

## **Soulmate**

### **By Whitney Altopp**

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To embark on the topic of Soulmate we must start with certain agreed upon acknowledgements:

- Human beings are more than they do
- There are things which happen in life which are out of our control and understanding

To speak of the soul is to speak of the mystery of creation- our own and others; the infiniteness of things.

To speak of the soul is to attempt to give words to that which is eternal- as it came to us, as it goes from us.

To speak of the soul is to acknowledge that there is an essence, as definite and ungraspable as a scent.

How do you speak of the soul with your mate?

How does your mate talk about the soul?

The journey of discovery begins by telling the stories of one's life. We make meaning from events in our lived experience. Telling the stories of the experiences allows us to talk about the meaning making from those experiences. In hearing one another's stories we begin to understand the meaning which informs our present and unfolds our future.

An activity to help you grow deeper with one another is plotting out your life story. Make a timeline of your own life. Write out plot points of major change or significance. Share that with one another, inquiring as you feel so inclined.

\*\*I want to highlight that any one person can feel apathetic toward this exercise due to events they haven't yet incorporated into their life story (e.g. a relationship or a traumatic event). This is also important to note, maybe by indicating a gap or a placeholder in the timeline. The reason that this is so important to note is because we are still informed by those things through the act of ignoring them. No human is capable of gouging a life experience from their life experience. As much as we might want to skip over them, even if we want to skip over them, we then spend a part of our lives dismissing or diminishing that portion- an intentional action. They inform our lives as we seek to ignore them. Part of growing up and growing deeper is incorporating these portions of our life story into our conscious narrative. You want to know that you and your partner can both agree on that. These buried stories end up destroying relationships, literally **without exception**.

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With a soul mate, those stories unfold more easily. The Other uses a word which resonates with us in some way- sparks a memory or prompts a reflection. The Other helps us know our deeper selves more deeply.

Our soul is cultivated through the culture in which we've grown up. The culture informed the experiences of ritual, the practices of routine, and the storytelling. And these rituals, practices, and storytelling shaped our deeper development. They influenced the narrative and meaning making of our young life. So, all of us have a shaped soul; a meaning-making core. All of us have a core mystery which was created and cultivated, and which creates and cultivates the future.

One can know one's own meaning-making core by plotting major events in life and telling the story of those events.

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A soulmate is someone who helps us reflect on those things more deeply almost by accident. They say a word or phrase, or share their own reflection, and we are enhanced and strengthened to know our own selves better. What they say resonates with us, calling things thought to be unworthy or of little meaning into the significance that they are, leaving a feeling of encouragement in the air.

It could be described as someone who knows the culture code that we speak. And together we navigate the unfolding narrative of the future, able to discuss in great depth the narrative of the past.

A soulmate is essential for longevity in a relationship because our life is built on all of our life. A foundation was largely created by the authorities of our childhood. Each of us builds upon that.

Sometimes a person constructs scaffolding around the events of life in an effort to create a new "floor" on which to start their life story. The scaffolding must be maintained. It is also at risk of collapse without constant attention for vulnerabilities and stress points. This is not advised. When a person wants a new foundation on which to build their life, spiritual and psychological work is required. The transformation is done to the person, ensuring that the foundation is "not of our own making" and thus, solid. Depending on the injury or trauma experienced, this can take years of work. However, a soulmate resonates so strongly that the person finds within themselves the strength to do their own spiritual and psychological work of healing.

It should be noted that we only need a transformed foundation when pain and trauma are part of the original foundation. Healing is inapplicable to difference; healing is only applicable to injury. There is nothing broken with difference. If you wish your partner would change from the difference that they are- even "for the better"- then you're wishing for the wrong thing.

Since we carry lessons from our ancestors, handed down from generation to generation, intentionally shaping our soul for our success in the world, building life with another on the shared foundation is essential for longevity and engagement with others in the world.