



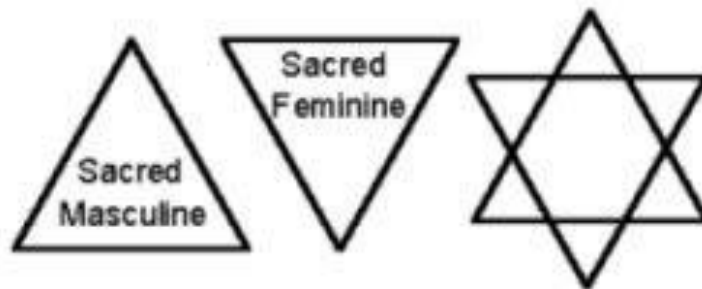
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TWIN FLAMES

- THE JOURNEY BACK HOME TO THE SELF -

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September 2024



Symbols of the Masculine and Feminine and their Sacred Union as the David Star



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Feelings are liquid,
Drops of starseeds
Falling down from celestial realm
Into the depth of our souls...
Each heart beat
Creates a vibration
Propagating like the sound of a drum.
With each feeling
A new color of sound is created
And a new drop is added
To the ocean of meeting souls.
How do I know
When the heart is ready
To drum again and heal my soul?
How do I choose
That unique vibration
The only resonating with my pure intention?
How deep and wide Love can be
To fill in the cup of my wishes
And still remain intact
Untouched, unconditional and infinite
Source of the only Truth I search for?
It is me I am looking for?
It is you, my Twin Soul?
Are we just One Heart?
Are we just one Soul?
We are here and now... One for eternity!

(this poetry has been written by me on 22nd March 2019 - at that time I was not aware that I might have a Twin Soul in this life or what this would mean, but something in me was already resonating with that energy and looking for it...)



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1. Introduction

Since very young I was interested in the hidden side of life and what we could call the Soul and all spiritual dimensions of our life. I remember reading the big tritese of **Mircea Eliade** on religions and spiritual movements and finding the concept of *metempsychosis* which illustrates the belief that every human reincarnates after one life into another human, plant or animal to purify itself. Therefore along many life times a Soul has many possibilities of redemption and evolution. And one way to evolve is to engage in relationships with other human souls but also with other beings that would possess a soul.

In his book the *Myth of the Eternal Return* published in 1949 in Paris, Eliade speaks about a mythological vision of primitive and archaic societies as a way to keep the connection with the external world. Humankind history seems to be characterized by a wish or nostalgia to return to this mythological vision. In his fiction writings (novels as *Maitreyi*, *Noaptea de Sanziene*) Eliade also approaches the meetings of two Souls that would reincarnate to search for each other and try to meet into Union in a lifetime. He often speaks about the mundane experience of the erotic realm as a spiritual and transcendental experience.

I bring thus in this e-book **my own quest** to understand the journey of the Soul and at the same time the embodied experience of it as a way to transcend our human boundaries. The topic of relationships as a reflection of this quest of connection with the spiritual dimensions that we carry inside ourselves has always been a recurrent theme of my life. Since very young I have created an illusion on how Love would be and what a relationship would mean. It has been based on a perception of the relationships I saw around me, beginning with my parents that always struggled with each other, and continuing with family members and friends or colleagues.

I was raised in a very Orthodox and patriarchal society, for 15 years living under a communist totalitarian regime. The norms and models of the society were very rigid and also very much subject to religious belief and practices. Marriage was seen as the ultimate purpose of developing a relationship between the masculine and feminine genders and procreation as a civic contribution to the society and as a duty in front of God.

I have never bothered to put a lot of focus on marriage and growing up with the wish to explore the world, life put me in situations where the ideal of a stable and long-lasting relationship was almost impossible to achieve (since I was 26y old I travelled around Europe and already lived and



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worked in 4 different countries). I remember that my wish as a teenager and young adult was to experience at least once **real Love** but I was confusing lust and passion with the feeling itself. Thus, all my previous relationships stumbled and ended quite quickly and in some I also suffered psychological and emotional abuse. Only recently, after investing many hours in therapy, I could understand the reasons of all these failures. And last year I also had a big AHA moment regarding my reluctance towards the idea of marriage: I wished to prove to myself and also my father that as a woman I am able to build up my own path and achieve a lot without having a man by my side. I became this embodiment of the Masculine in a woman body, overachieving and ambitiously accomplishing many projects and dreams...without knowing I was almost thriving in my own survival strategy of extreme independence, filled with loneliness and a continuous chase of the immortality chimera.

When I became a mother life put in front of me the BIG questions: *What are you going to do now? What kind of mother do you wish to be? Are you ready to go inside your womb space and prepare for the most challenging and deepest journey of your Life?*

Inside me there was a voice telling that there are other ways to relate than the traditional marriage proposed by the Orthodox dogma, and that what we see and perceive in the outer reality is just a little fragment of a bigger puzzle. Without knowing I was already tapping into the collective subconscious and the morphic field. The myth of metempsychosis and twin souls meeting (after many life times of searching for each other) always had a profound resonance inside my own consciousness. Life presented me many times opportunities to grow and wish to learn more and relationships with the opposite sex was one of them.

In a relationship with another being we can find a mirror to our own traits, behaviors and patterns. Most of people will find this mirror in the other, but instead of understanding the hidden mechanism behind the attraction and explore healing paths when conflict arise, they would rather project on the other all that is unresolved inside them and also all that has been shown to them to be a relationship, starting with their own origin family.

Here I wish to share with you my last story or attempt to relate to another being that showed me how much I disconnected from myself and also how to support my own journey of self-awareness and healing. Because the Soul holds many injuries and wounds but most of them are from this life time or from what we inherit through our ancestral lineage that goes back in time for many centuries. We carry in our cells and bones all the wounds and traumas our ancestors carried for so long, but the mitochondrial inheritance is mainly provided via matrilineage (the wombs lineage from our mother and all the wombs before her). That is the reason why our mother will



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always play a fundamental role in our development and the way we perceive relationships, as she is and always will be the **First Love of our Life**. And if this Love is not recognized or shared in an equal way for many reasons (death of the mother or other kinds of separation right after birth, emotional absence, abuse etc.) we will carry through life the sense of loneliness and abandonment we felt as a new born or in our early childhood years. We will learn to cope with the heaviness of this loneliness and all the other wounds in many different ways, sometimes taken to extremes. We will never feel enough, worthy of attention or love from others and thus we will start to chase illusions of love, excusing the others for their abusive behaviors.



Painting of my soul, made in 2019 by a Swedish artist

(initially I thought that the 7 stars are the 7 Sisters also known as Pleiades constellation, but lately I connected with Hathor Goddess and 7 Hathors who are patrons of the Sacred Sounds)

Most of the stories I heard about love and relationships have an end sooner or later. But there is always a beginning with the promise of something or a dream to build up together. And at a certain point along these stories someone cannot keep the promise or simply forgets it or the dream turns into a nightmare.



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There are stories that have been invented about never ending love and promises that have to be kept from a life to another. These are stories that are meant to give hope that true love exists and can be eternal. **Twin Flames** (TF) legends are those kind of stories about a never ending, unconditional love that can defy the time and space and many other challenges along a lifetime. A traditional TF journey involves a **Divine Feminine** (DF) and **Divine Masculine** (DM) figure (independent of the gender, as sometimes the male partner can display a more feminine energy while the female is in her masculine energy) that meet and feel that their encounter is somehow fated. There is an instant and very powerful attraction towards each other that defies any logic. Then they start to develop a connection that most of the time transforms in disconnection or separation that can go in cycles. And many times there is no real development between the two protagonists of this story towards a relationship.

The spiritual world is full of this kind of stories and there is also a lot of misunderstanding or confusion around the concepts of Twin Flames, **Soul Mates** (SM), **Karmic partners** (KP), and how many of these connections a person can have along a lifetime.

There is a common understanding of the 5 types of *spiritual connections* (all related to the concept of past life) as being the following:

Karmic Partner: Someone who enters our life to teach us important lessons and help us grow. They may have a strong impact on our life, but the connection is often intense, painful, and challenging. It is not an easy relationship, yet really hard to let go. There can be more than one karmic partner in a lifetime.

Soulmate: It is an instant connection, of spiritual nature and it feels like the people know each other already. It's like finding a perfect match, someone who understands and connects with us on a deep level. They're like the missing puzzle piece to our heart. They can be romantic, friends, family. It gives a strong sense of familiarity and connection.

