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Twin Flames

The topic of twin flames is often misunderstood. There are several websites about this topic, with many definitions, theories, ponderings, ideals and even experiences. Each experience is unique, but it's also pretty confusing. What are the basic facts? What exactly is a twin flame?

When I first learned about my twin flame, I had no idea what that really meant nor had I ever even heard of the concept. And, none of the websites I found really could truly answer even the most basic question without causing me major confusion. As a medium, I decided to take my questions to spirit and was blessed with answers from the Archangels.

My first three questions: What is a twin flame? What is a soul mate? Are they the same thing? I read so many different definitions that it boggled my brain. Their answer was pretty simple: no they are absolutely not the same thing. There are several kinds of soul mates, but the purpose of a soul mate is the same: they are designed to help you learn lessons, no matter what kind of lesson that might be. These lessons, once learned, will help the soul to evolve.

Soul mates are all part of a soul group; who contract with one another about which lessons to learn while on the

Earth plane. Souls in the same soul group can incarnate as your lover, best friend, mother, father, grandparent, sibling, cousin, even your enemy. You learn your life lessons with the help of the soul mates in your soul group.

Twin flames (or twin souls) are entirely different. Twin flames are created from one soul, divided into two halves; each half retains both male and female characteristics. Everyone has a twin flame, and no one can have more than one. They are the same exact vibration, and often have many common interests, qualities, likes and dislikes, as well as similar lessons to learn. If both twins happen to be incarnate on the Earth plane simultaneously, there are often physical similarities as well as common personality traits.

However, it is rare that twin flames are incarnate on the Earth plane at the same time. It is even rarer that twin flames are incarnate together at the same time and are in a relationship with one another; be it romantic or otherwise. If the twin flames are incarnated at the same time on the Earth plane, they usually will not know each other nor will they even come into contact with one another. If they do, it is based on specific lessons that only they can learn from one another; no other soul mate could properly help learn this specific lesson.

Further, it is difficult to carry on any kind of relationship with your twin flame on the Earth plane. It will start out incredibly passionate, but will cool off rather quickly. Why? When the energies of both flames meet, it is very vibrant because the souls recognize that bliss of being one. But, then, it becomes more like a child losing interest in their favorite toy.

There will be arguments and resistance and eventually the relationship, no matter what kind of relationship it is, will fizzle out. It is not "opposites attract," as twin flames have the same vibration, not an opposite one. You won't have one twin who is Jekyll and another twin that's Mr. Hyde. The vibration is the same and as such cannot lead to wild opposite energies within an incarnation. Because of their close connection, the twins are often automatically attuned to one another and can experience everything from similar emotions, cravings and favorite foods to having the same addictions, personality flaws, thought patterns and even abilities. They are each other's mirror image from head to toe, internal and external.

My next question to the Archangels: if it's rare for twin flames to incarnate on Earth together, how do they actually meet? As twin flames are usually separated by planes, often the twin on the higher side will be instrumental in bringing in soul mates that will help in their stead. That is where the idea that a twin flame and a soul mate are equivalent originates. The twin on the higher side will draw in soul mates with similar lessons, ideals, and things in common to assist the other half on the Earth plane. If both twins are incarnate on Earth, there will still be a way for them to learn from one another, even if they never meet face to face.

I never met my twin flame when he was incarnate on Earth. My twin passed away twenty years ago, but I did not learn of him or anything about him being my twin flame until almost seven years ago. Yes, we were incarnate on Earth at the same time, but I knew nothing about him at all. He began to visit me and his presence started me on this spiritual journey of mine; hence the one lesson that no one else could help me learn. I have had many teachers that I am truly grateful for. But, my twin flame is the greatest teacher I have ever or will ever have.

That speaks to the purpose of twin flames: to evolve the soul to its most complete form and reunite. Both twins will

incarnate repeatedly in order to learn as much as they can to evolve their souls. Eventually, when there is no need to return to the Earth or any other dimension, world, planet, plane the twin souls will reunite and help teach others through the benefit of their experiences.

So, how does one recognize their twin flame? The twin flame experience isn't the same for every pair of twins. However, there is one commonality that the Archangels pointed out to me. It's the same for every twin flame: you just know. It may be completely irrational, irritating and mind-boggling, but it's undeniable. It may make sense to no one else but it doesn't have to. The souls instantly recognize one another; which is where the knowing originates. It just takes the brain a little while to catch on to that.

