

ELIZABETH CLARE PROPHET

FINDING A HIGHER LOVE



A Spiritual Guide to
LOVE, SEX & RELATIONSHIPS

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Gardiner, Montana

FINDING A HIGHER LOVE

A Spiritual Guide to Love, Sex and Relationships

by Elizabeth Clare Prophet

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CONTENTS

Note to the Reader	<i>vii</i>
Foreword	<i>ix</i>
PART I • Twin Flames and Soul Mates	1
Chapter 1 The Soul's Search for Divine Love	3
Chapter 2 Twin Flames	11
Chapter 3 Soul Mates	37
Questions and Answers on Twin Flames and Soul Mates	45
PART II • Karma and Relationships	57
Chapter 4 Karmic Relationships	59
Chapter 5 Healing and Transforming Relationships	81
Questions and Answers on Karma and Relationships	97
PART III • Sexuality and Spirituality	109
Chapter 6 Sex and Energy Flow	111
Chapter 7 Sexual Relationships and Practices	123
Chapter 8 Practical Keys for Raising the Sacred Fire	137
Questions and Answers on Sexuality and Spirituality	145
PART IV • Marriage and the Spiritual Path	153
Chapter 9 Marriage: A Soul Perspective	155
Chapter 10 The Marriage Ritual	179
Questions and Answers on Marriage and the Spiritual Path	189
Notes	203

LIST OF ILLUSTRATIONS

Mark L. Prophet	17
Winston and Clementine Churchill	33
The Tai Chi Representing the Masculine-Feminine Polarity of Wholeness	56
The Compassionate Buddha	83
The Seven Major Chakras	117
Figure-Eight Flow of Energy through the Chakras	120

Color Gallery: *facing page 166*

Plates 1a, 1b, 2a, 2b: The Creation of Twin Flames

Plate 3: Twin Flames

Plate 4: Archangel Michael

Plate 5: The Violet Flame

Plate 6: The Seven Major Chakras

Plate 7: Kuan Yin, Representative of the Divine Mother
in the East

Plate 8: Mary, Representative of the Divine Mother
in the West

NOTE TO THE READER

For many years Elizabeth Clare Prophet conducted seminars throughout the world on the subject of twin flames, soul mates, and karmic relationships. Some believe her to be the foremost expert in this field. *Finding a Higher Love: A Spiritual Guide to Love, Sex and Relationships* is a compilation of her practical and uplifting teachings. Also included are questions and answers from her many public seminars.

We express our gratitude to all those who contributed to this labor of love.

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FOREWORD

Shakespeare wrote that all the world is a stage where people have their exits and entrances and each person in his time plays many parts.

Imagine Shakespeare's world as a classroom for our souls. In Shakespeare's plays and in our real lives, it is relationships—both with ourselves and with others—that provide many of the lessons we need to learn in order to reach a higher love.

In our sojourn on earth, we have entered and exited the stage of life again and again, and we have played many parts. We have journeyed through the ages, encountering other souls and engaging in relationships, seeking love. Sometimes we stay together for a lifetime; other times we share brief interchanges. We remain single, we marry, we have children, sometimes we separate or get divorced. We lose love and find love in unexpected ways. By the offering of profound love and forgiveness, some of our greatest challenges are transformed, and then our souls feel free. Throughout this journey, we continue our search.

As we navigate relationships, we strive for understanding, but often the deeper meaning of our encounters eludes us. Yet seeing from a different viewpoint, we can begin to unveil the inner mysteries of love, sex, and relationships. Unlike other books, this one looks at these topics from the perspective of the soul. It presents the understanding that regardless of our past we can change the way we view

our life and our relationships forever. And it is the soul that is the missing link.

Our relationships, from the most joyful to the most painful, are an integral part of our soul's path to wholeness. Our yearning for this wholeness stems from a deep memory of union with the one soul who was created with us in the beginning—our twin flame. Having become separated, we are now on a path to reunion with that beloved one. And the key to becoming one with our twin flame is to first become one with the most real part of ourselves, our Higher Self.

In *Finding a Higher Love: A Spiritual Guide to Love, Sex and Relationships*, Elizabeth Clare Prophet offers a compassionate understanding that can guide your path homeward and quicken your steps to the heart of your true love.

PART ONE



TWIN FLAMES
and
SOUL MATES

*Your soul's inner recognition
of being one half of the whole
goads her toward wholeness,
toward finding her other half.*

CHAPTER 1



THE SOUL'S SEARCH *for* DIVINE LOVE

*D*eep within our soul there is a yearning for our divine counterpart. For we have a memory from long ago of union with the one soul who is our other half, our twin flame. We were one with that soul in the beginning, when we were created, but we became separated. And then our search began.

