

87. Twin souls and soul mates

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Soul mates

Les asks a question on this much debated topic. (17/10/94)

Les: I'd like to ask if you can elaborate on what you term, soul-mates.' You have spoken about soul-mates at a previous meeting, and the lady wasn't sure what is meant by the term.

Of course. It is unfortunate that we need to use these words, but let me try to explain to you. Soul mate is an element of your own spirit, if you like. I need to go a little deeper than we have so far. I have said to you before, that you are not single units. Can you understand that, firstly? Do you understand what I mean, when I tell you that?

Les: Yes I think so, we don't say that we can understand fully, but it has become clearer, as the meetings progress.

As your soul develops, so you gain in knowledge and love, throughout the many ages and developments of your many lifetimes. Your soul-mate is in actual fact, a part of the original spark. Can you understand that? It is like the pea that is split in two. It cannot ever be divided, in a sense. When the two come together, they form as a whole. Remember, I am trying to explain in simple terms. You separate the two parts of a pea, they can go in their separate ways, but when they reach the point they can be joined together, they become as one. Soul mates are intimately one whole. It matters not what their sex is, male or female, that is not important, but the meeting, the joining of the two 'Sparks', I would prefer to say, when the joining comes, nothing or no one can separate them. They can in actual fact, meet down through many lifetimes, not always as soul-mates, but in other degrees of relationships, can you follow me?

Les: Yes, so the two individual sparks, have to exist as such, for their own development, do they?

Soul mates will develop at the same pace, otherwise they could not be joined as one.

Les: Yes, that was what I was going to ask. They develop separately, but both within a predetermined plan.

Exactly. When they meet in a lifetime, which I have said is not usual, it is not the norm for you to meet always with your soul-mate, but when it happens, nothing, *nothing* or no one can keep them from coming together.

Les: I see and are they then indivisible, in the lifetime during which they've come together?

Of course, if they come together, then they will not be parted. But that does not mean there will be a continuation, as the souls move forward. We are on to deep matters again, but I hope I have explained it more this time. You could have mother, with a child, who are actually soul-mates, it is not necessarily always true, that it is female and male together. You have this idea that it is man and it is woman that is not quite true.

Les: That's something new for us, yes. Thank you for that explanation, it's certainly cleared it.

Identical twins are two aspects of the same soul

Salumet starts by discussing 'doubles' where one can appear in more than one place at a time. We are all capable of this and it is not necessary to be a 'master'. This is not the same as when two people look alike. When two people look alike, that is just a coincidence of appearance. They do not share the same soul. Soul mates do share the same soul but do not have to look alike at all. This is a misconception. Identical twins do share the same soul. They are two human personalities but one soul. (7/10/96)

Les: If I might put a question following on our talk about souls, it's been known through the years, that there have been many cases of 'doubles' appearing on the Earth. Recently there have been more verified instances of people literally facing a *replica* of themselves. The other day somebody asked me if I had a double, because they had seen me in their town, even to this type of glasses being worn. And that set me thinking, that if those people are in fact doubles, are two parts of that soul existing here together, for a specific reason and would their spiritual development be parallel, because having chosen different parents as you have told us, they would therefore have different characteristics, which would prevent them from being doubles, and yet that doesn't seem to apply and this puzzles me.

Yes I understand your question dear friend. When you speak of 'doubles,' in the sense that you have described, of course they cannot be. They are two separate souls, with similarities—similarities with human *likeness*, that is all. And there are many of those within your world, but they do not belong to the same soul aspect. The *only* time you can have true doubles, and I understand what you say and I relate to you the only true double is a part of your spirit being, which can exist apart from you. If you so wished, you can leave this physical being, allow the spiritual aspect, which is a 'double'—as you have used the word, I will continue to use. That *double* can travel much distance and be seen elsewhere—that is a true double. But the *doubles* you speak of, who belong to different parents, are not souls of the one.

Les: So it's really a coincidence?

If you wish to use the word, there are many peoples throughout your Earth plane. You have to remember that human beings have many characteristics which are similar. So it is

not impossible that you can see two peoples who look alike, but be totally different. I speak now spiritually, I speak of the soul, not of the human characteristics.

Les: Quite, well this is what was puzzling me.

But of course you can create your *double*, because when first I came to you all, I told you that there were many parts to you, as there are to all souls.

