



## Table of Contents

Preface . . . . .	v
A Soul's Journey . . . . .	v
Love of My Soul . . . . .	vi
Paths in Life . . . . .	xi
<b>Book I - Lydia and Adrian</b>	
Chapter 1: Lydia . . . . .	3
Chapter 2: The Healing Institute . . . . .	11
Chapter 3: The Marriage . . . . .	33
Chapter 4: The Parting . . . . .	37
The Counsel of Three . . . . .	43
<b>Book II - Julia and John</b>	
Chapter 1: Ages to Ages . . . . .	49
Chapter 2: A New Beginning . . . . .	51
Chapter 3: Recognition of the Souls. . . . .	57
Chapter 4: Karma Fulfilled . . . . .	89
The Last Karma. . . . .	93
The Counsel of Three . . . . .	94
Poems. . . . .	95
Books, Tapes and Music . . . . .	99
Acknowledgments . . . . .	112



## Preface

I asked several family members and friends to read this book before I sought a publisher. I wanted to make sure it was understandable. The two things they thought needed clarifying were: What is Karma? What is a soul mate? I hope my explanations will make these two concepts clear.

### A Soul's Journey

A soul is a light form. When it looks at another soul, there's no prejudice of outer appearances, handicaps, age, or color. The soul just loves openly.

In order for a soul to become a higher spirit and guide others, the soul must begin its journey into the world in body form. The body form or person has free will to make decisions. The soul can guide you, but the decision is ultimately yours. The person must overcome or control weaknesses and failings called Karma. Karma also teaches us to understand the principle of nature's cause and effect. Along with this, the person must always achieve love, forgiveness, and hope.

The Karma will have to be repeated in another life if the person fails any of this, for it's only through this passageway of trial, error, and then successful fulfillment, that the soul's spirit develops, and goes the full circle of life back to its true birth, its home.



### Love of My Soul

Through the ages of time your soul searches for love.  
Only from one soul to another will true love be found.  
The eyes are the sensors to find your love lost through the ages.  
When your eyes meet, it will be a meeting of souls.  
Laughter, caring, tenderness, and love will be yours.  
Though memories of the past are forgotten,  
Memories of the soul live forever.  
As the stars in the sky remain forever,  
So does the love of the soul,  
Life to life until reunited again.

We were all at one time a twinkle in God's eye, a perception of creativity. God decided to create us as spirits or souls of love. In the natural course of things, it became time for souls to leave the nest and go out into the world to learn and experience a different existence in physical form. He molded us with different colors of hair, eyes and skin as he did all of his creations. We only differ from his other creatures in the fact that we can express, feel and speak the words of love and have the power of choice. God's special gift to us is love. Love is the rainbow of the soul's spirit.

Seven things must be present for a relationship to survive: love, cherishing, truth, communication, honor, respect and trust. All of God's children are born in love. Hate is taught through the suggestions and examples of others. When you hurt someone you love, try to reflect on the



fact that you are hurting another spirit. When you hurt or abuse another physically, emotionally or verbally, that reflects back to God. If you injure or kill another, you have damaged that spirit's growth.

If you believe in the existence of God, then look to the truth of your faith, your morals and your love of all things. God created color, but out of fear we created races which, in turn, led to discrimination. If we discriminate against another, then, since we are all created in his likeness, aren't we reflecting this back to God? God created love. Mankind created fearfulness, hate, guilt, shame, and envy. It takes less energy to reach out a hand in love than a fist in anger, but it takes more inner power to adopt the peaceful way. Any time you find yourself in personal stress, fear or hate, then stop and think "Am I dealing with this from my human side? How would my spirit feel or handle this?" Then be quiet and let your soul provide the answer.

We make our own distance from family and friends. Mostly it's over a fear of showing our feelings and of risking their acceptance, love, and understanding. We need to be emotionally aware of our needs and the needs of others. You need to have faith in yourself before others can have faith in you. Sometimes you feel like others expect too much from you. Maybe it's you expecting too much from others. We all establish our own expectations on how we think others should act or think. Instead, maybe you should ask why they think or act a certain way. Listen to what they say, and understand that they come from a totally different background. Study your past relationships, looking back at what good came out of them. What lesson was learned? Did it show you that you could be in-

LOVE, FORGIVENESS AND HOPE



dependent, that you didn't need someone to control your life for you? Did you learn what a special person you are and that others value your opinions? Did you grow after the relationship was over? In what ways?

God is going to come for you some day to take you back home with him. He will ask you why you called another names, why you hit or injured someone, why you hated someone, why you verbally and emotionally abused another, why you tried to kill another!" No answer will be good enough, because you can't say you did it out of love, and that's the only answer that God will accept.