Being a skeptical Virgo, I also sought to prove my twin flame connection in any way I could. I proved it through the Akashic Records, verification from other mediums, soul readings, Angelic readings and conversations. I've even proven it astrologically. And, because true connections with those on the higher side can always be proven through validation, I also received some help directly from my Twin. He guided me to meet people that knew him while he was on Earth, and I know that wouldn't have happened without his interference. The validation those people provided was absolutely monumental and erased any of my remaining skepticism.

At least, the skepticism for my own twin flame connection was erased. There is one area for which I still have an abundance of skepticism: celebrity twin flames and the need to brag about being one.

One of the truly powerful things that I have learned through spirit communication is this: no one on the higher side is famous. If someone is famous in this life it is because that is the way their soul chose to learn their lessons. They take the lessons and move on. So, bragging about communicating with someone who was famous is kind of an oxymoron. The same holds true when it comes to twin flames. A true connection is always validated, that's a simple fact, and important to remember since most twin flames co-exist with one twin on the higher plane.

So, if you can give a summation of the life of your favorite celebrity off the top of your head as a result of years of admiration, that doesn't make you their twin flame. If you read in a teen magazine that your idol can't exist without certain food and you immediately start liking that same food, that isn't a similarity. If you like a certain kind of music or a particular poet or even a certain cartoon character merely because your idol does, it's not an indication that you're their twin flame.

Fame is a facade, it's superficial and means very little to the soul. A true twin flame would be more interested in what lies beneath all of lights and glamour and cameras; not trying to convince the cyber-world they are their idol's one and only. The whole idol thing, along with celebrity, means very little to twin flames. They're connected on a soul level and really don't need to prove it to anyone. The proof is not in their words, but in their actions. These actions will help define the unique twin flame experience. And though each path is different, one thing remains the same: your twin flame is the most powerful, personal and beneficial experience you can possibly have.

Your twin flame is the only soul in all of Creation who can be your other half, your exact match, your greatest teacher. Don't look for this relationship, it already exists and has existed from the moment you were born. There is no guarantee that your twin chose to incarnate in this lifetime, so don't look for them. Simply ask for them to appear

and your twin will be revealed to you in a way that your soul will recognize and your brain will accept.

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KJ Hamilton.

KJ is a published author whose short stories and poems have been published online and in print. Her first novel, *Fanatical Betrayal*, was published in November 2004. KJ is also a natural-born medium who has spent many years studying and perfecting her natural spiritual gifts under the tutelage of many teachers and mentors. Her goal is simple: to bring love and healing, to build a bridge between the planes and to provide continuity of life beyond all doubt. As such, she strives for excellence in her work.



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Ms. Lizbeth

As a medium, I often encounter people on the higher side from all walks of life. Most of the time, I know nothing about them other than what they choose to tell me; and this information is usually given for two reasons: as evidence for loved ones during a reading or as a part of a lesson I am supposed to learn. This is one of those time that involved a major lesson for me to learn, and I learned it from a pretty fascinating woman.

Three years ago, I received a visit from a woman who had passed away in the 1920's. She introduced herself as Ms. Lizbeth, and paused, as though she expected me to say or know something about her. I didn't. Instead, I smile welcomed her and thanked her for visiting. Then, I asked her what the purpose of her visit was. I knew she would'r have made the trip to see me for no reason.

My question opened a floodgate for her, and she began to talk rapidly; as though she had never been heard before at all. She did pause in mid-stream, as the look of confusion on my face was more than evident. I had no idea who she had been in life, and she spoke to me as though I should absolutely know. My guide Roman, who stood with u the entire time, leaned down and advised me that I was speaking with a woman named Lizzie Borden. Ok, that didn't help much. I still had no idea who she was, and once Ms. Lizbeth realized this, she continued talking happily

She concluded her visit with a request, "Please visit my houses to discover all of the things I have shared with you

I was so confused. After the conversation, I wrote everything down and drew pictures of the items she shared with me. Then, I did some research and discovered she had been accused and acquitted of murder. And, her houses were not far away from where I lived. There was one problem, though; these murders she'd been accused of were committed in one of her houses. I didn't have a very good track record when it came to places like that.

Once, while in North Carolina visiting my aunt, I discovered her home was haunted and didn't sleep a wink. I found out later that two people died in her house. Another time, while visiting family in Southern Illinois, we decided to visit and tour this old house that was built before the Civil War. I barely stepped foot on the porch when I turned completely white and nearly passed out. My mother had to catch me to keep me from falling. Among other atrocities that occurred there, the house was part of the Reverse Underground Railroad, as escaped slaves were recaptured and resold back into slavery from this house.