Les: What confused me was the fact that long ago you told us that soul-mates exist and their spiritual attraction takes effect, even though the physical may be quite dissimilar.

Yes, yes it is a misconception to assume that soul-mates are so similar that they must be alike, that is a total misconception, which travels your Earth plane and should be put to rest.

Les: Yes I remembered you telling us that and this is where the confusion in my mind arose about doubles. Well thank you very much for having clarified that.

But let me say one more thing to you: I am sure that some of you will be aware that on your Earth, people have seen peoples in front of them, when in fact they know they are somewhere far away. That is the *true double*, because it is the aspect of the soul which has left and gone forward, to another place. Now that truly is the double of the human aspect of the soul. You understand? (Yes—) I hope that clarifies it for you.

Les: Yes it certainly does. Thank you.

George: Yes I could say that a particular known one, would be Sai Barber, who is a Master, who treads the Earth. I know he is particularly known to have appeared to people in different places.

Yes, but let me tell you this my friend, that you do not need to be a Master, you all have these capabilities, I have told you this before, you all are spirit, therefore you are capable of all these things, but as in all aspects of your daily living, *practice does make perfect*. Sometimes it happens without your knowledge, when there is great distress, great love, great affinity between two peoples. This is a case of it happening without prior knowledge. So you *see* dear ones, you do not need to be a *Master*.

Les: You've answered a question before I put it, I was about to say, quoting only myself, if *my* spiritual double went somewhere for a specific purpose, would I as a physical being have knowledge of that—but you've just said no, it could happen without my knowing.

You do dear friend, you heal in your sleep; you do travel I assure you, but as of yet, are not aware of this aspect of yourself. Did you know I have been around you this day? Have you been aware of me?

Les: Yes I have.

Yes, well you see you are beginning. I say to you all, you grow much. Although our time spent together may seem some considerable time to you, in the element of time, it is but a blink of the eye. But in that time I see you all grow, I see your minds expand, I see your thoughts go forward, go upward and I see your questions become much more spiritual.

Les: It's very nice to know that we *are* progressing like that.

It is important that I tell you so, because I am grateful for the time that you devote to these evenings, to give your ear to listen to the Truth, to know that you will be emissaries of that Truth and that as each day continues, you grow and seek further; that indeed that spiritual aspect of yourselves, comes forward and shines brighter.

Les: Well we would like to thank you, for what you teach us, but you won't accept our thanks, so—

I ask not thanks, my thanks to you is being here with you. Without you, I could not spread the knowledge and the Truth that I bring. So for these times, my heart grows fuller with

each meeting, my love for you grows, it enfolds you and gathers you to me. And for this I thank you all. I think just one more question this time, before we let you continue and if you feel you need to quietly discuss amongst yourselves, I will be happy for that, provided it is done quietly. Otherwise let those who stand close by and I tell you there are so many, too many to count, but the eagerness has to be put to one side, to allow them to join you.

Les: Thank you, any questions from anybody?

Jack: Yes, just carrying on from the last thing, how do identical twins, where they look the same, act the same and appear to have a spiritual bond, how does that work?

Yes, we have discussed this before, but I will answer quickly for you. They are *one soul*, which in a sense has created the *double*, but created the *double* in two human personalities, but they belong to the *one soul*, that is why they are identical and inhabit the *one egg* in the mother, to be born as *two personalities*. Although in saying this, they are two different aspects of that *one soul*, do you follow?

Jack: I do indeed yes, thank you.

More than one soul aspect can coexist at the same time

This is confirmed, but is rare. However, we usually do not recognise that the other is part of the same soul until we have reached a higher level of awareness. (31/8/98)

Les: You have told us a number of times Salumet, that we are more than one being. I take this to mean that our soul has many aspects. Would I be right in thinking that some of those aspects could be existing upon this Earth at the same time, unknown to the other aspects of ourselves?

When you begin to realise the nature of the soul and its many, many aspects, then it would not be surprising that more than one aspect of that being, should coexist in the same lifetime. Of course, the soul has prior knowledge, but the life form of the human being, may not have that awareness. So yes, that is possible—it, I have to say does not happen so often, but the possibility exists for it to be.

