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## Do ‘Soulmates’ Really Exist?

They certainly do! But there are some misunderstandings about soulmates perpetuated by romantic movies and the like.

A common misunderstanding is that we each have *only one* soulmate. This is not true – we each have many soulmates. And really it’s a grey area, as ultimately we are all connected – all our souls are part of the one Source – which is literally the mother of all souls! (Check out *What is a Soul?*)

Another misunderstanding is that our soulmate is the one that we are destined to meet *and spend the rest of our lifetime with* – our sole mate.

Sometimes it is true that we may have incarnated as a human with a desire of finding, romantically hooking up with, and sharing our life with only one of our soulmates. However, from everything I have researched on the topic, and from my personal experiences, I believe many of us encounter more than one of our soulmates over the course of a human lifetime. We may have a soulmate in our birth family, or as a best friend, or as a mentor. One thing is for certain – our true soulmates always have an impact on us!

You might well ask – “if we are all connected and part of the same Source, then how do we have ‘soulmates’?”

This is probably best explained with an analogy. If you think of a huge tree with masses of tiny leaves, you can see that while each leaf has its own distinct form and role – it is at all times connected to the whole tree from

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which it has grown. In turn, each leaf functions support the growth of the whole tree.

If you think of your soul as a leaf, you can see that while you are connected to all the other leaves on the tree, you spend your time hanging out with only a handful of other leaves. These are the ones that you primarily interact with – *the ones you are closest to, and that you know the best.*

Each and every one of us has a **soul family** or **soul group**. A soul group operates as a team in which team members agree to give each other specific experiences for mutual soul growth. Our soulmates are among our greatest teachers.

When our soul decides to incarnate as a human, it does so with a plan to learn particular lessons, and to heal wounds from other lifetimes – from *past lives*. In doing so, our soul makes agreements – aka **soul contracts** – with other souls – primarily those within our soul group, our soulmates.

We must recognise our soulmates when we meet them, and this is often orchestrated with particular signs and circumstances that trigger our soul's memory. But mostly, we recognise our soulmates because of a sense of familiarity – a feeling of trust and of *knowing who they are*. Meeting a soulmate can feel like coming home after a very long journey. A meeting can be subtle or profound, and often people experience a sense of *déjà vu*.

**Recommended reading:**

***Only Love is Real*** by Brian Weiss, M.D. and ***Journey of Souls*** by Michael Newton, Ph.D.

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