

# Sending Light To A Soul Mate (and a Twin Flame)



**Mushiba:** Most of us have at least one Soul Mate in this life ~ and we all have a twin flame, although not necessarily in this lifetime. Through all the years of his discussions, the topic of Soul Mates (and Twin Flames) has occurred regularly. During one Waith Class, he was asked how to help the path of a Soul Mate:

**Waith:** *“Here is a technique for any who sense that either the Soul Mate, or the Twin Flame, is having difficulties, be they currently incarnated, or not. Simply envision, in your meditation, the energy form ~ for example, send a thought pattern into the image of the Light of this energy form whom you concentrate on. And send, then, the beginnings of the soft waves of the Light that will envelop the form that you have imagined of the energy. Very gently. As you are doing this, simply say in your thoughts, ‘Here is my Light. Take what you need for assistance. And continue to do this as frequently as you feel you need to, for only you will know the effectiveness of it and how much needs to be done.’”*

A Soul Mate may not be encased as a human. For 12 years, a Soul Mate of mine was an Old English Sheepdog named Barnabus ~ a joy in my life! I expect many reading this could say the same about animals, birds, minerals, plants ~ any encasement ~ because it is all about the energy that is encased.

During my daily Circle of Light, I always surround my Soul Mates (current and past) and my Twin Flame, with unconditional Light for their use as needed ~ as well as being my vehicle to *“Focus on Lightheartedness and the Spreading of Light!”*