

My Soulmate Collection Worksheet

Directions: Make an inventory of your 'soul' group (friends, family, partners and even those who irritate you) in your present and recent past. For each, reflect on the questions below and then answer. Remember, there are no right or wrong answers, just honest reflections.

| Name | Friends and Family | | Partners and Lovers | | Frenemies and Foes | |
|------|--------------------|-----|---------------------|-----|--------------------|-----|
| | Yay | Nay | Yay | Nay | Yay | Nay |
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1. For each person list the YAY characteristics, behaviors etc. you are drawn to.
2. List the NAY characteristics and behaviors that repel you.
3. Circle the characteristics and/or behaviors do you have in common.
4. A person's actions tell you about where they are on their path. Your reactions tell you where you are on your path.
What do your reactions to this person tell you about yourself?
5. Is your role with this person primarily as student or teacher?
6. What lesson (s) have you learned about yourself through your connection with person?
7. What lesson (s) has this person learned from you?





See Yourself in Your Soulmates

“If we recognize each important relationship, whether loving or difficult, as that with an important soulmate, we then can be an important healing tool for each other. See yourself in your soulmates. Allow them to see themselves in you. Only then can the love be exchanged. Only then can the healing begin for one and both. Only then can love be spread to heal one and all.

“Your soulmate is here to remember love and completeness and bliss in self. Soulmates are here to find and aid each other in said pursuit. One does not connect in blissful love unless one has blissful love for self. Love from another can increase joy and assist in the further evolution of the soul, but it cannot give what another lacks.

“The law of the universe is that which is, will attract that which is like. If you do not have love for self—enough that you feel complete as you are, you cannot attract different. You will only attract another whom is like you. Void cannot fill void. Soulmate love, as you humans define it, is a love of instant knowing, comfort, bliss, love. Your expectation is to find it in another. Your truth is, that purpose is, to find it in yourself. Only then can you attract the same that is you.

“To understand the soulmate connection is to understand the truth of love. Love is infinite. Love is not meant to be hoarded or saved for a few at the proper time. Love is meant to be shared and pursued. Found around every corner, given to every soul encountered. When you love others, it expands your love of self. When you hoard love for fear of lack, or that it will not be returned, you only lessen your love of self.” *So Says the Light*

These words are channeled messages from the Angelic realm. They are not edited in any way. Reflect on these messages, especially those words that resonate strongly. —lbw
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