Twin Flame: Someone we share the same soul with brings a breathtaking connection, filled with synchronicities. Everything about ourselves that we have been running from, is suddenly in front of us. There is only one twin flame. The Twin flame Experience is meant to bring us back into realization of our own true spiritual self, divinity and potential.

Past Life Connections: The souls have lived multiple lives before the current one and in this life there is a sense of familiarity and connection. They involve unfinished business or unresolved emotions from the past. These connections can be multiple along a lifetime.

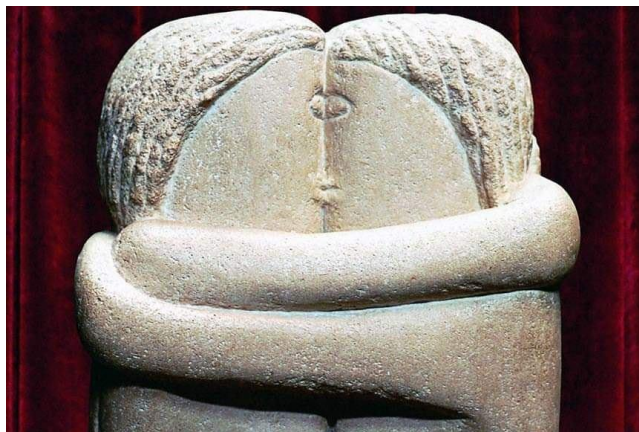
Spiritual Friendships: A bond where two people support each other's spiritual growth and



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journey. Spiritual friendships are deep, soulful connections with friends who share our spiritual beliefs and values. They provide support, understanding, and a sense of belonging on our spiritual journey. It's a connection that goes beyond surface-level interactions, as both individuals inspire and uplift each other on a soul level.

Some authors say that a TF can also imply people who are not in a romantic or sexual involvement, like parent-child or other type of family or friendship relating. No matter what we believe in, what is said is that TF are meant to make us grow spiritually and find wholeness within before we find it in a relationship with another being. The name itself Twin Flame suggests a Flame or energy that burns at the same time for the two halves of one Being or Soul. Together this Flame can burn brighter and with more purpose and its spark always starts in the Heart. It is also considered that the two counterparts search for each other in different lives until they find again and accomplish a full circle of experiences and learnings. But not all of them are meant to achieve the union during a life time, many times several cycles are needed until all energies are integrated to make possible the merge of these Flames in One.



The Kiss, Constantin Brancusi, 1907-1908

(representing the Union of Polarities in an eternal stone embrace)

Most of the connections considered to be KP, SM or TF are also past life connections, according many sources. If the lessons have not been learned, the two counterparts meet again to solve something or just to continue their learning process.



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My intention is to limit the interpretation of the connection itself **to this life time**, from the conception to the present moment. As a **past life** is difficult to prove based on real facts, I would exclude the definition of a TF or SM connection as a past life connection. I have my own understanding of what people name *past life memories*, but I am not going to go in that direction, as it would require a special focus and separate discussion.

This e-book includes my own contribution and reflections on what a TF is, based on a personal experience and some interviews of people believing to be in a twin flames journey, on what the TF or SB concepts are from the perspective of constellation/morphogenetic field and trauma bonds.

I personally believe that a TF journey is not about creating a couple and manifesting a Soul purpose with another person, but a **Solo Journey** of recognition and re-connection with the **Self** (possibly with the healthy part of it when therapy or other type of deep healing techniques are involved in the process). It can happen, if the two people protagonizing the story can grow at the same time and heal, that something manifests, but it is not always the case or certain it will be a love story or just a partnership or rather a friendship. And from my own perspective is not even important the outcome of the whole journey, but the way we handle it and how far we get into the deep healing path for ourselves.

My quest in this research is to understand and clarify if these stories are based on true facts and a real eternal **Soul Bond** (SB) as it is generally believed and accepted, or if they are just a myth or idealization of a concept stemming from spiritual Bias and disconnection from the Self due to past traumatization and wounding. I consider for this past to be the span of an entire life, since the moment of conception to the present.

From my own understanding the whole TF story is probably based on **an entanglement** created by **Trauma survival strategies** (TSS) of both protagonists, lived according different patterns and dynamics, depending on the personal life stories and trauma biographies of the two people. In most of the cases there is an imbalance between giving and receiving, as one person will take more than will give and often this creates also a hidden *dynamic of victim-perpetrator* where the one feeling in lack will create all sorts of strategies and games to convince the other that is worthy to receive attention and love, as would expect.

When this kind of dynamics are not brought to light often the chaser will invent excuses for the subtle abuse they suffer from the other, justifying thus a behavior that is not healthy for any of them (such as: *he is not ready for me; he did not awaken to the truth of this connection; we are*



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very much connected in 5D but not in 3D reality; he has another relationship but it is just sex not soul based).



The Kiss, Gustav Klimt, 1907

(represents the mystical union of spiritual and erotic love and the merging of the individual with the eternal cosmos, depicted as a golden leaf background)



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2. The characteristics of a Twin Flame connection, its dimensions and dynamics

I searched on youtube and in many websites to see what is the official version of this TF journey and there are many people pretending to be experts in the field and offering all sorts of programmes that would support people to find or connect with their TF counterpart. To a certain extent I understand why this theories and programmes prosper in the global arena of spiritual activities. But I also feel I have to express my opinion as a therapist and embodied spiritual seeker.

Recently Netflix promoted an interesting documentary called „*Escaping Twin Flames*”, where the hoax training and community created by a couple (considering themselves as being TF) was brought to surface and dismantled. The documentary clearly shows how much manipulation, mind distorsion and psychological abuse humans can accept in search of a meaning for their own struggle and pain when dealing with relationships.

For almost 4 years I believed to be in such a connection that from the start proved to be more disconnection than relating. The way it ended and also the moments when I had to accept the illusion I was living (in a trauma survival mechanism self-inflicted due to past failures and pain) have brought me the understanding that I wished to believe in the concept at all costs because justified me being in denial about my own reality and inner quest. I was also captivated by the idea that spiritual world promotes that *TF have a kind of mission* together (if they managed to manifest a real relationship) and that through this they are going to change the world around them.

Interestingly enough the final proof for understanding that there was nothing left to support the theory of a TF connection came more or less in the same moment that my mother left, going back to her home country after almost 10 years of living with me and my son. The cord cutting I made with her in that circumstance marked also the cord cutting with this man I considered to be my mate at the Soul level. I saw this picture of these 2 happenings and the similarity between them residing in the trauma work I did on myself for 4 years around the first two levels of biography: ***trauma of identity*** and ***trauma of love*** with some nuances of ***the victim-perpetrator dynamic*** (4th level of trauma biography according **Franz Rupert**).



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The mysterious **entanglement** that was reflected in the emotional disconnection I had from my mother as a child and the one I was feeling towards this male presence cannot be explained, but became obvious when the final goodbye could not be avoided anymore.

Later I discovered that my TF counterpart was also behaving like my father used to do in childhood (first punishing me and after that saying that he loved me and giving me gifts or attention I would like), trying to control me and also playing mind games according to his own convenience, added more awareness and understanding to the toxic pattern promoted by this dynamic.

The case studies I am going to write about pointed out few aspects of a so called *Twin Flame* connection I would like to discuss and clarify. Even if I am not fully convinced that all case studies and even mine are fitting the TF connections category, they present interesting points for analysis.

One of them is the awakening to the heart connection (I would call it **Heart expansion** and ignition of the *heart coherence beat*) that the TF journey brings, the other is about mirroring of wounds and traumas in each other (I would call it **Facing and taking out our Mask**) and another is about the relationship we establish and heal within ourselves between *Masculine* and *Feminine* archetypes at energetic, spiritual, psychological and emotional levels (I would call it **Parenting our Inner child**).

It is said and testified by some, that a TF story can be very painful and overwhelming for those living it. It usually involves separation or ghosting, or mental and emotional distance, or a pattern of behavior described as **Runner - Chaser** or **Empath - Narcissist**. This dynamic, no matter the label we can place on it, is reversed at a certain point, when the Chaser starts to realize that is no point to run after an illusion but rather get back to its own center (*the Self*) and focus on aspects of life that matter more than chasing someone who does not want to connect or invest in the connection. But it can take years until this switch happens and sometimes might not even become obvious, if the distance and disconnection becomes long or strong enough to cut the cord of the co-dependent and addictive behavior that develops.