So, I could only imagine what it was going to be like for me to willingly walk into a home where two people were brutally murdered, supposedly bludgeoned to death by the woman who sat across from me. I also do not have a fascination with haunted houses or the manner in which people transition from the Earth plane. It is part of my service to spirit that I am privy to these experiences. And, I have a reverence for the fact that I was chosen to share in that most personal and private moment, even if it is gruesome. .

I took my entire spiritual team and a friend with me to visit the home that is open to the public. My friend let it slip that I was a medium; which turned out to be a good thing because the staff shared with me photos of orbs, faces and other pretty amazing ghostly stuff that had been taken in the house. They asked me why I decided to visit the house, so I told them. I don't think they were expecting to hear that Lizzie herself asked me to come.

The second I stepped up to the front door of the house, I immediately realized that a different kind of vision had been opened up for me. I am mostly clairvoyant; which means I see spirit in many ways. But, I am also clairaudient and clairsentient; which means I can both hear and feel spirit as well. All three were amplified and combined within the house.

I felt spirit touching my shoulders, tugging at my shirt, pulling my ponytail. There were times my feet would not move from certain spots. None of these things are usually allowed, but to actually feel it truly fascinated me. Ok, and it scared me. I wasn't expecting it.

I also could hear spirit, loud and clear. This wasn't a repeating energy pattern, where spirit says and does the same things over and over. No, this was interactive. I would ask questions and get answers from them. I demanded, for example, that they stop pulling my ponytail and I clearly heard the word 'no' in response.

Clairvoyance, though, was the hardest part for me to adjust to. I saw in layers. It's easiest to liken the experience to creating an image in Adobe Photoshop; which is done in layers. The first layer is the background, and then you add an image, then text and continue adding in layers until the entire image is complete. The first layer for me was the house in its original state, as it was when people entered it in August, 1892. The second layer was the one on which

I saw spirit in the house. The third layer was how the house looked in 2012. And the fourth layer was a more angel layer that allowed me to see the bigger picture, not just for the house and its history, but also the lessons for me to learn there.

I found the things that Ms. Lizbeth asked me to look for, even the things I drew. At the time, I figured this was a lesson for me in paying attention to detail, as well as a lesson in how to control my boundaries in a place that clearly pushed them to their limits.

I let go of Ms. Lizbeth and forgot all about her until a little over a month ago. My roommate (who is also a medium) came to me one day and said, "I have a message for you from a Lizbeth."

My jaw hit the floor. "Ok."

"She wants you to write about her."

Ok. I didn't really want to revisit all of that crazy energy. I visited the "murder house" a total of three times; each visit only expanded on my original experience, and I figured I had enough. So, I just acknowledged the message.

Then, articles about Lizzie Borden began to pop up on my news feed, seemingly at random. Ok, she meant business, but what was I really supposed to write? I thought I'd already learned my lesson.

In April, my roommate was on her way back from Florida, traveling by RV, when it broke down. While walking on the side of the road, she came across a grave. The person's first name was "Lisbet." Once she relayed this to me, I could no longer ignore the request. It took a while to figure out what I was supposed to write, but as I sat down to write this article; it occurred to me that I missed the point entirely.

The lesson I thought I'd learned about controlling boundaries and paying attention to tiny details was definitely important. From my first experience in the house, everything was amplified. I was suddenly able to experience spirit in much more distinct and clear ways. I credited my visit to The Lizzie Borden Bed and Breakfast as a sort of spiritual awakening; when actually it was Lizzie herself that sent me there.

Why? Why did I allow myself to be talked into visiting a house where such gruesome murders occurred by the very person accused of doing them? Further, why did I allow my boundaries to be so tested, almost to the point that I felt actual fear and terror? Finally, what did I ever hope to gain by witnessing and experiencing everything I did in that house?

The answer is simple: because I trusted. And, it wasn't so much about trusting spirit. I'd worked hard to make trust my spiritual board innate, inherent and pretty much a part of my spiritual DNA. So, as long as I had the angels and my guides and loved ones, I knew nothing bad would happen to me in that house.

Trust in me was at the core of the lesson. Far too often, I would share my experiences with others, only to have them ripped apart by those who couldn't understand or were jealous. I would allow their opinions to quickly sway my own experiences from fact to some kind of random fiction invented for entertainment purposes, or to just plain try and get one up on those with whom I shared them.

