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Twin flame separation meaning

Twin flame separation is not like a typical relationship breakdown. When we separate ourselves from our flames, it is as if our whole lives have been destroyed. The deep and intense love we have for our twin flames makes any form of split torment and almost unbearable. After receiving so many stories of lost souls over the years about the separation of twin flames, I thought I would finally write about this subject. Being in a two-flame relationship myself, I have seen how overwhelming, intimidating and frightening it can become, and how unbearable it is to separate – even temporarily. Before continuing, please make sure you are not in a co-dependent or unhealthy relationship. The difference between double-flame relationships and co-dependent relationships is that relationships between two flares are defined by respect, equality, negotiation, and healthy boundaries. On the other hand, co-dependent relationships are characterized by being trapped, unequal, devalued, and reliant on others for a sense of self-esteem. Unfortunately, it is possible to confuse co-dependence with twin flame love. Please be careful if you confuse the two. 5 Causes of Twin Flame Separation One of the most painful stages is the twin flame relationship of the runner and chaser. After the beginnings of the ecstatic union and fairytale partnership, the situation begins to warm up. Egos begin to collide. Core wounds, insecurities and traumas are rubbed raw. Shadow Selves lashed out. As a result, it is inevitable that almost every double flame relationship struggles first through drama and dysfunction. Understandably, this is a devastating shock. What happened to the perfect, rosy relationship paradise where everything was kissing and cuddling? At this point, many pairs of twin flames end confused and disoriented. Was it all a lie? Was it all an illusion? The answer is no. The intensity you experienced was not a fig leaf of your imagination. The feeling of familiarity and déjé vu that you felt was not a mystical phenomenon. It was real. Don't doubt it. It's just buried under the layers of your damaged egos. One could say that the only purpose of twin flame relationships is to help us soulfully mature and become the best versions of ourselves. In fact, despite how difficult they can be, twin flame relationships are so powerful because they are catalysts of growth. Our twin flames help, the dark, denied, broken parts of ourselves that we have hidden, ruthlessly Expose. Not only that, but our twin flames provoke our inner growth by inadvertently (or intentionally) irritating us. The anger we feel towards them is only a reflection of the anger we show ourselves. Sometimes one or both partners in a double flame relationship become so angry and unable to coexist that they separate. What is the cause of the double flame double flame We will see below: 1. Psychological and mental immaturity Life is a process of growth. Not only our physical body grows, but also our inner self. One of the main causes of twin flame separation is immaturity. When we are immature, we have low emotional intelligence, which means that we have difficulty identifying, managing, and managing our emotions and those of others. Not only that, but spiritual immaturity thrives in relation to the stubbornness and size of the ego. In other words, the larger the ego self, the less harmony there is. The ego wants to believe itself to be charming, great, omniscient and perfect. But if it is challenged in any way, form or form, there is hell to pay. Almost all of us are governed by the ego-self – if we were not, we would be enlightened. But not all egos are the same. There are strong egos, and there are weak egos. The stronger an ego is, the more likely it is to escape from a person or situation that makes it impotent. Twin flame relationships are such a place. In fact, twin flame relationships are essentially made to solve the ego ... and the ego despises that. 2. Lack of self-love and respect The most important prerequisite for a smooth functioning in a double flame relationship seems to be self-love. Before sol and me, for example, we both worked to love and accept the people we were. This also applies to other successful double-flame partnerships. Without learning how to love yourself first, there can be no real love for others. Instead, love is tainted with neediness, co-dependence, and conditions. We can never give unconditional love to our partners without first showing a strong unconditional love for ourselves. As a result, unfortunately, some twin flame relationships crumble under the weight of insecurity and self-hatred. 3. More life lessons need to be learned life life needs to prepare you before you have a twin flame relationship. Sometimes this means you need to enter into other relationships, make new friends, or expand your life experience (travel, volunteer service, get a new job) before you're ready. This is all a matter of trial and error. Some circumstances will give you a gentle insight, and others will crush you and make you fight for air. Whatever is the case, don't lock yourself away from the world. The more you test your limits, the more you learn. 4. Healing must occur Sometimes our twin flames show up at a point in life where we suffer immensely. Our suffering can result from tragedy, death, form abuse or even any other relationship break- We may not yet be emotionally in a place to open up. Therefore, a healing process may be necessary first. 