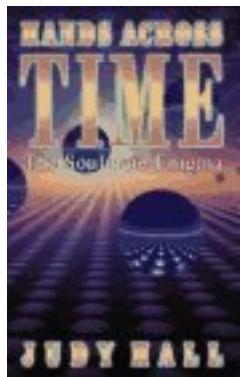


Hands Across Time



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出版者:Findhorn Press

出版时间:1997-05-01

装帧:Paperback

isbn:9781899171613

Ask most people what they mean by soulmate and they will reply "the person who makes me feel complete," or, "my other half." They are convinced that there is only one soulmate for them, and that when that soulmate comes into their life, it will bring them everything they have ever wished for -- they will live happily ever after. For those who believe in reincarnation, this soulmate will be someone with whom they have shared life after life, almost certainly as lovers.

But whilst this may happen, twenty years of exploring karmic relationships led Judy Hall to believe it is not that simple. A soulmate contact from one life may not carry over to the present life. The search for a soulmate, or the memory of a previous association, can so often wreck ordinary relationships.

A better definition of a soulmate might be a soul companion who helps us to grow. This growth may entail some very hard lessons indeed, and our soulmate may just be the person with whom we go to hell and back -- not as a punishment but as a learning process. Nor is the relationship necessarily for ever -- it is for as long as it takes. What is more, we may have several soulmates with whom we have been in many different relationships in the past. Regression to other lives shows that we take on many roles

within loosely knit "soul groups," any member of whom may feel like a soulmate when we meet up again.

Using a variety of case histories drawn from Judy's astrological and past life regression work, this book will explore the many different facets of the soulmate experience, including:

- Soulmates: friend or foe?
- How to recognise a soulmate (not always what you expect)
- Karmic love themes
- Soul partners, twin souls, soul companions, group souls
- Serial soulmates
- Did you give your heart away?
- Eternal triangles
- The dangers of finding your soulmate

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