This time, however, I believed in myself. And, I realized that was a turning point for me. It was because I trusted myself that all of the ways I experienced spirit was enhanced. I wasn't afraid of what other people might say or do. I recall that the first thing the staff did upon learning that I am a medium was to show me actual photographic validation, and then they asked me "Would you share whatever impressions you receive with us, please?"

That was a first for me, and it was because I believed in me. Again, I have gone through a spiritual awakening and return to trusting myself after a very long hiatus. Thank you for the reminder, Ms. Lizbeth. And, thank you for your persistence.

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KJ Hamilton.

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Dreams

A dream is defined as: “a succession of images, thoughts or emotions passing through the mind during sleep.” It’s also defined as “and involuntary vision occurring to a person when awake.” Sometimes their presence is entertaining, other times terrifying. What purpose do dreams serve? How can these images, thoughts and emotion invade both our subconscious and conscious existence?

In order to understand the purpose of dreams, it’s necessary to explore the different types of dreams: ordinary, recurring, lucid, telepathic, premonitory, daydreams and nightmares. Ordinary dreams are the unconscious mind’s reactions to something witnessed or experienced by the conscious mind. For example, if you planned a vacation during the day, you might dream about tropical islands that night.

Recurring dreams are the unconscious mind’s way to try and teach a lesson that needs to be learned. If you repeatedly dream about driving in circles, passing the same sites at every turn, yet you never seem to get anywhere; your subconscious might be trying to encourage you to pay attention to and change up your routine.

Lucid dreams occur when you are actually aware that you’re dreaming and you have the power to control your dreams. You might decide to dream about dolphins before you go to sleep, and end up dreaming about swimming

with a school of dolphins.

Telepathic dreams open the door to communication between loved ones who've transitioned and your unconscious mind. It is called telepathic because communication with those who have passed on occurs with mind-to-mind communication. If a loved one shows up in your dream, pay attention to their presence. The easiest way for them to communicate is in dreams.

Premonitory dreams are premonitions but they can also allow the dreamer to travel into their future in a dream state. By doing so, they can witness things that could happen in the future. You could have a dream about the color pink; which you decide to wear to work the next day. And, the moment you walk in, you notice that everyone else at work seemed to have had the same dream; everyone has something pink on. Premonitory dreams are often the source of Déjà vu because the soul recognizes what it's already witnessed in dreams.

Nightmares are a response to fear and often stem from both childhood and past lives. They can be brought on by a trigger during the waking hours. The soul houses all memories of its existence and, since we're always learning, sometimes something we experience during our waking hours will perpetuate the soul memory of a similar situation. Warnings also can be perceived in nightmares: "if you first see a frightful event in a dream, you can prevent harm from happening in waking life. For example, nightmares can warn against acting on impulse, as well as show that certain feelings and emotions are unhealthy."

Daydreams tend to occur when the body and mind are in a relaxed state, and are designed to distract the mind. A recent National Geographic article suggested that daydreaming turns off the analytical part of the brain and makes you more creative. This occurs because the mind seeks an escape from the task at hand, and therefore the creative side kicks in.

The interesting thing about all types of dreams is that it all involves the subconscious mind; which is where the logical, rational part of the brain is shut down and the creative part of the brain takes control. What is the purpose?

We are truly a soul in a body having a human experience; whose entire purpose is to learn. Your soul already has the knowledge of the universe within, and often wants to share this knowledge with the brain. The brain tends to reject this information while conscious and operating in its usual analytical state. In dreams, the soul can open to share knowledge, to communicate not only with the body in its resting state, but also with others who have transitioned on. Often times, this is the best way to learn and grow.

This also explains how these images, thoughts and emotions enter into our dream state. There is no conscious, analytical brain barrier preventing the flow of knowledge and learning. And, when daydreams occur, the mind is often relaxed and in a form of meditative state. It is during this relaxation that the soul can outreach, often times resulting in pleasurable images and feelings that help to calm and relax the body.

We all dream. It is the soul's domain. Often, we do not remember our dreams. Why does that happen if the soul's purpose is to learn in the dream state? Regardless of whether or not you consciously remember your dreams, your unconscious mind remembers; your soul remembers. Healing often happens while the body sleeps, especially when it's unwell. The conscious mind doesn't need to remember the healing received in dreams; it only wants to feel

continuity of life beyond all doubt. As such, she strives for excellence in her work.