Ultimately the TF dynamics are presented to show us how much we need to work on our own trauma biography, as they reflect in depth our own dysfunctional patterns and behaviors when related to another person that brings the potential of a romantic relationship. The strong mirroring and entanglements that are presented at energetic level (and that can be verified using therapeutical methods as Trauma therapy or Family constellation) cannot be explained rationally, sometimes is even difficult to understand why they happen. The only way to sieze their subtle



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mechanisms at subconscious level is to trust in the way the **morphic field** operates that puts us in weird connections along our life. Behind the scenes the energies move and create these connections in many miraculous and unexpected ways. These patterns and behaviors only become obvious in a conscious way when we reconnect with the body and ask those questions that need to be answered.

The body is the one that holds **the implicit memories** hidden as the part of the iceberg under waters. With specific methods these memories can be revealed and relived so we can also understand how much those events impacted us along our life.

The psyche is always very creative and to the purpose to keep hidden all trauma mechanisms and implicit memories, it can generate all sorts of beliefs, patterns and excuses. Most of the times we thrive in **a survival strategy** because it keep us disconnected from the very cause of discomfort and pain or just because gives us the illusion of overcoming the difficult part of the experience but in reality we avoid it, avoiding to face the real cause and the pain.



General scheme of the division between implicit and explicit memories along a trauma biographical path



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Agreements of the soul is a common concept in spiritual arena and apparently keep people in a loop with past life connections if they are not resolved or dissolved. I would rather argue that what keeps us in the loop and can generate difficulties in our relationships is the past generations inheritance or *epigenetic memories of trauma*. In reality what is called a soul agreement can be an entanglement with a person in ancestral lineage that is similar to a past life as it can belong to centuries ago. *Intergenerational trauma* is really encompassing many generations, only for the last 400 centuries we can count on more than 4000 ancestors.

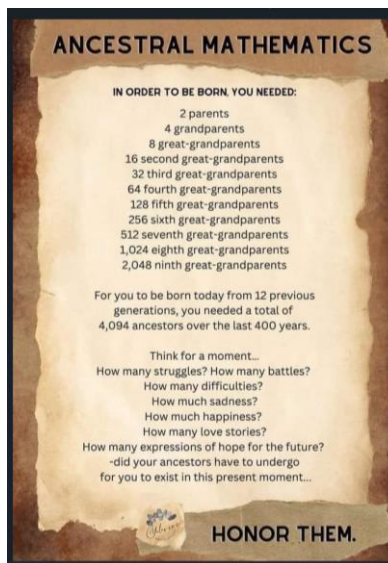


Figure showing the ancestral mathematics and the complexity of ancestral lineage and its impact on future generations

At its core and way of development, the TF journey (or rather its challenges and lessons) holds a tremendous potential for personal growth in all aspects and dimensions of the Self. It is by facing and embracing that **Pain** that we start the healing and create space inside of our Heart for the recognition and fulfillment of our most intimate needs. It requires full awareness and courage to face all this. The concept of **Soul Intimacy** is not often familiar to people in such a connection and many can fail to understand how to achieve it, as it also requires vulnerability and full honesty with each other, but on first place with ourselves. As **Bert Hellinger** says „Peace starts in the Soul” ...but if the Soul has been fragmented in so many pieces due to trauma splits it can be hard to achieve.

You might ask now what is the difference between **Identity, Self** and **Soul**.



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Our **Identity** is shaped by our own experience in a human body and interactions with others, starting with our mother and father and other members of the origin family. When we identify with people who hurt us or whose behavior is distorted and abusive we will manifest a *traumatized identity*. It is necessary to get out of these negative *identifications* to be able to construct a healthy identity.

If we google the term **Self** we find the following definition: a person's essential being that distinguishes them from others, especially considered as the object of *introspection* or *reflexive action*.

For the **Soul** I found two definitions that can apply according to the specific context: the spiritual or *immaterial* part of a human being or animal, regarded as *immortal*; emotional or intellectual energy or intensity, especially as revealed in a work of art or an artistic performance.

In my own perspective and also from a trauma-informed perspective we cannot have a healthy **Identity** without connection with the most intimate and raw reality we have inside, our **Self**. We can choose to believe in the immortal part of us as the **Soul**, but as long as this life is concerned many times we disconnect from the Self and accept stories created by others to justify spiritual constructs as past lives, karma and dharma, soul bonds etc. Our Self is the most pure and unique part of us and having a strong and conscious connection with the Self is a requisite for a healthy and fulfilling life. It also helps in building healthy boundaries and relationships.

For me the **Soul** is our creative and transformative potential that when we tap in the larger consciousness or field of energy (the morphic field) becomes a source of wisdom and experience which can change not only our own reality but also the whole reality we have around us. And the Soul needs a **Body** to express all this potential. I could also understand by Soul the *dynamic part of our Psyche* that is moulded according to our own experience and perception of reality. More positive and supportive experiences we have in our life, more our Soul will develop and create space for change and transformation towards gaining Self-awareness and a healthy way of being. But when too many negative experiences accumulate the body and the psyche will tend to go into split or fragmentation – and this is the most simple definition of **Trauma** (or psycho-trauma). And from this step we go to the next, overlapping layers of repressed emotions and negative patterns of thinking that lead us into negative reactions (also named *projections, introjections etc.*) and *survival strategies*.

A lot of the descriptions and readings I found on youtube about TF connections speak about **3D** and **5D reality**. In most of the cases it is considered that the real dynamic is hidden and most of the connection happens in 5D. I would identify the 5D reality as another construct coming from



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disconnection and lack of acceptance of our own reality (that manifests in 4D – 3 dimensions of the body and its environment, the 4th dimension being the time as lifespan). This 5D concept of the TF dynamic actually creates confusion and expectations in many of those following this approach. Many people will attach themselves to the image of a 5D telepathic and spiritual connection as the 3D reality is not fulfilling or promising any real development.

From my own perspective we could consider that there is a 5D space only when we finally connect with the **Heart electromagnetic field** and work towards healing our own connection with the **Self**. The 5th dimension is the coherence field of energy of the heart space and can only be lived in 3D space if we stop ignoring the messages and the needs of the heart. Even the **Medicine wheel** in shamanic traditions include this concept of a 5th dimensions. After going round through all the 4 horizontal directions (North, East, South, West) we reach the **Centre**, as a sum of all energies and archetypes, a distillation of many cycles of our life, of many movements and healing processes meant to bring us to our own Source of wisdom and love, to the **Self-Heart**.

The general purpose of a TF connection or dynamic is considered to be the learning and experience of **unconditional love** and of overcoming the fear of rejection by working and healing *the abandonment wound* that most of the time manifest in these cases. The concept of unconditional love is broadly accepted by spiritual literature and communities as something that cannot be forced, controlled or even claimed. It is the feeling that the one who chooses this path and recognizes the **Twin Soul**, can relate or disconnect to the other even if he or she does not want to share the same love (as feeling and energy). It is mostly the love we can give to ourselves without expecting rewards or even mutual feeling from the other.

I myself consider that the only unconditional love is the love that a new born child will express towards the care giver (in most of the cases the mother) before any conditioning and conscious evaluation of love itself is possible.

- But to what extent this unconditional love can become an excuse for accepting behaviors we should not accept from the other?
- How deep this fear of rejection can be to actually find justification to behaviors that in most of the cases are only harmful to us (like manipulation, excessive and subtle mind control, other kind of abuses)?
- Is real love what we feel towards the TF counterpart, despite the distance or disconnection we experience or even after an abusive treatment?



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3. General description of the case studies

In this research I bring into attention **6 case studies**: one is my own case study (a 4-year TF journey characterized by a continuous disconnective pattern and a medicine wheel created through letter writing without any feed-back from the receiver), and other 5 individuals I interviewed.

The interviews were done in 2023 to 2 men and 3 women, all of them living in Norway except one, who is in America. Their age spans from 33y old to 47 y old. I am not going to use their real names or any information that might be sensitive and leading to lose their anonymity.