For me this yearning was a search for my teacher and in him I found my twin flame. This was a great and profound experience—to know my twin flame as my teacher and to recognize in his eyes what I had been searching for all of my life. From early childhood I had been searching for those eyes, and I had looked into a thousand faces, a thousand, ten thousand times.

Many of us search for love, for a permanent, lasting love. We may go from relationship to relationship, seeking those eyes midst a sea of people. We yearn to be known for our souls, to be known for our true essence.

One of the most tender and moving experiences of my life happened after I had known my twin flame for many

years. One day I was walking down the street with him and he said, “Elizabeth, I love you. I love your soul.” The expression on his face—his love, his presence—showed a genuine caring and faithfulness to my soul. It was the tenderness of God that I felt through his heart.

I remember how I wept because for the first time in my life I realized that someone who had the capacity to know my soul actually loved my soul, just the way it was. After hearing his words, it took me about a day to regain my composure; I was so profoundly touched that someone deeply loved my inner being.

If someone truly loves you for who you are, you know that you can make it. You know that you can go on. You know that you can become the fullness of your true self. And this is the nature of friendship with God and close relationships between souls who are striving.

THE STORY *of* YOUR SOUL

You and your twin flame share the same blueprint of identity, like the design of a snowflake, unique in all of cosmos. Your soul’s inner recognition of being one half of the whole goads her* toward wholeness, toward finding her other half. This goad becomes a tremendous longing for your beloved, your twin flame. Such is the yearning for the bliss of reunion—a bliss beyond any earthly experience. It is a profound union at the level of God. And your soul remembers.

From the beginning your soul has been a continuum in God. Within her resides a tremendous amount of knowledge and an awareness so vast that it is beyond description. As pure souls suspended in Spirit, you and your twin flame share this unique awareness and memory.

Lifetime after lifetime your soul grows and develops a distinct soul-identity. She may develop a talent for art, music, or other specific gifts. Each soul is supremely individual. Your soul has full conscious

*The soul of man and woman is feminine in relation to the masculine, or spirit, portion of being. The soul is therefore often referred to as “she” or “her.”

awareness of who she is and what she has accomplished in past lives before coming into a new life. Most importantly, she knows what she needs to accomplish in her next life to make the greatest possible spiritual progress.

For before birth, your soul is shown her mission for that life. It may involve righting the wrongs that she has done to others by serving them in love and extending forgiveness. It may involve pursuing a particular profession or bringing compassion into the world. Whatever it is, that mission is specific for each soul, and each soul can choose whether or not to fulfill it.

As the soul is striving to fulfill her mission, she also has a sense of her twin flame and other souls, particularly those whom she must meet in order to resolve the past. For the soul is in touch with all life. She feels the joy of the unity of life and the pain of separation. Thus she is wise but also fragile. This fragility is in part because she is not yet permanent. She is the nonpermanent potential of being that will become permanent when she is fused to her Real Self, her Higher Self. This Higher Self is each one's own inner teacher and voice of conscience. It is one's guardian, dearest friend, and advocate before God.

The soul, who would bond with her Higher Self, is sensitive and intuitive. She is vulnerable, impressionable, and innocent. The soul mirrors whatever she puts her attention on. She is often colored by her surroundings and easily led astray. She is wounded by mental and emotional toxins and by physical or verbal abuse. These experiences, many involving relationships, create part of her karma and her psychology.

Therefore, on the journey back to her spiritual home, our soul needs our comfort and consolation, our soothing words. She needs to know that we will protect her from harm. We can lovingly care for our soul as we would care for our children, or we can neglect her. Part of the care for our soul is to immerse her in beauty and the light of God.

THE SOUL'S SPIRITUAL PATH

In the deep knowledge of our soul, we remember our beginning. We remember that with our twin flame we were originally all light and dwelled in the planes of Spirit. But we descended into the material universe and got separated from each other, and we journeyed far away from our spiritual home.

What does it mean to be on a path back to our ultimate home—a spiritual path? The word *spirit* comes from the Latin *spiritus*, meaning “breath,” “breath of a god,” or “inspiration.” Spirituality is to the soul what the breath of life is to a newborn child. It infuses us with new life and vigor. It empowers us to love and nourish ourselves and others.

Spirituality is being able to sustain a working relationship with God—with the presence of God within you, the God Presence, or I AM Presence. It is the all-loving one, sometimes called the Father-Mother God.

