

THE SOULMATE EXPERIENCE

When being together is a matter of life and death

By Annie O'Grady

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When Bob and Sue met in midlife, their first kiss threw their lives into both ecstasy and turmoil.

They fell in love so deeply that soon each left a former family with grown children, to be with the other.

Bob was further rocked to his foundations. Although Sue was a spiritual seeker, Bob as a scientist needed to see, hear and touch something to believe it. So he was not prepared for the profound metaphysical experiences this relationship would plunge him into.

A definition of soulmates is: people who have loved each other's soul essence so much in previous lifetimes that they want to share love again.

Here's how this couple describe their initial feelings:

Bob: 'When Sue and I first kissed six years ago – at night, on a hilltop overlooking city lights – it was as if the knowledge of a thousand years just sort of passed between us. And I felt I had come home.

'I'd been searching for something all my life, not knowing what it was. But that night I knew I'd found it.'

Sue: 'I felt the same. It was incredible. I just knew the person he was, I didn't need to ask him anything because I knew it.

'And at last I knew I was safe with someone. I'd always felt unsafe, even that was not true in reality.'

'Proof' of past lifetimes

Bob and Sue feel they now have proof that they have loved each other in several other lifetimes, but in all of the lives they were separated too early.

Soon after they met, a clairvoyant told Sue that she and her new partner had shared several past lifetimes. Bob said, 'I didn't want to know about a clairvoyant reading. But when Sue played me the tape, I heard this woman who didn't know either of us saying things about me that she could not have known. My scientific self sat up and listened.'

Within weeks of living together, the first of several spontaneous past lifetime re-enactments amazed them.

Bob remembers, 'One night, just joking, I said to Sue, "What if this relationship doesn't work out? We've burned a lot of bridges." Sue burst into tears and started sobbing. She grabbed me and said, "Don't let me go! You can't leave me this time!"'

'The next minute,' said Sue, 'I felt I was in the corridor of a castle, sobbing and being pulled along by people.'

Bob realised that this must be something from the past, so began to question her. 'It was strange, I was talking to her like an interviewer. She was not in the present.'

Some of the story unfolded then. The rest came later in spontaneous regressions for both partners, triggered by everyday interactions.

A Knight's Dilemma

The era seemed to be twelfth century, the place Northumbria, England, where Bob was a knight at court, and Sue was his wife. The king coveted his wife, and sent the knight off to war, hoping he wouldn't return. But he did. The knight found that the king was forcing his wife to live with him.

Bob supplied the next pieces of information from his own spontaneous reliving: 'I knew that as the knight, when I tried to reclaim my wife, the king had me tortured.

'I remember lying on my bed here with incredible pain in my back and hips, and a really sharp jabbing pain. I was writhing in agony on the bed, not knowing what to do about it.'

Sue had also flipped into the scene, and felt she was the wife made to watch her husband being tortured to death.

Grim as these experiences were, the couple felt they were developing spiritually and deepening their relationship by having their soul history opening up in this vibrant way.

A Healing Factor

There was also a healing for Bob from this life as a knight.

He says, 'I've never been comfortable sitting with my back to a window or a door, I like to see everything that's going on around me.

'One night I was sitting in our flat having a meal with Sue and her son and his girlfriend. My back was to a bay window with the blinds drawn.

'Suddenly I just burst into tears, sobbing and terrified, trembling. I was overwhelmingly afraid that something was going to happen to me. I was embarrassing myself.

'Later we pieced it together, that I had gone back to a time as the knight back from the war, sitting at my desk in front of a curtained alcove, wondering what to do about the king and my wife. There were candles burning, as there were that night.

'Three men jumped out from the alcove and dragged me off to be tortured.

'After going through that experience, I'm not so nervous now of having my back to a window.'

Music was a Trigger

Most of Bob and Sue's time together is extremely happy.

But one evening when they were lying on their lounge room floor listening to haunting Irish music, they both started to cry, overwhelmed by sadness.

They were sharing the same vision: themselves as a young bridal couple walking down a village street in Ireland, among smiling people and trees in bloom, with similar music playing.

Bob said, 'The feeling was of a happy event. But it was also overwhelmingly sad. A really strange feeling.' It seemed that the wife had soon died in childbirth.

Sue feels they were together at other times as a couple in Ireland. And Bob feels that he was once a priest who fell in love with a past self of Sue's, but they could not marry because of the priesthood's rule of celibacy.

Then there was a life where Sue was a 13-year-old girl left alone and poor by the death of her father, and Bob was a rich man who befriended and married her, but was soon to die.

No wonder they treasure every moment spent together now! They are excited about planning to work together in the healing field, and are enjoying studying together. ‘We feel as though we have both been healers of some kind in the past,’ says Sue. ‘We have more exploring to do.’

In their current lives, their paths almost crossed several times, starting when they were twenty. Sue says, ‘But we never met till later. It was as though our spirit guides finally said, “Right! This is it! Get together, you two, or else –” ’

Bob adds, ‘After all that’s happened, we feel a lot more settled and grounded and a lot more purposeful now. We have a clearer idea of where we want to go.’

While Bob and Sue’s spontaneous experiences are not common, they are also not rare. Many couples have flashbacks to previous lives together – in dreams or waking visions – although they may not tell everyone.

Resolution to end a problem

Recognised past life issues may or may not be taken into regression to be resolved. (Regression is a process achieved in a meditative stare or via hypnosis, by which invited impressions unfold more of the story, and open possibilities of therapeutic use of the uncovered material.)

Memories may be of happiness and contentment. Or, if they are of dramatic situations – ‘reliving is relieving’, as past lifetime therapists say.

Other-life flashbacks can also be triggered by the intensity of lovemaking. This can be startling, especially when it happens to only one partner! To tell, or not to tell?

An extraordinary case in my practitioner files was of an attractive woman in her thirties who was enjoying a new love affair. Her only problem was that, after making love with this man, her skin would turn yellow for twenty-four hours.

When we investigated via regression, she found a past life as a young girl kidnapped, she felt, by the man now her lover, but formerly an oppressor.

He had forced her past self to live in a cave with him and serve him sexually for the rest of her life. He cursed angrily as she died in his arms, delirious with yellow fever.

My client felt her lover would not appreciate being told this. And she realised that the story was only her own impressions. She could not prove it. Yet, after emotional resolution work with this regression, the phenomenon stopped.

So there can be more to loving than meets the eye. How many people are in YOUR love affair?

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