These stories are meant mainly to focus on the dynamic patterns and on specific questions I have designed to be able to understand more about the traumas (and their fragmented puzzle) behind the dynamic, the relations and impact of mother and father figures on the way each protagonist of a TF journey relates to the other (I will label them as DM, Divine Masculine, or DF, Divine Feminine), the degree of disconnection from the body experienced by each subject as a reflection of the disconnection in relation with the partner and the main signs that each of them could identify for labeling the connection as TF.

I will bring a particular attention to the symptom of **Heart activation** (or kundalini activation) that most of these case studies experienced when meeting and recognizing the TF partner. My intention is to show why the Heart opening or activation is important and how can contribute to the development or evolving of the Self beyond any expectation of real connection with the other. Beyond the physical manifestation of this activation (higher heart beat rate for example of feeling the expansion of the heart space) I could recognize also a spiritual and energetic dynamic. For many of those interviewed the Heart was the channel where the energetic expansion was felt and also shared with the other in case of physical contact through embrace or gentle touch. This moment of activation or raising of the heart coherence (or energetic vibration) to a different level is usually considered and defined as the awakening phase for the TF journey.

1st Case study - male, 2 kids, divorced

He has also been interested in the topic of TF so we could exchange our own experiences. He has been the first person I interviewed so it became the first case study of this e-book.



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He believes that is much more than a trauma bond, but is also a Soul connection, something that comes from past lives: we reincarnate and we keep meeting that person that we consider to be the TF to resolve also traumas from this lifetime.

He has met a woman in 2017 and it was mutual attraction, and deep connection instantly. On different levels they started exploring things, they discovered to have similar biographies, some trauma-related, other simple synchronicities and similarities (birth dates, places where they lived or visited), perspectives on things. She was already a lot more into spirituality and this meeting caused a spiritual awakening inside himself. It was not a mental thing, but energetic. It was almost a physical experience, similar to a psychedelic trip. Suddenly he felt that spirituality is something embodied and the heart opened.

They tried to figure out what this was at another level as two souls meeting. At a physical level there were other labels. They were both married at that time. His relationship broke down as he realized to be very toxic. He started to search and google for physical symptoms and came across about the writings and description of the TF connections.

It made sense to define the connection as TF. Most people think a TF has to be romantic. His conclusion is that it does not have to be. So they both decided to work the situation as best friends scenario.

He also has met another woman where he could see similarities. That made him think that one person can have more than one TF; they do not need to be romantic. He is not sure what makes it different from a Soul Mate.

The telepathic connection, the spiritual awakening and the kundalini rising are aspects that could fit the general description of TF. It is not always easy to distinguish between platonic and romantic.

The dynamic of chaser-runner was there but it could play in different ways. When he read attachment theory many aspects of this made sense, one partner having the anxious attachment and the other the avoidant attachment style. The purpose of meeting a TF is to heal those attachment traumas. Many people are not aware of these mechanisms.

The purpose of meeting a TF is to learn unconditional love and face own fear of rejection. The mirroring is one of the deepest things that he felt with both women. And it has been positive mirroring, as they showed him a highly developed potential of those aspects in himself that he has repressed.



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He recognizes that he had social anxiety as a child and a difficult bond with the mother, as she was very inhibited at an emotional level. He grew up later with a step mother who provided love, also with limitations as it manifested in a Christian context.

His father was very much absent, he spent most of his life working, thus he has never been a role model for him. His traits and ways of being were a little bit arrogant, he would criticize a lot other people. His father died, before his own awakening. At the moment his father died he felt that he could let go of the resentment he had towards him. A lot of the things that he resented were done with good intentions. His ideas was that a good father is to make money and provide for the family.

He realized so many things about his father. For many years he did not want to be like his father but certain similar traits that he has repressed would come out anyway.

He recognizes the relevance of role models – as his parents - carrying Masculine and Feminine energies. He always has been more comfortable with the feminine energy and being around women than with men. After the spiritual awakening he got into a community where he has met more men that embody their feminine side.

At the same time he has met the second woman is that he started coming a lot into his masculine side. He tried to explore that and explain it also astrological through activation transits. He started to understand what means the Divine Masculine in terms of will power and how to take action, be corageous and he also started a process that does not come from the mind. He answered with his mind and felt that he could do things that previously would not dare to do.

In terms of therapeutical and spiritual practices he did some self-development courses, meditations, yoga, breathwork etc. Ever since he has a big awakening 6 years ago he sees it like a process that goes on his own. The traumas come up and they are being processed. He talked with friends more than doing formal therapy. He likes to do his own research, talking to people, processing it personally.

Regarding the mission the TF partners have, he thinks that it does not have to be a big one. There was a subtle intuition about what this could mean, but even if it means that they would do something together or inspire each other the most important is that both women inspired him to do things on his own. He got the idea he could write a book about TF bonds. Somehow meeting with this women opened a door for him, as their souls had this agreement to meet again when reincarnated.



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Past life regression specialists say that we reincarnate in different lives with same people (or Souls) but in different kinds of relationships, playing different roles. The Soul level needs to incarnate in a body, but at its level what kind of relationship is not decisive. If a TF is eternal at soul level why should this only be romantic?

The heart opening was something that felt very physical with heart palpitations. He knew that the 3 upper chackras were opened, but not the heart and the lower ones. At an intuitive level he noticed these symptoms after meeting the woman only few times. It gradually became more embodied. One of the first physical manifestations was that he managed to quit smoking. The motivation came after this meeting and he never came back to the addiction.

This woman introduced him to bakti yoga, chanting mantras. It became easier to go into meditative states after as he was not used to meditate at all or have a disciplined routine around this practice.

He associates the feeling and the energy of this heart awakening with the element of **Fire**.

Experience of disconnection from the body happened during childhood. He had severe social anxiety and did not dare to speak to people outside family. First years in school were difficult as he would not speak to anyone, he would shut down and go into a fantasy world. In his late teens he smoked weed. Sometimes, he felt disconnected as he used to feel in those years in the school when he would disconnect from people. He also experienced psychedelic trips (using mushrooms) that have been positive.

The heart opening made him to connect more with himself and other people. Both years 2017 and 2022 completely changed him as a person. He never felt so connected in all his relationships. It changed all family interactions and he could become more visible. He was kind of a shadow of himself but nowadays he is learning to take his own place and be authentic.

He had a conversation about his spiritual practices with his biological mother but she did not show a lot of openness towards the topic.

His difficulty as a child and the lack of proper assistance, made him lose the faith in main stream psychology. He remembers what the adoptive mother said when she took him and his brother, *What these children need is LOVE*.

2nd Case study – female, 2 kids, separated

Her Twin Flame journey started with cancer in 2016. While waiting for surgery, she experienced her first awakening. This changed her life completely, and she decided to quit her old job and



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dedicate herself to yoga, meditation, and serving others in a similar way. At that time, she was still living with her partner and her two daughters.

Through yoga, she began meeting new people, and this is how she met her Twin Flame in 2017. The first time she met him was in a yoga class, and she felt his energy as soon as he entered the room. It felt like a deep peace, like coming home. They had not spoken yet, but she felt his energy in a way she had never experienced before. After their first meeting, they became friends, but both of them were in relationships, so nothing romantic happened between them at that time.

They went out for coffee several times and became close friends, but he felt different to her than other friends. She noticed a sense of nervousness in herself, though she did not feel attracted to him.

One night, she had a dream about him where they were making love, and it was extraordinary.

She noticed that he was very intuitive about her. One time, while she was on her way to see him, she was planning a book she wanted to write about cancer and yoga. When they met, he told her that she should write a book about how she healed with yoga. Strange things like this kept happening between them, and at some point, she started to see the number 222 everywhere.

They were both in relationships that didn't work, and in autumn 2021, they began the process of ending their partnerships. Not because of the TF connection, but because the relationships were not working.

Around the same time, she realized she needed to move out, and she had a very strange dream about her Twin Flame. In the dream, he took her hand, but he left his body and was in two places at the same time. When he took her hand, there was a heart expansion and a feeling of coming home. She felt so happy. But then he disappeared into chaos, and she felt horrified over the loss, desperately seeking him until she finally found him deep within the ground. She woke up from the dream with a strange feeling, and the emotions still lingered within her.

