective, you can pose the question within yourself and receive a profound answer. This is how you transition from the energy of being single to the energy of togetherness. You don't rely on your twin soul to make you happy; you can create a happy life on your own. Once you are in union with your Divine Masculine, you will continue to have your own fulfilling life. When you sense

your twin soul's presence with you and within you, you no longer feel the absence. You move away from the energy of "missing" and create a life where your DM is present.

TO DO:

Practice as often as you like to feel and be united with your twin soul right now.

Affirmations could be:

- ♥ Everything brings us closer together in the fastest way possible.
- ♥ Everything contributes to our union.
- ♥ Even if I don't see any movement, there is always movement toward our union.

How to be in your inner power

Think of the twin soul journey as a gift to come into your power. If you are not in union with your twin soul yet, you may empower yourself even more. From the moment you will be in union, you will continue to stay in your power together and help others to come into their power as well. Do not be discouraged by people who do not understand you because they have not gone through this process themselves. Often, they have good intentions, but it could drain your energy. When they keep asking about it say, for instance, "I don't feel like talking about it now. As soon as I am united with my DM, you'll be the first to hear from me." You can also say, "I already feel the union." And that's the truth!

Don't get out of balance by other twin souls who remain in pain and sadness. That is their choice and that is allowed, but choose for stability yourself, otherwise you will keep going around in circles.

Affirmations to stay balanced and feel happy immediately, could be:

- ♥ I am in my power 100%, now and always.
- ♥ Miracles are normal, daily occurrences, and they are also meant for me.
- ♥ I am stable and in balance.

When you know your twin soul is not in balance yet, I suggest to affirm:

- ♥ WE are in our power 100% now and always.
- ♥ Miracles are normal, daily occurrences, and they are also meant for US.
- ♥ WE are stable and in harmony.

When you aren't in your power yet, you can attract a karmic relationship. This is because you always attract the partner that matches your current energy. Keep in mind that when you are in balance other wonderful people may come your way too. Take that as a sign that your twin soul is on its way to you.

The more you are yourself, the better

No matter how great life is with your twin soul, you may sometimes try enormously hard to be liked and loved by them. It's well-intentioned, of course, but the more authentic you are, the more your twin soul will like and love you. This is because on a soul level you are one and it makes sense that your twin soul likes you the way you naturally are. I'm talking about the happy, most enjoyable and most beautiful version of yourself. Not the version that is insecure, puts on a mask, opts for drama, acts from ego and thus fear, or keeps bringing up the past.

It doesn't matter if you occasionally blurt things out. Your twin soul often forgets almost immediately. Don't worry about it. Your DM often just finds it amusing, spontaneous or human. You are already good, beautiful, smart, and rich enough. So, a weight-loss course, body cleanse or cleaning up your house might be a good idea, but not necessary to unite. In the meantime, you can choose to be your most beautiful self as if you are already together. Find yourself worth investing in. What would you do, feel, or think, wear or look like if you were officially together in a love relationship?

Have you said something you are not proud of, delete it in your mind. Did you send it by text or email, erase the entire message so you won't be reminded of it and can more easily put it out of your mind. Do the same with messages you would rather not have received. Delete them and be done with it. Never block your twin soul! If you did, unblock your divine masculine immediately. Blocking is not in line with your desired end result; to be in union with your twin soul. Blocking, in fact, means blocking yourself.

Don't take your DM's statements literally

Your twin soul may say things like, "I don't feel it for you, I've thrown everything away from you, I don't believe in twin souls." Even though this may feel that way to your twin soul, there is no deeper truth in it. Your twin soul is unconsciously hiding the love for you. The higher purpose is to trigger you because your twin soul is true to your growth to come into your maximum power. You can use what your twin soul says to tune into what you do want and what does make you happy. Release your twin soul's behavior that doesn't belong to his or her powerful self.

Letting go of others

Understand that you are meant to be together, even if one (or both) of you is currently in another relationship. Your twin soul will re-enter and remain in your life. If there are still obstacles to union, refrain from discussing or dwelling on them. As long as you continue to talk and think about these obstacles, they will persist in your life. Remember that your twin soul already belongs to you, and reuniting is inevitable.

If your thoughts wander, decide that your twin soul is already with you. Your DM is

going to do what you choose deep within your heart, because you are one on a soul level, so energetically you both want the same thing in life. When you desire unity, harmony, and connection, deep down your twin soul desires the same. You have control over your life's direction, so reclaim that control and, in doing so, reclaim your twin soul.

Example:

Lydia affirmed, "I am so happy and grateful that my twin soul keeps saying he loves me." Then her twin soul kept saying, "I love you." Previously, she was always seeking validation and kept asking, "Do you love me?" Then she got no answer to that. When she changed her energy and decided that he would say that he loves her, her twin soul felt the love inside and he said on his own: "Lydia, I love you dearly."

TO DO:

Stop talking about circumstances that sabotage your relationship. If you're still tempted, say, "I have a feeling that we will unite soon." In addition, be mindful of your thoughts. Stop having thoughts that don't align with your desires. Redirect your focus to work or activities you find enjoyable.

Your twin soul always wants to come home

No matter what the DM says, deep down your twin soul wants peace and thus to go to the one with whom they belong and feel at home. You can use all the affirmations in this chapter to come into union. Adjust them to phrases that feel the most natural to you. Affirming is a part of manifesting and totally different from manipulating (threatening and claiming in the 3D).

Your affirmations do not affect your twin soul. You are only changing your own thoughts and beliefs and what you experience inside your life in your connection. Even when you don't consciously affirm, you automatically have thoughts in your head. If you are afraid that your twin soul is never going to choose you, then that is also an affirmation and as a result you are creating separation. Know that your DM always wants to come home; to you. Your divine masculine chooses you. When you make that decision in your heart, you bring your twin soul back to you.

TO DO:

In the here and now, make the decision for your twin soul.

I declare thatand I are in union. Period.

Divine timing is divine aligning

"When you are in alignment with the energy of union, you are guaranteed to come into co-creation with the universe to create union the fastest way possible."

Don't place the power of coming together outside yourself. Do not think that the Universe or God is holding back your union. The only person responsible for alignment with your soul is you.

"When you align with union energy, you co-create with the universe for the fastest union."

The universe always delivers and is always working for you. Never against you. Flip back the chapter one more time and check if you have taken all the steps to come into balance and disconnect from anything that might block your union.

Tip:

The essential oil that goes well with balance is Infinirgy's **Steady Oil** with 100% pure White Fir (silver fir). The meaning of this oil is balance, stability, and grounding (visit www.infinirgy.com).

"Balance is the base for uniting with your twin soul. My intention is that you have created the foundation for union with your divine masculine."