5. It is simply not the time, nor can life be mysterious. Sometimes a double flame separation occurs because the time is not right. Sometimes other others must be completed and other people must be fulfilled. Sometimes we don't even know why. The best thing you can do in this situation is to surrender. This can be extremely hard, but trust that the experience will help you become stronger and smarter. Who knows what the future holds? Losing your twin flame is one of the hardest things you'll ever experience. Whether through death, circumstances or the inability to live together, the separation of twin flames is a nightmare. The absence they feel is profoundly incapable of action. The loss you are struggling with is like black quicksand. Your crushed hopes and dreams cling to you like shrapnel. You go through life and feel empty, deaf, lost. There is nothing in life that can quite compare to the deep and intense sorrow of losing your lover. Want to learn more about twin flame relationships? In our book Twin Flames & Soulmates, we provide more detailed instructions: How to recover from twin flame separation is an important part of the healing process. My intention is not to wave a magic wand and make your pain disappear. Instead, I want to help expand your perspective and facilitate your recovery. You are a strong, worthy and spiritual being. You deserve to pick up the pieces, heal them and continue with your life. Open your heart and record these words for a moment. When we suffer immense loss, it can be difficult to remember these truths. Before they read this list, I want you to know that while it felt like your twin flame was your universe, you are able to find the wholeness yourself. Recovery after separation of two flames can take months, often years and sometimes decades. For this reason, always gentle and patient with ourselves: 1. Understanding why separation has often taken place in order to find peace, we need to understand why something has happened in our lives. If your separation was intentional, you may want to investigate the underlying causes and causes. When you understand why you will be able to learn important lessons about yourself that will help you mature as a person. 2. Realize that the twin flame separation will make you stronger power. Stronger? How could that be true in the first place? While the loss of your beloved temporarily causes immense sadness and affliction, it can forge you into the person you should become in the long run. Like a phoenix rising from the ashes, the twin flame separation burns you so violently that you feel like useless, futile ashes. But after a time when this process of burning can bring strength, strength and courage. 3. Allow yourself to mourn through self-expression Intense emotions are scary. For this reason, most of us tend to hide, oppress, or distract, honor them. If you experience extremely unpleasant emotions such as depression, anger and grief, slow down. Creating space To mourn their lives. This is not about self-pity, but about actively experiencing their emotions. One of the best ways to actively experience emotions is through self-expression such as self-expression, painting, playing an instrument, dancing, running, hiking, gardening, etc. Find what feels good and go to this place. Don't stay static. Move. This is a powerful way to heal. 4. You are not your pain When we are in a great deal of suffering, it is very easy for us to be lined up in sacrificial roles. Melancholy is convenient when it protects us from vulnerability. But remember: pain is a temporary feeling. It may be a very persistent emotion, but you are not your pain. You are so much more than your suffering. To befriend yourself with pain, to open up to it and to have it taught to you, shows you that pain is transient. Pain reveals to you the parts within yourself that have not yet healed. Pain removes the appearance and illusions and reveals to you the truth of what is there: your wounds, your insecurities, your beliefs, your attachments. Pain shows you that you have loved deeply and completely. It reveals your own beauty, your own delicate heart. Finally, when pain is fully accepted at the moment, it reveals a deeper truth: that you are boundless. They are not bound by an identity or pain story. Pain is just a passing cloud in the sky that you are. 5. Our twin flames are not responsible for our happiness twin flames facilitate our growth in a powerful way, but they are not necessary for us to be happy. Completeness and fulfillment can be achieved without the presence of our twin flames. Unfortunately, a common myth about twin flames is that we somehow need them to be complete. That's wrong. We explore this in our double flame book. Learn how to forge true, deep, and enduring twin flame and soul-related love, no matter what stage you're at, starting now. This book is for all who want to find and create an authentic, fulfilling and awakened relationship. 6. Integration integration is to take your discoveries and actively apply them to your life. When you wholeheartedly surrender to what life presents to you now, suffering ceases. Of course, this is easier in theory than in real life. So be kind to yourself. Go at your own pace. That takes time. And most importantly, be open to letting go of anything that no longer serves you. One Last Thing ... Unconditional love for yourself, including all your mistakes, mistakes and is crucial for healing. Often the main reason why we experience heartache in the first place is because of our own self-loathing and lack of self-image. Be open to the reality that life is a secret. They do not know what the future holds. You never know who is allowed to appear or reappear in your life. Take comfort in this. For those who I would love to see your heart spill in the comments section. What is your story? Have you separated from your twin flame? What was it like for you, and how did you manage to deal with it? 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