But it doesn't matter what you call that God—the Divine Self, the Inner Light, the Dharmakaya, Brahman, Adonai. It is possible for each of us to get in touch, and stay in touch, with the universal power of God through our heart. For God has placed within our heart a spark of divine love. It is the abiding place of God's love for our soul and our soul's love for God.

Part of being able to make this connection is our ability to engage our will in striving for our God. We came with this will, called free will, which is God's gift to us through which we can choose to walk a spiritual path and also to accomplish our purpose in life. So while each of us has a unique divine plan, it is not guaranteed. Rather, we need to exercise our free will in order to fulfill our individual divine plan, and we must do this even in the midst of distractions, impediments, and all manner of negative influences.

People sometimes think in terms of predestination and destiny. But in reality we determine the outcome of our fate every day by the

freewill choices of what we do with our circumstances. And *circumstances* is another word for karma.

KARMA

Karma is a manifestation of God's unconditional love, for it is precisely because God loves us that he allows our karma to return to us. It impels us to learn to do unto others as we would have them do unto us, and this helps our soul develop. Thus the law of karma is the law of love. It teaches us compassion as well as humility, empathy, mercy, and sensitivity to life. It brings remorse and reconciliation. It teaches us to love as no other process can or does.

Karma is a Sanskrit word meaning "act," "action," "work," or "deed." Hinduism and Buddhism teach that the law of karma is the universal law of cause and effect, which affects everyone. In other words, whatever we have done will come full circle to our doorstep, whether it is positive or negative. This is reflected in the saying "What goes around comes around."

Therefore the daily encounters of man and woman on the streets of life are, in reality, the unwinding of the cycles of karma, of positive and negative forces come full circle for resolution. Strewn along the path that we have walked for tens of thousands of years, we find all of our sowings—all the seeds we have carelessly dropped that have come to naught or borne bad fruit and all that we have meticulously planted that have grown and flourished as the bounty of our soul's striving.

Positive karma can manifest as anything from a supportive circle of family and friends to genius, aptitudes, and talents. Our positive karma and momentums can even launch us like a rocket ship on the pathway of our soul's mission with our twin flame. Negative karma can manifest as anything from a minor inconvenience to a major event in our life. It can show up as disease, accidents, or difficult relationships.

Karma is a burden of substance that is like a cloud. One day the clouds cover the sun and the next day the sky is crystal clear. We can be convinced that a relationship is all right one day, and the next day the relationship is problematical, as if the whole atmosphere is full of darkness and we can't even tell that there is a sun in the sky. That's because it is a day of karma balancing.

When this karma descends, we have a choice. We can either follow the tendency of our karma and our past, or we can change it. Experiencing the return of negative karma is sometimes painful, but pain can be a teacher and a purifier.

Balancing karma is a joyous path because we are paying our karmic debts step-by-step and eventually we will be absolved of our karma fully and finally. When we get on the right side of our karma, it will work to our benefit. It will open the door for a higher love and for blessings to continually multiply and increase.

LIFETIMES *of* LOVE

On our soul's journey, the path of balancing karma implies reincarnation. Karma necessitates rebirth because we are not able to reap all the effects of our karma or learn all our lessons in a single lifetime. Instead, we come back multiple times to experience the return of, or compensation for, all that we have done. These lifetimes stretch across the ages because we need to reembody at the same time as others with whom we have both positive and negative karma.

Our soul will return lifetime after lifetime, putting on garments of flesh, like an overcoat she has put on many times before. And one day she will take off that garment for the last time because she will not need to embody anymore.

In each lifetime, we will encounter many relationships based on both positive karma and karmic situations that need to be balanced. While balancing karma in relationships will be different for each person, our souls become more whole in the process. So through

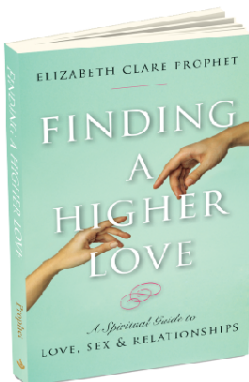
these relationships we continue our upward trek and our quest for a higher love. The search begins afresh in each lifetime when souls come “trailing clouds of glory,” as Wordsworth wrote in his “Ode: Intimations of Immortality.”

Our birth is but a sleep and a forgetting;
The Soul that rises with us, our life's Star,
Hath had elsewhere its setting,
And cometh from afar:
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come
From God, who is our home.

—WILLIAM WORDSWORTH



Buy *Finding a Higher Love* and learn more about the real purpose and power of relationships.



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