That autumn, she began to have strange visions, and a polar bear appeared in her meditations as a spirit guide and healer. One day, the bear told her she was ready, and they jumped off a cliff into an ocean. Together with the polar bear, they emerged from the water and walked to a fireplace. The polar bear sat down, and she did too. Then, suddenly, the polar bear transformed into a man. She recognized this man as her spiritual partner and husband and went over to him, relaxing into his lap. It was the same feeling of homecoming, but she didn't realize that the man was her Twin Flame at that time. Not until later, when they were intimate with each other, did she remember her shamanic journey and how her husband in that vision had felt.



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Up until this point, there had been no physical connection between the TF, but one day, during meditation, Yeshua (Jesus) showed up and told her to put her hand on his chest. She was surprised and didn't know how to approach him or tell him this, so it never happened.

One day, she was having dinner at his place, and since she had been drinking wine, he felt it was unsafe for her to drive home, so he offered for her to stay over.

The moment he said this, her chakras exploded, and she felt an intense sexual desire for him. She was so surprised by her reaction; it felt very intense, unlike anything she had ever experienced before. However, she didn't tell him about it until she was back at her own place.

When she told him, he was surprised too and ended up having a very passionate dream about her. He told her about it the next morning.

A week went by before they made love. It was beautiful for both of them, and they both felt a strong heart expansion. But then he entered the "dark night of the soul," and all his childhood traumas resurfaced. He realized that he had ended things with his ex-girlfriend on the wrong terms and wanted to go back to her.

His decision and his feelings for his ex-girlfriend led to a horrible heartbreak, and she suffered tremendously because of it. But then the on-off dynamic started, with cycles of coming together followed by separations. All her traumas, father wounds, and rejection fears started to surface. She slowly worked on that. They continued to have sex, but they were not together as a couple. There was a mirroring of traumas. He was not back with his ex-girlfriend either, but every time the TF came emotionally closer, he used his feelings for his ex as an excuse. This dynamic has continued for almost three years, but they are slowly working toward each other. They have both recognized that they struggle with an avoidant-anxious attachment style dynamic and are taking responsibility on each side.

From early on, they began to question the soul connection between them and agreed that they have the potential to help each other heal their childhood and ancestral traumas.

She experiences this as one soul in two bodies, but at the same time, she realizes that she is one with everything. She understands that this connection is there for her to go beyond the illusion of separation.

For her, he represents the lack of masculine support in her life. He is avoidant and not communicative, which triggers the trauma memory of her childhood when her father was not emotionally present and eventually left. Her father chose another partner and family. She also



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realized that she carries the wounds and patterns of her mother, such as people-pleasing and losing her sense of self while being present for others. Her mother had been abused by an alcoholic father. She also feels anxious when she cannot help others.

She knows she has been giving more love than she has received from her Twin Flame, and it is hard for him to receive her love. He is good at taking care of himself and dealing with his issues but struggles with opening up and letting her in.

As a way to heal from the trauma, she has been practicing yoga, meditation, and therapy with a psychologist. She also did sacred bodywork, which has helped her a lot.

She cannot identify one element for this awakening of the TF; he is an earth sign, and she is water. She consciously uses the medicine wheel to balance her energies.

She had several traumatic experiences throughout her life. When she was about 3 years old, she was put under anaesthesia, which has been a source of disconnection for her, along with her father leaving when she was 12. As an adult, she has been in dysfunctional relationships, experienced a traumatic childbirth, and undergone cancer surgery followed by chemotherapy. The TF relationship has mirrored many of her traumas, and she has worked hard over the last few years to heal.

There is a sense of mission, and that mission is to heal and grow. In the beginning, she felt they were meant to work together, but she realized that unless they are able to work through all their shadows, that can never happen. She feels this is their potential, but she is also realistic; up to this point, this is hard work and far from a harmonious love connection. She is no longer attached to the outcome of their relationship but uses the opportunity to rise in consciousness and grow into a more whole version of herself.

3rd Case study - male, no kids, single

He met a girl when he was visiting Poland and they first connected on Tinder. When he saw her he felt a strong physical attraction. After a while, she confirmed that there was a strong bond between them. On their first date she invited him to her place. It was a bit challenging for him because he wanted to develop a deeper intimacy, while she wanted to have fun on that moment. There was from beginning a push-pull dynamic. The first sexual meeting was really explosive at physical, emotional and spiritual level. He realized how much he was holding back from expressing love as she was showering him with affection. He ended up crying and there was the need to interrupt the session.



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Due to her own wounds and his own, problems appeared in the connection. They triggered each other very much. She had a narcissistic father and he also recognizes some narcissistic traits in himself. They have met for 3 days in a row and there were intense high peaks and low lows. She asked him to leave.

There were many things in her and her reality that resonated with him: opinions, books, topics for discussion.

They met again in May 2022 when he visited Poland and she contacted him again asking to meet. They had an intense night together and he told her that he loved her. She somehow believed him and wanted to create something with him. They tried a long distance relationship with daily communication. At a certain point she said she had enough of his manipulative behavior and then they separated. She blocked him and stopped communication.

He recognized that his behavior can be manipulative as he wanted this relationship to work. In some cases he was more focused on his side of the story and not much on her side.

She displayed extra sensitivity because of her previous experiences.

He does not know if this completely ended. He feels that he let it go but he is still longing for her to come back. He would send a message once in 1-2 years if she would not say anything.

The signs he identifies for a TF connection are: synchronicities, recognition of déjà-vue feelings, the fact that it was a natural approach, communication and touch.

They were reverted polarities - he represents the DF and she would represent DM aspects.

She saw similarities between him and her father and he saw similarities between her and his mother. She is Polish as his mother too. This had a lot of relevance, he noticed he feels attracted to Eastern European girls. It felt like an ancestral pattern recognition.

He was researching the masculine and feminine and their balance when he met her. These 2 archetypes became clearer in this relationship.

He experienced that the Heart wanted to open immediately. There were so many sensations in his body; hormones rushing and sensations as warmth in the Heart. He associates the heart opening process with the element of **Fire**.

He does not know if they have a special mission together, but he can see how both their lives could expand this way. This meeting catalyzed the exploration of self-love and acceptance of admiration and love from the world.



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He experienced periods of dissociation in his life. He had them because of traumatic events or due to stress accumulated over time in school or working conditions. In most of the cases it was a mental pattern. He recognized that he was slightly dissociated during the interview. His childhood years have been spent in disconnection as a coping mechanism due to emotional neglect. He grew up with the desire to achieve something, very much goal oriented.

He also had dissociative experiences before trying substances. In most cases he recalls some difficulty to face his reality as human being.

He had patterns of co-dependency especially in relation to this girl. He longed for her beyond her own capability to be present or share the same interest.

The practices he follows are mainly of embodiment type: shaking, deep breathing, dancing, making sound through chanting and yoga. He studies also tantra therapy.

He tried few sessions of trauma therapy (IoPT method). He went to Gestalt therapy 3y ago and he talked about the TF journey to the therapist.

After talking to someone he reflected on the possibility to have more than one TF but was not completely sure.

4th Case study – female, 2 kids, single

She has met her TF in August 2018, the day after her brother birthday. They never been in a relationship, he never said things to give her expectations to be with her. He was out of a relationships for long time and he wanted to be single. They stopped talking at end of January 2019. She was watching tarot already. She found out that he was dealing with another girl and she stopped seeing him but could not stop thinking about him. She came across TF in tarot or videos, she saw synchronicities with numbers that never happened before meeting him.

She saw him again in December 2020, sometimes he would reach out to her and viceversa. She sent him the youtube channel she created and he seemed intrigued with this new activity. He basically confirmed that he watched her channel reminding him of his aunts. He never said I love you or I like you. But in the middle of being intimate he stops and looks her in her eyes and *says I love you, it was not just the sex*. Then she got pregnant with a boy. He had a vasectomy in the past, but when they knew she was pregnant felt like a miracle, none of them wanted the baby. She decided to keep the baby, she never heard of him during the pregnancy. She just sent him a sonogram later showing him that will be a boy. After the child was born she sent to him a picture. He answered that he did not want to speak about the baby.



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When she got pregnant, her youtube channel became a source of income and also helped her overcome this situation. He (DM) was instrumental in her understanding that it will be a solo journey. She knew there were no readers to actually tell you what to do about this, some push about things that are needed or necessary.

She saved money to be able to switch to this kind of business. The in and out behavior of DM was overwhelming. The zodiac readings blew the youtube channel in 1 year, from 4000 to 40.000 subscribers, so she resigned her position as a secretary. She was scared about this decision but before resigning she had 2 dreams. She started to get back into TF readings. She started this channel as a fulltime job to be able to have an income and provide for her child too without depending on daycare that would be expensive.