Les: Yes I thought it must be so, because of the omnipotence of the soul. I couldn't see any reason why it couldn't be so, particularly as you have told us in the past, that soul-mates form a contract as it were, before they come back here and ultimately at some time in the physical life, meet again. But they are actually *soul-mates* and not *physical mates*. **(Yes)** So this led me to wonder if other aspects could also exist at the same time, without our physical knowledge.

Yes, you are correct in that assumption. I believe when we spoke my dear friends on soul-mates, I tried to dispel that soul-mates are only two opposites in the human form—that is not a soul. You can have soul-mates, either of sisters, brothers, strangers—there is nothing to do with male-female connections. After all, the soul recognises no such gender. I hope I made this clear to you last time, but I reiterate it for you now.

Les: Thank you, yes you did make it clear and something cropped up, which made me remember what you'd told us and that led me to ask myself a question that I have now asked you, about there being a number of aspects possible of soul, upon the physical Earth at the same time and each being unaware of it physically.

It—perhaps we can explain it when the woman being meets complete strangers and instantaneously there is a bond, which cannot be explained. I do not say in all cases this is

the reason why, but often it *is* the reason, that the two parts of the soul recognise each other. Do you understand?

Les: Yes we do. It's very interesting, because that would explain the very definite attraction as you say that one has sometimes without any apparent reason. **(Yes)** So we would not recognise ourselves, as being part of that whole self?

The possibility lies within you all to have recognition, but I would say on the whole, that you would not have that recognition, unless your awareness was such, that it was greater than it is at this present time, in order that that awareness could recognise its own—shall we say *part* of the soul, which it, as I say *knew* beforehand was coming to this lifetime.

Les: Yes, well thank you very much for that, because I was also thinking of what you have told us about not only being more than one—how shall I put this—you have told us that we should never judge another, that we should look within ourselves, because we are part of the *reason* for that *need* to judge another.

Yes, if you judge another, if you find fault, then you should look towards yourself, as to why you find this judgement to be necessary.

Les: Yes so all that is tied up with my question then and your answer, about there being many parts of us on this Earth, or the possibility of many parts being on this Earth, at the same time. So our actions in a case like that, could well be responsible for the actions of another?

Yes, we come to deep waters here my friend.

Les: Yes we do, don't we.

But I am happy that you have raised the point. I do not feel that at this particular moment in our time, that the others would understand the answer to that question. So can I say to you, continue further with your deep thinking, because you are seeking out deep, deep matters here. I congratulate you my dear friend, because you are entering a phase of deep knowledge. You will find coming to you much, much more than you had dreamed about and I can say you would never have imagined possible in your lifetime. Take my words my dear friend and be thankful that you will be given the opportunity for such deep thinking.

[Twin souls and soul mates](#)

During the previous meeting, the group was set the task of distinguishing between Twin Souls and Soul Mates. (12/11/01)

Has anyone formed an opinion which they feel is the correct answer to the question?

Mark: The idea we were thinking about was that the Twin Souls were twinned from the beginning, maybe, and were together in Spirit for a long time, following a pathway with a similar energy, maybe with a similar mission, I don't know. Whereas the Soul Mates—using our language, it sounded a bit like they were a less—perhaps met together at times, but perhaps weren't so identical and on such a similar path?

Yes, I thank you my dear friend for your comments. Let me say this to you that earthly words become much confused when spiritual matters are spoken of, but we know that your earthly words have to be used in descriptive language in order for you to understand. The problem lies that one avenue of ideas becomes what you term '*the normal*'. I am here my dear friends to tell you this time what the difference is. I have told you previously that the soul mate does not often meet in the physical world—that statement still stands. I will

not change those words, because you see, the soul mate—without becoming too involved in highly technical details, because my friends that indeed would be foolish, because you would not understand. Again we are speaking of energy. The Soul Mates were created together for all time, from the beginning of what you know as time—and that subject is much too complicated for us to discuss here. I could speak of molecular energy, I could speak of all kinds of energy, but I feel that for you would confuse the issue. Soul Mates were created together, they vibrate on the same electromagnetic wavelength; they are counterparts of one another. That is the simplicity of the Soul Mates that they are energy which are vibrating on the same energy line. Do you understand?

Lilian: Yes, it's a bit complicated, but, yes.

