



## *Divine Twin Flame*

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Like so many of us, I was yearning deeply for love and connection. I had two explorations of marriage and a number of relationships behind me, yet I still believed deep in my soul that it was possible to have a nourishing, loving relationship. I knew that I could happily continue my journey alone; however, I really wanted to share my journey with someone. Things just felt incomplete. Something deep within was urging me not to give up.

I understand the concept of mirroring. I realised that if I was to have a relationship of high quality, then I would have to further improve the quality of the relationship I was having with myself. For I wanted someone to match me, which means if I was denigrating and disrespecting myself, then I would attract someone who would express denigration and disrespect towards me. They would mirror me. The outer would reflect the inner.

I consciously set the intention to upgrade every aspect of self love. In doing so, I found myself going through deep purification. To assist, I attracted a challenging relationship that flushed out all the negative aspects. It was a roller coaster of emotions. I found myself constantly defending and fighting for justice. What I discovered was intriguing. With the help of a wonderful therapist, I discovered that my 10 year old, wounded inner child aspect was “playing out” by throwing tantrums and sabotaging behaviour in the relationship.

Many problems arise in relationships born from the unhealed aspects of our childhood that come to play up when we are lost in pain. Much of my healing was working with this inner child who needed love, nurturance and parenting. It was clearly time for my adult self to truly grow up and show leadership in order for the inner child to feel safe and secure. This was a poignant moment in my life when I finally had to let go of my childishness and assume full responsibility for everything that I was creating and the quality of my life that I was living.

The other important aspect that needed attention was resolving the war and competition between my masculine and feminine sides. You may remember that wonderful movie *Annie Get Your Gun* and the famous song, “**Anything You Can Do I Can Do Better**”. That is exactly what many of us are not only doing externally but also internally. The great battle of the sexes. How do we ever think we can have a harmonious relationship when we are working from this position!

Then it was time to open up my heart. I found a beautiful meditation called “*Dissolving Impediments to Open the Heart*” on Doug and Yael’s website. In order to call a loving relationship to me, it was highly important that I cleared my heart of obstacles and past hurt to open it wide with the intention to GIVE LOVE. The more I worked with the meditation, the clearer I became about what I wanted. Of course, by now, the difficult relationship was very easy to let go. It became clear that I could have

something much better. I created a list of values, qualities and feelings I wanted to have in a relationship. I would connect to the feeling I wanted to experience. I wanted deep love. I wanted to know God's love through another person. I wrote letters to him placing them on his pillow, expressing my gratitude for our beautiful relationship and deep friendship. I talked to him as if he was already there. I promised myself that I would be true to myself and always take full responsibility for my happiness and that I wanted to *EXTEND LOVE* to him. The final process was practicing Divine Patience and wait for Divine Timing.

During each stage of healing, I was ever so grateful for the loving support I received from the One Garden Divine Flower Essences that I make. They were perfect allies who guided me constantly. Royal Welcome, Golden Chalice, Emissary of Peace and Divine Purity were my Divine Friends overseeing my preparation. Then I started taking Divine Twin Flame essence. Finally I commanded with confidence, "God, send me your best!" After days of chanting, "**I am loved, I am loving, I am loveable**" I was ready for Real Love. Graeme walked into my life. We knew immediately that we were meant for each other. It was a profound recognition. We fitted together like hand in glove; a lock and key. It was a harmony like I had never felt before.

In the book *Say "Yes" to Love, God Unveils SoulMate Love and Sacred Sexuality* channelled through **Yael & Doug Powell**, ([www.unitingflame.com](http://www.unitingflame.com)) God describes us as a cell in His heart, the heart of the Creator of All That Is. The cell separates into two polarities. These are the Twin Flames. Despite this separation the original bond is held securely in place. The bond acts as a homing device containing a powerful resonance. It's like a GPS within the heart that guides each other to return home to become One again.

Within minutes of making the flower essences *Divine Feminine* and *Divine Masculine* (which combined become *Divine Twin Flame*), a bird called out from one tree and its mate answered. That's essentially what happened to us. When our clarion call goes out, our mate responds.

I was taking a *Royal Lincoln*, a flower essence for deep love, commitment and intimacy. It is a heart healer. We were swimming in the ocean when Graeme asked me to marry him.

Graeme shares the same passion for nature and flowers. We've had similar experiences of loving nature as children. We have so much in common. Immediately he joined me in my work with the flowers. We greet each day with deep love, gratitude and joy. We relish every moment we spend with each other. Our love radiates vibrantly and inspires others to see what is possible. Now we are planning our marriage. Our journey together has been so incredibly easy. I am sure we are reaping the benefits of our personal and spiritual preparation.

If you have a deep yearning for a nourishing, loving relationship, turn your attention within and deeply extend love to yourself and to God. Take full responsibility and accountability for your happiness. Raise your standards, let go of settling for something less than God's Love and open your heart with the unselfish intention to give and to extend that Love to another.

Chant, write and know deeply that you are Loved, Loving, and Loveable Forever! Call this truth in to meet you and be with you always.

I have walked the journey of relationships and experienced much. I have plucked the jewels from each relationship to bring me to this point. My advice to you is, "Don't give up on Love".