She looked into the dynamics that are described as TF but none fit. In September 2022 he came and met the baby. In 2023 she felt like he was watching and was confirmed. The day after Valentines day in 2023 they were talking, and he said she was his energy twin, that she made him be a better father and man. He asked her to move in with her and the baby.

Then, the girl he has been dealing sexually with posted on social media that she moved in the city, with him.

He has told her things like no one has ever been like her in his life, that she owns his soul, that they were meant to meet. She deleted the messages. In the last year she saw a lot of numbers repeating in sequence 113, 331, 222 etc.

He is to a certain degree spiritual, as he is Cuban and they have in their culture Santeria.

In March 2022 she was going to have galbladder removed and she reached out. She told him things as she was afraid.

The day before this interview he reached out to her asking how she was doing. They spoke about his place of birth and she understood that did not know much about him, not even the exact place of birth. She could understand the strong psychic connection because of past lives and the role he has in her life today. The spiritual growth that this connection has brought confirms the aspects of TF. He is a reminder to her about her role in the world and the contribution she can bring to humankind. It is an activation into the Soul purpose.

What is devastating for her is to still be affected after all these years. She had a moment when she understood the purpose of her channel. She does not want to be in a TF connection but she felt she created the channel based on it. She spoke very emotional about all these aspects.



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About the masculine and feminine inside herself she noticed: the masculine energy is not comfortable for her, there was more focus on feminine. The toxic masculine has been present. The confirmations that are given are then taken from her. Her son looks like him. Her higher self knows there is a reason for him, DM, to be with another woman.

Her mother was more into the masculine energy, while the father was into feminine and unavailable. Her mother was super controlling, the father was not present, never called or reached out after divorce (she was only 3y old when the divorce happened).

She sees a relationship between the dynamic in TF and her parents and their own relation. Her father had to stop working few years ago and then he moved closer and then they started to build a relationship. She understood that his father is super empath with a big and soft heart, the opposite of her mother. Her mother, since her channel started, said to her that is the work of the devil and she will be sent to Hell. She was raised as Christian and going to the church's school.

She recognized that she has always been altruistic and wanting to serve. The youtube channel is a way to help people and give advice on the unions aspects for DF persons.

Her son is part of this journey and he is growing without the father presence as she did since she was 3y old and their parents divorced.

She spoke about signs to recognize the TF journey. Before she has met her TF, there was a man she dated for few months but there were so many red flags. His TF's name is the same as the other man.

She always been an empath and in tune with her heart, but at the stage the TF happened she would not recognize a heart activation. She confessed to him that she felt such a soulful connection. There was just something that could not put the finger on it, completely new and so old at the same time. But she did not know him, it did not make sense in reality. He told her not to have the baby because she was financially unstable. He has never love bombed her or done anything like that to speak about an empath-narcissist dynamic.

She begged him to release the connection energetically. He said like ***You are like Water and I am like Earth.*** For her the **Water** element is prominent and they are both water signs. She is trying to shut off the fire, as it is consuming her.

Meeting her TF catalyzed the mission she embraced by starting an youtube channel and doing tarot readings. In the future it could shift, but for the moment was her purpose. Everything is all



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new to her. She also had visions with him doing his own readings in Spanish too as he is a latino citizen and tarot readings are very spread in his culture.

She had a surgery when she was put in narcosis, in March 2020.

She identifies an addictive pattern in this connection. She cannot stop doing something and then she gets obsessed. At the beginning she could not stop in looking up to him on social media. She had committed relationships when she did not feel this need.

She is used to meditate to be more present. She does not make use of therapy.

5th Case study – female, no kids, single

She was not looking for a partner or fling when she have met her DM. She was struck, like the lights of a Christmas tree were lightened. After that someone spoke to her about the kundalini rising. It felt gentle and energetic.

She recently got connected with the Source above and then to the Earth source. In a way this was easy but very intense. It has been a spiritual experience, a feeling in the body that we are coming from the Source. Sometimes she would experience parts of it during meditation.

When they have met and they were at close distance she could recognize his energy. It was during a party and they talked, he hugged her. After 3 months she saw him again at another party. He said he wanted to be with her. She was not sure, he was drunk and very early in the morning. She suggested to meet later in the park and talk. She tried to understand what was this sensation. They went to his place and spent the day together but without sex. Only by touching her body she had an energetic orgasm inside the heart. She started to download something. She did not want to be impressed by this other reality, she wanted to wait to experience everything slowly. He got into a tantrum and they had a lot of verbal misunderstanding. She felt on the edge, not in a normal state in the way she reacted to him.

She understood that this behavior was not normal. He has ADHD but he is not lunatic. They separated and they stood apart for few days after having sex first time. He tried to reconnect and meet her, but she did not want. After 2-3 months they have met again and for her was impossible to control herself. She wanted to have sex and she felt like a magnet pulling her towards him. Her brain was foggy and felt very unpredictable in this irresistible attraction.

He was drunk and drugged, so the sex was not really good. He actually had issues with his intimate performance. She understood that she was giving him a lot of energy and feeling worse.



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He was not able to give anything in return because of his traumas. She said they both had serious work to do with themselves. He did not accept that they will not meet again.

They feel each other on the Full Moon and the emotions are very intense. When she needs him he is showing up energetically. He is present on instagram with stories that show her he is better. She follows him and occasionally can check what he is doing. He wants to have simple relationships, to be with a woman that is easy to handle. He is 3 years younger than her. He is used that women come to him, he has a lot of energy. He is quite known in the spiritual community although when she have met her she did not know this. She lost friends because of him as she did not practice drinking and taking drugs. She chose to disconnect and avoid places where he lives. She questioned why she could not have someone in her life, and telepathically asked him to release her. If they would meet by chance in parties or festival, he would like to reconnect and hug her even if there was another woman with him.

He asked her about her alien origin. She told him that they had experience of living on other planets. She did not know much about TF or considered to have alien DNA when they have met.

When she was 15-16 y old she had an opening of herself when she felt a presence coming out of her heart. After the first period she started to get depressions. In her early 20th she heard that sentence: *I am departing to the northern woods*. She was resisting this call, she wanted to be close to family in her country. At almost 38 y old her home country kicked her out. All windows and doors closed. In 2 weeks she finished her life there moved to Norway. Her mother told her she was reckless.

Once she was in his arms she felt like she came home, that the circle of her experience up to that moment was coming to an end. She understood he was the reason why she came to Norway. They asked each other where they were hiding before meeting.

Usually she recognized to have a masculine energy but with him she was feminine. At the beginning there was like a push and pull, she said No many times even when she wanted to say Yes. She sent him a video on TF from youtube. She could not find any information for months, but after 6 months the information started to come.

Her parents are weak people, the father a narcissist and her mother borderline. They are traumatized and always look for excuses. She sees only the negative side of her parents. It influenced her in the fact she was not allowed as a kids to show her true feelings. They have been abusive psychologically and energetically towards her.



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She is a born twin (she has a twin brother) with other 3 sisters. She did not live with them for 10 years while in Croatia. She grew up as Catholic.

For her the experience was not only the heart but all the energetic centers and the body. She felt good in her aura and energy body. There was also lots of pain during the separation, she felt a deep physical pain in the heart. It was like someone stabbed her in her back. She started to work with obsidian egg for 2 weeks in a row and then the egg pulled out. She started to use communication crystals. She felt that the process was triggered by him and her body was adjusting to be in an optimal level. She felt enlightened and her focus was really strong. Then she entered in some meditations groups.

She points out the **ether** as element to characterize the connection. She stated to receive visions and feel space around herself. **Air** and **Water** and **Fire** were strong in the moment they have met.

She was obsessed with the idea at the beginning and tried to push for him to get serious so they can do some stuff together. But maybe the mission is to be awake. She awoken again after the first time when she was 10y old. Her priority became her own spiritual path.

Energetically she feels she is never alone, he is with her always.

She had many times experiences of diassociation or disconnection from the body. She always felt not being in the body. She has a type of mechanism of dissociation in uncomfortable situations. This gives her a different perspective.

There was a phase when she experienced an addiction to him (TF counterpart). Nowadays she does not have pain in the heart, but peace, and a different kind of love. She does not have expectations either, or is interested to be together with him in the future. There was already too much suffering with him and she does not want this anymore.