It is an issue of words again. That is why true Soul Mates do not meet in incarnations except very rarely—there is no need when they vibrate at the same frequencies. Does this make sense to you my dear friends? (Yes) Now we come to Twin Souls. This indeed should be the term that you use, instead of your '*Soul Mates*', which is used most often in your world, because Twin Souls meet many, many times in different incarnations and their purpose is in recognition, in coming together to try to form and create and blend into one energy. That is the purpose of their coming together.

Lilian: So each of us would have met a Twin Soul in this lifetime?

All of you in this room are Twin Souls. You have met in other times, in other lifetimes. And what is your purpose in coming together?

Lilian: To iron out any differences we had in past lifetimes.

Yes, and that is what the Twin Souls try to achieve. If I can put it to you in a more basic way of your understanding: why do you call a twin in your world?

Lilian: Because there are two.

Because there are two of them, yes, that come together to try to form the whole. But they are separate, are they not? (Yes) Therefore can you see that they are but two energies that need to come together to *blend*, but they need not necessarily do so at the same time? Are you understanding my words? (Yes) If not, please let us discuss it now.

Lilian: It doesn't necessarily mean two? It can mean a group as well? When we say twins we think of two, but it can be all of us in this room?

You *are* Twin Souls, yes. You have met—each one that you meet that is necessary for your spiritual growth, you have met before.

Mark: Meaning you've been '*twinned*'.

Yes, thank you for those words, that is helpful. You see always is this difficulty of your earthly language for spiritual matters—but it is the Soul Mate which can never be parted, which are together, because of the vibration of their frequencies—it is exactly the same. They are exact counterparts of one another, that is what you must remember of the Soul Mates, but the Twin Souls are working at different vibrations. Try to see it my friends as energy working at different frequencies and perhaps your understanding will come.

Sarah: So this is why we are all taking different lengths of time?

Yes, that is why you come together, that is why we have the term '*Twin Souls*'. It is hearts coming, trying to work together, *recognizing* each other.

George: Just to clarify, would I be correct in saying we are all aspects of Soul that are meeting. As aspects, we are representatives of the Soul.

Yes, you are correct. You are one aspect of the *whole*, yes, which incarnate in any lifetime to develop and grow spiritually.

Lilian: So these Twin Souls could include quite a lot of people/souls, whichever you like to say.

It is the reason for the attraction between people in any one incarnation, any one lifetime. It is thought to be the attraction of only two in your world—this is not strictly correct. This is where the misconception comes in, but if you think upon my words, I *feel* that this time it will become clearer to you, but you must think of it as *spiritual energy*. Think of the different rates, after all, all is vibration, is it not? (Yes) You have accepted this my dear friends, but there are different frequencies of vibration, you agree, and that is the only difference—that the Soul Mate vibrates on the same frequency, there is no difference whatsoever.

Sarah: So with the Soul Mate, there are more than two Soul Mates as well? If with the Twin Souls there are more than two, then there are many Soul Mates, are there?

No—but they would be in *two*, they would vibrate as *two* only, at the same frequency. That is why you will not encounter a Soul Mate very often in a lifetime, because there would be no *purpose* in their incarnating into the physical body, with two vibrating at the same frequency.

Sarah: So why should they sometimes come together?

For a *purpose*. There is always a purpose and a reason for them if that should happen. There is an agreement between them if it should happen, but always there would be a strong purpose behind it. It may well be that one needs the '*backing*', shall I say your earthly word, of the other in one lifetime. They may need the *strength* of the other to operate in your world.

George: Would there be a purpose in creating Soul Mates in the first place?

Yes, I will say no more, but yes that is the—

George: Not just a matter of *chance*.

No, there is no such thing as *chance*. All has a purpose, but with the Soul Mate, they have been created from the beginning, in the knowledge that whatever they are come together for, will be used at the right time. You can never separate the Soul Mates.

Lilian: So when we pass into Spirit from the physical, how soon would we meet up with our Soul Mate?

You may never meet your Soul Mate for a long time. You are thinking along physical lines again. This is where the difficulty arises. You *must* think of *energy*. It is difficult, is it not? (*Agreed*) Let us assume that each one here is a radio frequency, but you are *all* at a different vibration of frequency, but still you are blended together.

Lilian: Yes, it's something are going to have to think about harder.

Mark: Yes, '*twinned*' Souls is a little bit of a confusing term. I was thinking '*united*' Souls was maybe slightly better, because you are united for a particular reason. You are uniting to blend your energies, (**Yes**) whereas *Twin Souls*, gives the impression—you think of incredible likeness between the two, when we talk of twins, (**Yes**) which isn't exactly what we mean.

