

**TWIN FLAME PLATEAUS**  
**2/01/08**

To My Beloved Spirit Family,

Every single heart has been genetically encoded to remember at-one-ment --- at-one-ment with God and with its Twin Flame. If you are reading these words, it is because your soul's seal of separation consciousness has been cracked open and the genetically encoded message of at-one-ment has been activated. Perhaps it came as an inner knowing, or perhaps you've made contact on some level with your Twin Flame. Perhaps just the longing for union has brought you here. But, for certain, you know in your heart that something is different and nothing will ever be the same. Once the seal is cracked, there is no turning back. Even when you consciously and deliberately turn your attention away, you will be inexorably drawn back toward the real.

Your longing for union may have brought interface with your Twin Flame on some level -- maybe in the dream or etheric state, or maybe you've even experienced a glimpse of some gradation of the union in the physical. Now you have begun a new journey the likes of which you have never experienced before. The initial encounter may have been overwhelmingly passionate and ecstatic as you came in contact with loving God in your complementary form. Yet, many describe a sense of desperation as their initial experience wanes...sometimes to nothingness.

"Where is my Twin? What have I done wrong? Why can't I access them anymore?" "I know I saw my Twin in my lover's eyes, and then suddenly the relationship was over and I feel as if my heart has been torn violently from my chest!" "I can't even find my Twin in the dream state any more!" "Is this relationship real, or am I just deluding myself?" "Has my loneliness driven me to hope for a higher love to such an extent that I just made up my experience?" "Why can't I sustain a consistent connection with my Twin?" These types of statements and questions have risen for each of us in one form or another. They can jade even the most tender and true of hearts.

And so goes the growing pains, dear ones, especially when you can no longer find refuge even in your dreams - be they nighttime or day dreams. This paradigm shift to unity consciousness is of enormous proportion and ego is terrified. The initial encounter with your Twin

acted as a catalyst to turn your attention back to what is real, and even though it may have initially been perceived through the lens of ego, as you shift to heart perception there is a re-defining of relationship. Now you come face to face with loving YOU; the fullness of what you are; an individual hologram of God that exists with Two streams of consciousness.

You are accustomed to ego's definition of love and its old ways of bonding and connecting. If you feel you've lost connection with your Twin, you may wake daily with deep sorrow and an inconsolable sense of emptiness. It takes great effort to move your energy out of that space because you know on some level you must investigate what keeps you in separation consciousness. That's when all the doubts start pouring in ---"Was that real?" "Was my experience valid?" and so on.

When you hit this "plateau" (and you most likely will), know you are being catapulted to a new space. You are simply in the neutral zone, a place of assimilation and digestion. It is a space of integration. You have been saturated with a new energy, and as the energy stabilizes, you become disappointed and disillusioned that things didn't "work out". Dear ones, this is only the projection of ego as it held an attachment to a specific form and as it defined what this new relationship *should* look like. There will be a natural ebb, flow, and flux in the evolution of this re-union.

Nothing you have experienced tribally prepares you for sovereignty. Twin Flames are sovereign; nothing missing, a balance of the Divine Feminine and Divine Masculine charges in their creative abilities within, a pure connection to their true and unlimited identity as a hologram of the Mother/Father God. These are not beings that require another to complete them, but rather, sovereign beings who allow the **reflection** of their perfection in the symbol of another. It's a totally different paradigm of bonding. It is time to *live conscious love* instead of dependence.

Investigate the ego's conceptualization of bonding. Get chummy with your demons, for they will teach you well. If your Twin Flame relationship (on any dimension) feels as if it has flat-lined, it is easy to engage in fear-based thinking. But this is the time to really look at your old paradigms and quantum leap into the real. You are moving to a higher love and the only way you can be attracted fully to your Twin is when you are ready to unify with God; loving the whole of God, and loving yourself as the holographic replication of God and the symbols in

which that appears outside of yourself. The Great BOTH/AND. Dear ones, it takes courage to walk into the arms of love and you must remember how much support the universe provides once you emphatically declare your great "YES" to love.

Even if you have the opportunity to glimpse the Twin Flame relationship in the reflection of another incarnate, if you are not ready for this union, you will literally bounce to opposite poles back in the paradigm of duality and separation consciousness. It's the great cosmic safety net that ensures no atomic union with an unstable nuclei. This allows you "time" (although one moment is every moment), to live out this higher form of love with beings with whom you have a charge (soul mates). Every single relationship is a navigational tool, for they will unfailingly reflect yourself back to you.

Go to the knowing and let the knowing inform you. It is time to release the context of what you thought your Twin Flame relationship should look and feel like. Your ego's definition is far too confining. It would be infinitely more valuable to sit with yourself in limitless potential in consciousness. Ego has a charge on the idea that the Twin Flame relationship with a "special" someone is the ultimate love that will "complete" them.

**Nothing could be further from the truth. We are love. We are complete.**

**Love simply is! It is a matter of realization.**

**The Twin Flame relationship is the ultimate generator of love on an atomic level.**

It is not greater or lesser than the love you express to others. The very purpose of the union is to create more love in it's highest possible frequency to express to All That Is! Placing the idea of this union on ego's pedestal of what it's supposed to look and feel like only impedes your soul's evolvment. You create the Twin Flame union from WHAT YOU ARE.

Yes - it contains the elements of passion; the full passionate expression of love in the ongoing ecstasy of giving, of ex-pressing, or delivering this love. If you are not resonating with *giving* love, you will not experience the passion. It does not look like ego's definition of passion.

With your Twin, you are merely running into yourself in wholeness -- exploring that union with yourself consciously. Through that wholeness, your love-making increases and attunes the vibration of light (love) in the world exponentially as an ongoing fountain of love through emanation. It is a very conscious relationship that must exist as God Wholeness and a Balance within so that the Two who are One can live together in the heart womb for purposes of creating more love. It is very non-tribal and completely non-predatory. Ego's predatory nature is both endless and pointless, and consumes everything within its path. Your true nature is self-generating, self-fulfilling, self-sustaining, and self-regenerating in nature, and as the fullness of love incarnate --- you will **always** be in a state of giving the fullness of the peace and love that you ARE to All That Is. And, since all energy moves in a circle, bonding with like energy, love returns to you multiplied. You are the giver, the gift, and the receiver. You are the lover, the love, and the beloved.

It is the 11th hour, and this is not the time to lose heart. You, who are on the leading edge of this paradigm shift, incarnated for the very purpose of returning this world to love through your Twin Flame heart womb. It matters not whether your Twin is embodied or if you join in another dimension. Some aspect of you had to be physically here in order to anchor what is real in *this* dimension. This is the time to reach for that which is real, even when your senses deny its existence. This is the time to trust your Twin Flame heart perception and see past duality. This is the time to surrender to the will of Love with all your might, mind, heart and strength!

***Only Love is Real!***

***Angelina Heart***

*Angelina Heart is the author of **The Teaching of Little Crow, The Journey of the Soul,***

*A modern day tale of Twin Flames and the Soul Journey each must take to reunite.*

*To learn more about Twin Flames and Angelina's other offerings, please visit*

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Angelina

