

# Soul Mates

**To me, the words 'Soul Mate,' is thrown about** and used wrongly and loosely. I have to admit that it is the ones in my own profession are the worst culprits. I am of the belief that a Soul Mate is the person that you are contracted to with to bring you your life lessons. Whilst this is an extremely important person in your life, they are not your partner for life necessarily. They can definitely make for an interesting relationship, especially if you grow to understand their actual purpose in your life.

**They come here with what we need to learn,** or what we sucked at in a past life. It could be that you are together again in this life to make the relationship work, however that relationship shows up. So as you can see by my definition, and its not the only one out there, you can have more than one Soul Mate in this life time. They can be male or female. They may not know that this is the reason that they are in your life. Trust me, when they show up, the lessons come with them. When the lesson is learned they will sometimes disappear from your life again.

**The Gaelic or Irish expression for Soul mate is Anam chara.** It is quite a beautiful expression, and when you finally get the lesson, it can be quite awesome. By my definition, Soul is obvious as it pertains to something deeper than body, or any other hysterical connection. Mate to me means means friend. So a soul mate will not necessarily be in your life as a love connection, by my definition.

**In my opinion so many people get stuck** with a soul mate thinking that they are meant to be in their life as a love relationship, and miss the lesson. Then they get surprised that this relationship doesn't last, and was fraught with one lesson after another. If you have someone in your life that you would fall on a grenade for, and they would fall on one for you, but you don't really see them as a life partner, then you are looking at a soul mate.

**By the same definition if you have someone** in your life that gets on your last nerve, then they are a soul mate. You can see how you can have more than one soul mate in your life time, as a matter of fact you could have quite a lot of soul mates in your life depending on what you choose to learn in this life.