I have to inform you my dear friends that these are earthly terms, they do not come from us. These are words that have been given to information from our world, for the understanding of people such as yourselves, who have chosen descriptive words to make their meaning known. All I can say to you my dear friends is this, always when there are questions in your mind, think spiritually. That is my purpose here. I want you to *think* along spiritual lines for every happening within your daily lives. If you are to find the answers of life, you have to know yourself for what you *are*. I have said this to you many times and by going within, you become that vibration which exists without all of the outer

earthly garb. Then and only then will your understanding increase. Has this helped you my friends? (Affirmed)

George: I was just trying to think of an example. I believe Jesus and Mary are aspects of the same soul, of the same energy. **(Yes)** Would they also be Soul Mates?

Yes, that is the simple answer. They vibrate at the same frequency.

Lilian: So they were two, who actually met in the one lifetime.

And for a purpose—is that helping you to be clearer? They will not be separated. I have told the gentleman that there is in existence many beings—

Pause for a minute or so, before Salumet continued quietly and slowly:

What you are not grasping is the way in which energy transmutes itself. Therein lies the answers to all of your questions.

[A revision session on the subject of soul mates](#)

A question is asked about meeting our soul mates and how we would know. (27/8/07)

Di: I have a question Salumet, about soul mates: If you could explain to me whether it's possible to know who your soul mates are in this incarnation, in the life we live now, and whether you connect with them and whether you ultimately end up with them when you are aware of who the soul mates are, or you have a feeling that's who they are?

Yes. You must be just a little careful when you say 'soul mates' as if there are (sic) a group. A true soul mate does not come in every lifetime; but I would say to you that you would be aware in an instant if you were to meet your soul mate in this particular lifetime, because that spiritual attraction is so strong that no man could keep you apart if that is your desire. But remember that soul mates can be anyone who enters your life: it can be a child, someone of the opposite gender, or sisters or brothers or anyone who co-exists in this life. I believe, and I know, that soul mates always have a very strong bond and I am sure that the group will inform you of my words about soul mates, which is now written down and is on one of your what you term 'discs'—yes.

George: Yes, I was going to say, the CD-ROM disc has an index and 'soul mates' is an item in the index.

Yes, it will help to explain further for you the meaning, the true meaning of soul mate, because you see, in this world 'soul mate' is used to express meetings with other people when in fact they are not soul mates. So I suggest my dear friends that you help our dear lady friend by issuing my words for her, rather than I continue with words at this time.

George: Yes, she has a copy of the disc to work through, in fact.

Yes.

George: But that will take some time.

Yes, but I hope it will be helpful to you.

Di: Thank you.

Lilian: So, it's very unlikely that we meet a soul mate in our lifetimes?

Not unlikely, but do not assume that you will always meet your true soul mate.

Unfortunately, mankind is too quick to assume people are soul mates, when indeed they are but acquaintances or people who have planned to come into their existence in this lifetime.

Lilian: Yes, thank you.

Soul energies

Salumet tries to explain about soul energies using our words. This is a difficult subject.
(17/3/08)

George: You spoke some time ago about Jesus and Mary being of the same soul energy and it being rare for two to be on Earth at the same time, of the same soul energy. Did you say something similar of Jan and her son Richard?

I believe I said there was strong connection, I don't believe it was soul energy; there is a difference. You are all connected; each one of you has had connection, spiritual connection, but when you speak of Jesus and Mary, that energy is almost—I am trying to find the word to simplify it for you—it is almost a division of the same energy. It is, how shall I say, like identical twins (yes). Yes, in every way. But spiritual closeness as a mother and a son, that is slightly different, although you all belong to the same energy.

George: Close but not identical.

Yes. This is something that we have not discussed before, but I will return to it for you in order to clarify the difference, because so often I tell you we all come from the same source, which of course we do, but there has to be degrees of energy at different times and that is what we need to discuss further.

George: Thank you for clarifying that rather special identical set of energies or pair of energies.

Jan: Richard and I were together in a different lifetime ...

Yes, as you all have.

(The voice that came from Jan seemed remote, as if it might have been coming from a soul aspect.)

Jan: ...and this time we have been brought back together for our own learning and purpose ...

Yes. Do not struggle with your words. I know what you are saying.