The practices she has are shamanic journeys, in pairs. She wants to live in a Seven of Cups state. Her spirit animals connected with her and she felt like the heart center opened from the back. She gained 20kg, but she never had problems with her weight.

She did not do any trauma therapy, but has tried family constellation.



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4. The perspective of Family constellation and morphic field

The unconventional theory of morphic fields and formative causation, relies primarily on **Rupert Sheldrake's** book "*The Presence of the Past*" and can explain how the field operates in terms of **family or systemic constellation**, a modern system of psychotherapy created and studied by **Bert Hellinger** in the '90s.

The theory presented in the book by Rupert Sheldrake suggests that **morphogenetic fields**—which are all around us in a subtle geometry beyond space and time (not at all apparent to our five human senses of seeing, hearing, touching, etc.) - resonate with our development and evolution and thus are the necessary external sources of information that interact with the more obvious internal information that's contained in the genetic code.

These morphogenetic fields of subtle energy thus supply the missing information that determines the form and behavior of all species. Much like the internet in the mechanistic world of electrons, we upload and download energy and information to and from the morphogenetic field (which amounts to the subtle "cloud storage" for every living species). The morphic field is the base of our mental activity and also perception. Our own morphic fields are not confined to just our heads and extend outside of our mind with our attention and intentions.

The process by which **the past becomes present** within morphic fields is called **morphic resonance**. *Morphic resonance involves the transmission of formative causal influences through both space and time. The memory within the morphic fields is cumulative, and that is why all sorts of things become increasingly habitual through repetition. (p. 2)*

Morphic resonance also operates at the level of a species, including the human species. Human societies, cultures, and humanity as a whole have their own morphic fields in which a **collective cultural memory** can be stored over time that augments or transcends recorded memory. And these fields can transmit information instantaneously, in accordance with quantum physics, across country borders and continents. And, like other morphic fields, they are nested hierarchies of fields.

Myths, sacred rituals, and even **scientific paradigms** are shaped by morphic fields and maintained by *morphic resonance*. This can also explain why certain mythological stories and characters share similar traits and patterns although have been created and spread in geographical areas with no direct connection, such as the myth of Isis and Osiris in ancient Egypt or the one of Inana and Dumuz in ancient Mesopotamia. It is about the death and resurrection



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of a husband or consort, that later has been taken and translated by Christian dogma into the Resurrection of Christ and its announcement by Mary Magdalene.

Morphic resonance works especially well with the **classical Tantrik view** that everything is made of consciousness, that all of manifest reality is a cosmic unity known as the **Heart of Being**. We influence these fields as much as they influence us.

It is the repetition of conscious and unconscious behavior that resonates and shapes those morphogenetic, geometric fields of subtle energy and information through a quantum (non-Newtonian) action at a distance, which can then create and reshape our ingrained paths and patterns of behavior—instantly.

It is probably what is called **quantum shift** in our memory that can create a quantum shift at energetic level and viceversa. When trauma happens there is a split in the psyche that also implies a huge release of energy, therefore healing from trauma by bringing back the fragments of the puzzle can be as exhausting and big energetically as the split itself. The energies, when they are free to move in the morphic field, can interact in ways that cannot be controlled but can be guided through the energy of the Heart space - every movement we give towards peace and resolution of a difficult pattern or situation ripples and generates quantum shifts not only in the person that opens the Heart towards Love (and its energetic movement) but also in those members of the system that participate to the process (here I refer directly to the constellation field of movements known as **morphic field**). The shift is actually something that happens in the present and at the same time in past generations (at epigenetic level) and also in the future ones, as the morphic field transcends time and space.

The topic of how relationship dynamic run and develop in family constellation is complex and relies on specific rules manifested by the morphogenetic field, across many generations in the two genealogical trees of the partners. Usually two people come together or try to establish a relationship because of similar energies and entanglements in their own family system (and I would also add similar survival strategies).

It is generally accepted that when two people come together in a relationship meant to be romantic or to create a couple/family, they bring together two systems with their own ramifications (through father and mother figures) back to many past generations. If the law of balanced giving and receiving is not respected by the two, the relationship will suffer all sorts of issues. The same can happen when there is a mirroring of unresolved traumas in between the mother and father representatives of the two systems with the risk of projecting onto the other person similar patterns that have been seen in the origin family. When the two people come



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together in a relation, and they already had previous families or partners with whom they did not solve conflicts or poor communication, the problem can continue to manifest in the new relationship.

The principle of exclusion of a past partner or not giving that person the merit of being the first and have made space to the new (and this applies also to deceased partners) can also apply in cases where TF journey are identified. Children can also play an important role in dictating the development of the relation dynamic especially when their role in the life of the parent is not fully recognized or can be seen as a threat or competitor to the new partner. An ex partner and the child had with that partner will always come first.

As it is the case for **IoPT therapy theory and method** (IoPT = Identity Oriented Psychotrauma Therapy), constellation work is based on *morphic resonance* phenomenon and therefore, is possible to understand where the imbalance or issue lies for one or both partners. If the movement is given towards clarification of what has been clogged or misunderstood or not properly dealt with, the field will guide the energies in somehow miraculous way towards a better communication, union or to the opposite, to disconnection and end of the relation. It is always a matter of choice of the person for whom the constellation work is done and how ready that person is to trust into the movements of the field. The constellator should be able to preserve its position in a *meta perspective* and guide the energies in a way that is for the benefit of the system so the balance and harmony can be established.

When thinking to these aspects, I have in mind a specific constellation where water and candles have been used to represent energies. I was working on my need to control, inherited from a family pattern, more specifically from my father. I remember how water (as expression of the wave patterns of connection and movement of the morphogenetic field) moved the candle representing my heart and the candle representing the DM energy in a way I could understand he finally could see my heart. Even if he never manifested much interest or wish to start a dialogue between us the energies showed me that there was a dialogue between our heart fields, happening behind the scenes. And I would call this a **5D dialogue** between our Hearts.

Later one, after more sessions of trauma work and also some readings, I understood that the main difficulty my TF counterpart had was to connect with his heart space and have an honest conversation about what the heart was trying to show him. Actually I had the confirmation about this difficulty in a constellation exercise in pairs during a workshop (strangely enough it was a cuddling party for S. Valentine in 2023 that transformed itself along the way into a healing experience). I asked the lady I was paired to represent the energy of my DM and the resonance



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brought in something surprising for me. Apparently th DM was feeling something in his heart that she would define as being Love but the mind was in his way and got him confused. He was changing his perception of me, seeing me in a different light but was not able to decide on any actual move as there was a conflict between this feeling and the discourse of his mind. Then grief and sadness overlapped the feeling that probably lost intensity and relevance.

In the last year of this dynamic (2023) I hoped at a certain point to be able to have a conversation with him as in subtle ways he was giving me signs that something changed (later I would understand these signs as a manipulation strategy to see if I fall again into his trap). But he kept stuck in his head space, in his Ego and lack of ability to be vulnerable and open to a different energy between us. I saw in this a hidden trauma pattern resulting probably from childhood or even later periods when he probably did not feel that his parents or other people in his closer environment were happy or encouraging emotional expression. He is also a workaholic and player type (he actually likes to play chess) that made me see also a different aspects of his masculinity (I could identify some narcissistic and manipulative traits) that would probably point out towards a difficult relationship with the father figure (there might be a conflict never acknowledged and also some lack of selfworth). At the same time I would not exclude also mother related issues as apparently he got used to get womens attention. He probably enjoys in keeping women hooked on him, without willingness to exchange the same attention back. It is a way to make him feel in control and wanted, as a reaction to emotional distance from his parents or some criticism around his masculinity that he might have experienced in his upbringing. From the very beginning it became clear to me that despite the appearance of a strong man, his energy was mainly a feminine one, while I was chasing him in a very masculine energy.

For me another interesting part was to assess along these period of 4 years the way the hidden dynamic changed. From a first encouter where we both felt a spark and instant attraction (from a constellation intention I worked with in February 2020 I know he was feeling a lot of sexual drive towards me) we arrived to both feel distant and disenchanted. The last constellation intention I worked for this dynamic in Spring 2024 showed that I was mainly interested to support him from a therapeutical perspective, while he was trapped in his own world, wishing to be left alone.