God's love is endless. We've put boundaries and limits on his love. We need the awareness of our spirit to comprehend unconditional love. This is our purpose for being here, to find our soul path back to the wholeness and holiness of love. God created us, but it is up to us to honor that creation.

God used many colors in making the tapestry of our world. He put colors in nature, animals and humans. He's still painting beautiful hues in our sunrises, sunsets, and rainbows. He loves to hear our ahs of appreciation. When was the last time you applauded a blessing or beauty that God brought your way? Take a break! Get away to the mountains, lakes, and flowery meadows. Feel their connection to your inner being. Realize that some of the elements in nature are also in us, keeping us alive. All things are related one to another.

You need to develop your humanity. You must strive to find the holiness of your spirit and connect with the wholeness of your soul. Cherish all things in your heart and be at peace and in balance with nature, animals and all people of the world.



Love is the light of your soul guiding you back home through the trials of life. Love is a flashlight helping you stay the path back home through the darkness. Love is the romance of being. The spirit is the essence of love. The soul is the memory bank of God's love. The spirit is the way we share that love with others for their growth and our own. When you've found your purpose, then live into it; make your now reality the creator of your future abundance.

Why don't you remember your past life karma? It would be like giving a student answers before the test. The student wouldn't learn anything and would become very lazy. That is also why we have ups and downs in our lives, so we will learn to appreciate what we've been given. Karma is the path to the perfection of the soul with the aid of unconditional love.

Awareness is coming to understand that this life is not the beginning or the end, but rather an interlude of growth and development. Enlightenment is finding your purpose and then pursuing it through wisdom to find your divine path. Growth comes from living as a spirit being first and a human being second. Meditation is the freedom of the mind to explore the realm of that spiritual being.

Memory is the window of the soul guiding you to the path you should be on. You need to retain the memories of the good and bad experiences of your life. The bad experiences can be shared to help others through the tough times, to help them overcome their fears and to learn from their mistakes. The good times are memories pointing to a brighter and happier tomorrow.

LOVE, FORGIVENESS AND HOPE



Your pasts are lessons to learn and grow from.  
Your present is to be enjoyed and lived.  
Your futures are dreams to be realized.  
Time is not to conquer but to enjoy.  
Life is not to waste but to live.  
Love is not to take but to give.  
Hope is not a dream but a reality.  
Knowledge requires proof.  
Wisdom is knowing.  
Knowledge is facts in history that change.  
Wisdom is timeless.  
Knowledge is the brain's silver.  
Wisdom is the mind's gold.  
Knowledge is using fact.

Wisdom is being wise and then using it to enhance your growth. It's being attuned to a higher truth. Wisdom is to use the mind to think from the heart to guide you to do what is right, and to speak with truth. Thought to mind is spirit to soul.

The brain is our knowledge computer. That knowledge is always changing as new things develop. The mind determines how the brain is put to use. If we first learn to direct our mind to our spirit, which is love, then knowledge is elevated through that energy into wisdom. Wisdom never changes.

Knowledge is the outer power of intelligence to elevate your ego above others. Wisdom is the inner guidance to balance yourself with others. Power and energy are totally different. Power is the need to hold onto and control people and things. Energy is the fuel to gain understanding of yourself and others as you continue through life.



To take rather than give is to possess, not love. Love creates but never destroys. Love is growing, not hampering and controlling. Love is the building of each other's self-esteem, not an ego trip of power.

Success should be measured in terms of your inner worth. Personal triumphs may have no monetary value, but what you gain is worth of self. The only illusion is that nothing can change or grow. Hell is your worst fears becoming reality.

It takes the inner strength of 10,000 men to go after a dream because reality keeps getting in the way. Determination is a weapon against reality in your fight to realize your dreams. You can make a life of failure if you're afraid to succeed, because you doubt your own abilities. No one can place doubt upon you. Doubt comes from within. A mistake isn't a mistake if you learn from it; then it becomes growth and wisdom. Don't be a victim living in negative thought. Instead, become a creator to advance your growth in a positive manner.

Stress can be harmful not only to the body, but also to your emotional growth. Write down all of the stressful things in your life. If you know something you can do to counter these stresses, then do it. If you don't see an answer, then burn your notes and forget it. There's no sense to worrying about something which can't be changed. Or look to see if you need an attitude adjustment. When you look at fault in another, are you really judging them or yourself. Watch which way you point your finger. Always try to think as a spirit being, not as a human being. If you accomplish this, you will be surprised how your outlook changes.