Jan: I am not really here at the moment, Salumet. That's why...

No. Just try to save your energy and I will say this to you all, that throughout many lives you have come together, many of you, as you well know, but that does not make you the same kind of soul energy as the Jesus/Mary energy. Because you come back together in the one lifetime does not make you that soul energy. It is a complicated subject which I will go into in greater detail, but for now I wish only to say to you that that is a different type of energy, or different usage of the energy—perhaps that is clearer. Is that helpful to you?

George: Yes, thank you very much. That has clarified it to suit our understanding—I think that is a way to put it.

Yes. It is the understanding which creates the difficulty and of course the usage of human words to create that which is not understandable to you—that is always our problem and that is why it is most important to simplify everything for mankind. And on saying that, I will take my leave my dear friends.

Lilian: Thank you once again.

Soul groups do not have to be led by a famous name but could be an ordinary person who is like minded

A question posed by George from one of the readers. (7/12/09)

George: I've heard from our dear friend William who has placed questions before. And he wonders about 'soul group' and whether we always identify and know when we meet others who are in the same *soul group*. In particular, there is one who claims that they are both—he and the other—are of the same *soul group* and share the same master 'White Star' who had an incarnation in our 17th-century as Francis Bacon. He (*William*) is a little bit concerned about that, and I suggested to him that if he has doubts then he should question, and he has asked me if you are able to give him any guidance on that.

Yes, I understand the question. Firstly, I am not acquainted with 'White Star'; that is my first reply. But let me speak of the gentleman's question: I feel he has answered his own question by having doubts. Remember when I first came to you, I said to *all* of you: accept only what you will—if you are in any doubt at all then to place it to one side (*Agreed*). Yes. Let me speak a little about what you call 'Masters'. There are many in your world who claim to be 'Masters'. I would rather use the term 'Teachers' (yes). Yes, you understand. Always in your world you will find those who are only satisfied with names that are recognisable to them. I say to you: be a little wary of those who are so anxious to produce a name that is known to many. I do not say that they are all wrong—that is *not* what I am saying. What I am saying is what I have said to you all in the past. Listen, read, listen to the spirit within, and if you have any doubts then you must let that information go (yes). I would say to the gentleman: it is not necessary to recognise others from the same soul group, because you will automatically be attracted to those people. It does not necessarily mean it will be someone of renown or some great master or teacher; but in everyday life you will be drawn to those of like minds.

George: I know these are wise words. Yes, thank you Salumet.

Yes, the gentleman has many times of deep thinking and that is good as long as he does not allow it to *confuse* him. You understand?

George: Yes—

And that is what is happening.

George: I'm sure he'll understand that and I'm sure he'll be most grateful.

If he truly was part of this master's teaching, he would automatically know and feel that pull of love and friendship. I hope that will help him.

Revision on soul-mates and twin-souls

Natalie gives a very good summary on the difference between soul-mates and twin-souls. (15/7/13)

Natalie: I had a reading with a psychic friend of my mother's, who is very good, and she said one of my childhood best friends is a *soul-mate*. I'm not sure if she was aware of the term 'twin-soul'—I'm not entirely sure of the difference; and I wondered if my best friend is a *soul-mate* or a *twin-soul*?

I see. We have discussed this topic on occasions, and I am sure that the information can be given to you—and the difference explained to you. Can that be done for this young woman?

Paul: Yes, we can do that.

Sarah: Actually, Natalie has read the transcripts, but she wasn't clear from what she was reading; she was still a little confused—that is why she asked the question.

Can I ask what your confusion is, in that case?

Natalie: I think it was the different energy frequencies—the soul-mate is the same frequency and it's very rare to be in the same lifetime as your soul-mate, unless there's a strong purpose behind it (**yes**), for either one to support the other throughout that Earthly plane, or the twin-soul was a different frequency/vibration and you're coming together to blend the energy (**yes**), but you've apparently had different past lives together in other incarnations? My first question to my mum's friend (*the psychic lady*) was: had we had a past life together with this friend, who I felt a connection with and she said: *no*. So I think I was just confused by it all really.

Yes, if you have a *soul-mate*, or a *twin-mate*, you have had contact before. How else would it be possible for those energies to blend, and to know to each other? So I would say to you this: that I believe the friend you speak of is indeed a '*twin-soul*'.

