

“Your Soul Mate(s)”

Discussion/Study Material for the podcast from Sunday 02/18/2018

From Dr. John F. Demartini’s book “The Heart of Love,” page 150:

“If you’re without a mate and unhappy, take this as an opportunity to exercise your insight and patience. Remember that trying to ‘get’ or ‘find’ someone or something in life is futile, but it’s a sign of maturity and wisdom when you prepare for a loving connection by realizing your own wholeness. That’s your first step—not scouting the best bars or ramming your shopping cart into good-looking prospects at the grocery store. When you focus on yourself first, you can walk into a relationship empowered and aware of your own fullness, instead of being driven by a sense of need or desperation. A soul mate isn’t someone who gives you what you lack, but instead is a person who can share your life, for whatever period of time. Together, you can explore something magical that transcends comparing similarities and difference and enters into the realm of true love.”

Discussion/Study Questions:

1. Why do you think that Demartini says it’s futile to “get or find someone?”
2. How can we focus on ourselves, first? To be aware of our own “wholeness?”
3. Sometimes you hear of people looking for a soul mate to “complete themselves.” How is this different from Demartini’s idea of a soul mate to share your life with?