Natalie: Okay that makes sense, thank you.

Two visitors who were twins tell their story about when one passed before the other

Sarah spoke of a feeling of being divided in two—another minute and another spoke via Sarah. (5/5/14)

I am talking on behalf of twins.

Lilian: That accounts for the separation—dividing in two, Yes.

They are speaking as one. The one was taken and the other was in mourning for the rest of his life, but now they are reunited. And the message is from now us both:

Never regret when one leaves the Earthly plane before the other, because you are never separated, and each has fulfilled what is needed for that lifetime.

We are able to again be as one, and it is the joy of this rejoining completely that brings us to you to pass on the message:

Never be sad at a passing.

Lilian: But if you were twins, then that would be a little different. They belong to the same soul unit—one soul.

But each person can be reunited with another, but we were twins who were from the same source, and yet we had such different times on your planet.

Eileen: Do you mean identical, when you say the same source?

We were not only identical, but we were from the same—the same spirit that is in—in spirit the same body, the same source.

Lilian: Yes, we have been told about that—identical twins.

Lilian went on to query the case for more than two/triplets

I can only speak for us together. And now I will return.

Lilian: Thank you for coming.

Paul: Thank you for the message about no separation, even with one here and one there.

Ben's story

As Salumet explains, not all is necessarily rosy when soul mates meet. (8/1/18)

Ben: Can I, before you go, I wondered if you could help me with any specific comments on the situation that I've been through recently with Zuzana? And any upliftment for myself would be appreciated, and also for her as well.

I am sure your dear friends within this room will give you all the support and upliftment you need, but we are aware of what is happening, and I will tell you, and I do not often tell individuals, that lady is a Soul mate; but Soul mates, it is misunderstood sometimes, that people think that Soul mates are special beings that you are meant to be together forever. Yes, you will be together forever, but it does not mean that everything is rosy in one lifetime.

Ben: OK, so there's a connection there deeper than...

There is a deep connection there for you, but she has made a choice, and you must agree to let her make her own choices.

Ben: Because she has free will.

Because both you and she have free will. But even for a short time, if you meet your Soul mate—and not everyone does in every life time, if you meet your Soul mate, the strength of feeling is so strong, and this we understand my dear friend. (Thank you) We will try to give to you, not only upliftment, but upliftment and understanding for your friend.

Ben: Thank you. Can I also ask, you talk about Soul mates, do we just have one or is there a number of Soul mates that we have?

You can have Soul mates... there is one particular Soul mate who may come in different forms, in different lifetimes. It is not always man/woman connection, a lot of people seem to think that it is man/woman connection—not so.

Ben: But she was my Soul mate? **(Yes)** OK, thank you.

Sarah: When you say not always man/woman, is that when you're saying it could be man/man, woman/women?

Di: Or even child

Or your child...

Sara: Sister or brother...

Yes, any two people, because of course you know, you can transmute, it doesn't necessarily, but I know from my workings upon this Earth that most people assume that it is a man/woman connection—not, not so.

Sarah: Could I just go back to what you said to Ben, that you said that they will always be together.

Spirituality...

Agreed

Jan: We very rarely I would think, marry our Soul mates anyway—very rare.

You may never even meet them, yes.

Agreed

Ben: So why were we, were we brought together for a reason then? Was there a higher purpose for why we found each other?

There would be a higher purpose, I cannot tell you that, I cannot give to you why that has happened. That is something you could look into; I am not here to lead your life for you, that is not my purpose, but I feel at this time it is necessary for you to know, for your own understanding and your own peace of mind.

Ben: Thank you.

Jan: In time that may be of a comfort to you Ben.

Ben: Yeah, I think it will be and hopefully she might reverse her free will.

Gentle chuckles

Yes, well, only *she* can be responsible for that. And only *you* can be responsible for your way of thinking.

Ben: That's very helpful.

Jan: A privileged meeting, really.

Ben: Yeah, it does feel like that, which is why I'm not angry, I'm just disappointed and hurt. **But what comes after disappointment and anger, is Love and Joy. It may not be what you see now, but, on looking back you can see how things improve. Well my dear friends, I will take my leave; as always it has been a great blessing to have joined with you. I feel your Love, I feel your pain, your anguish and your puzzlement of life; so I leave you cloaked in my Love and those in Spirit who wish to bring only Love to you all.**