I thus understood that all the trauma healing I did in these 4 years helped me get more in touch with myself and my own needs and also differentiate between survival strategies we both developed as a way to relate to each other. I could see finally clearly my own truth and also the truth behind this connection. The wish I expressed to myself once to cut the invisible cord that kept me bound to this illusion of relating finally became true and also liberating.



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Sometimes I look back and I feel bitterness for how things ended, but then I remind myself I cannot be responsible for the choices and behavior of the other person. I can only assume responsibility for my own choices and the way I use my energy. It was the BIG YES I gave to myself by doing this inner work and healing the addiction and the pain stored for so many years in my trauma mechanisms inside the body and psyche.

I do not know if he will ever understand my position and what I was trying to communicate to him, probably he would actually believe I was not completely honest or true in my messages and intentions (or even worse, that I was nuts to write and do the things I did). What I can say now, looking back, is that my wish to support and maybe even to heal him of his wounds was stronger than the wish to actually be with him in a relationship. I always looked to this hypothesis of a relationship between us as something surreal and maybe not even necessary to become reality one day, as my focus was mainly in opening a dialogue between us. And in this position I placed myself bigger than him, almost on a pedestal, pretending that I can be his therapist from distance and trying to guide the energies for a solution. This was my main error as he never asked me to be the therapist or to support him in any way. It was probably the survival strategy of that side of me that was embodying the **Wounded Healer** archetype. In reality healing cannot be imposed or forced...healing needs to happen naturally and by willingness of the person that requires healing if this person becomes aware of the degree of wounding it carries inside.



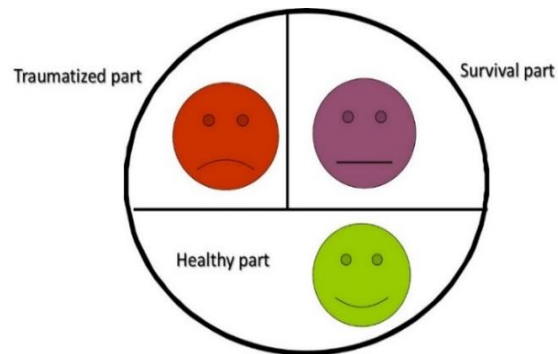
Tree of Life (ancestral lineage) and the 2 peacocks symbolizing beauty,
creativity, communication



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5. The trauma-informed approach

According to the trauma biography model proposed by **Franz Rupert** we can undergo 4 levels of traumatization along our life: **Trauma of Identity, Trauma of Love, Sexual trauma** and **Trauma of being a perpetrator** itself (after being a victim of one or multiple abusers). A psychotrauma is a split that happens in our psyche due to a traumatic event. Along our lives we experience many traumas we do not recall and others of which we have memories. Earlier in life these traumatic events happen, longer effect they will have on us and also our body.



The simplest model of the split when trauma happens (according F. Rupert theory)

The trauma-informed approach comes from my own experience with trauma therapy based on specific intentions. I have worked with my own traumas for more than 5 years and in at least half of the intentions I brought the energy and sometimes identification with the one I identified as TF (DM part).

Besides the IoPT method I also worked with constellation (spiritual constellation, karmic constellation or constellations with water). It has been very insightful to notice the development of the connection with the DM once I started to work on myself and have *self-encounters* to see what kind of traumas were behind the energies this connection-disconnection manifested.

I have noticed thus the patterns manifested by the connection as patterns of early traumatization: **co-dependency** and **addiction** to emotional security, **abandonment** wounds manifested in a dynamic defined sometimes as Runner-Chaser, **mirroring** of similar patterns of relating (or not) to mother and father figure (although they might be inverted to a certain extent).



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The trauma survival strategies that I recognized in the DM I could mention ***the need to control*** by avoiding contact or any explanation that would change the outcome of the connection or dynamic, ***stalking/thinking*** from distance as addictive behavior, mental and emotional ***manipulation*** through mind games (using very subtle tactics and also behaviours).

For myself I could mention that after 4 years I made a huge realization that my interest and efforts (never successful) in improving the connection and trying to make it work by inviting DM to a dialogue and clarification of the misunderstanding was actually **a trauma survival strategy** I developed as excuse for not engaging in real connections but rather creating and relating with an illusion. Although I got to know quite well the hidden dynamic at energetic and emotional level, I have never got to know the real man and person. Many of my own conclusions were based on the work with intentions and constellations and on deductive and logical thinking from little information I could find on him on internet.

It became quite quickly obvious for me that *game playing* was a common denominator in this connection-disconnection. As DM was reluctant to open and let me access a true dialogue I used other channels to make him hook energetically at the beginning, as long as I thought was fun. But soon I discovered that I was digging my own hole by doing this and I had to change the orientation towards what actually was happening inside me. At a certain point the longing and chasing became too much and intense to bear, so I started to work towards breaking the addictive pattern, but got imbroiled in negative reactions because of my own emotional instability due to the work in therapy sessions. I actually arrived to the point, after 2 years of disconnect, in a moment of energetic charge with anger (when I wished to speak to him by phone and he refused saying that if there was something about work I could send him an email), to ask him directly to get out of my energetic field. He did not reacted visibly to this request but I know it shooked him, as it came unexpectedly and somehow not deserved. It also became obvious that our TSS melted in a strange entanglement and contributed to the further distance already created by previous situations.

The other case studies also showed similar patterns of *entanglement* and also a switch in the energy of the dynamic at a certain point, usually after sexual intimacy, was experienced between the two partners.

It has not been my case, actually the most difficult part was to establish a channel of verbal or written communication with DM. It was always me trying to connect and explain, through emails, facebook messages or letters that never received any answer (only in few occasions he answered to some emails at the beginning, culminating with the refusal to get involved in any discussion or



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dialogue, with the excuse that he does not have time for a relationship – this was his supposition as I never asked him this or suggesting I would be interested in a relationship). I intuitively sense that the DM has never been able to healthily and openly express his emotions or feelings (this emotional repression I identified is actually very much embedded in his own culture) and that my request to be vulnerable and open to me has put him in a really difficult situation. On another hand I also suspect that he used this **manipulative strategy** of not answering to my letters or messages as a way to keep me hooked on him, to continue chasing him (as a way to show my interest or love)...it is also possible that he does this with other women too as he is charismatic and very attractive as masculine energy (although he carries a strong feminine energy inside). It can also be a strategy that he has adopted and learned along his life to get attention and feel important and wanted by the opposite gender. His behavior towards me showed the quality of his masculine energy as well the feminine characteristics I could identify through his avoidance, as passivity (I know he was quietly observing and looking to my social media profile) and lack of action. I could also see a certain **victim player attitude** behind all these traits and the reluctance to self-reflect on his own behavior or give the benefit of the doubt to the other.



The mirror to the Self



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6. The perspective of the shamanic medicine wheel

A shamanic mandala called **Medicine wheel** is an ancient indigenous instrument designed to bring healing and clarity to any issue regarding our cyclic life. It comprises a circular structure with **4 horizontal directions** (N-E-S-W) and **3 vertical directions** (Father Sky, Mother Earth, and Spirit Tree or the Sacred Center in the middle). To each direction is associated an *element*, one or more *power animals* and also *medicinal herbs and crystals*.

A medicine wheel illustrates the cyclic evolution of our bodies and also invites to meditation on our cyclic qualities and rhythms that we can explore for better understanding ourselves as human beings with Divine blueprint and also for monitoring/tracking our menstrual cycle (for women mainly) on physical, emotional and psychological, and spiritual/archetypal levels.

The Medicine wheels of indigeneous tribes also include **Archetypes** for each direction, that embody qualities and also flows or negative side of the human nature For example we have the archetype of the **Warrior** for N direction, the **Visionary** for the E direction, the **Healer** for the S direction and Master for the W direction.

Each of the Four **Directions** (East, South, West, and North) is typically represented by a distinctive color, such as black, red, yellow, and white, which for some stands for the human races. The Directions can also represent:

- *Stages of life*: birth, youth, adult (or elder), death
- *Seasons of the year*: spring, summer, winter, fall
- *Aspects of life*: spiritual, emotional, intellectual, physical
- *Elements of nature*: fire (or sun), air, water (or moon), and earth
- *Animals*: Eagle, Bear, Wolf, Buffalo and many others
- *Ceremonial plants*: tobacco, sweet grass, sage, cedar.

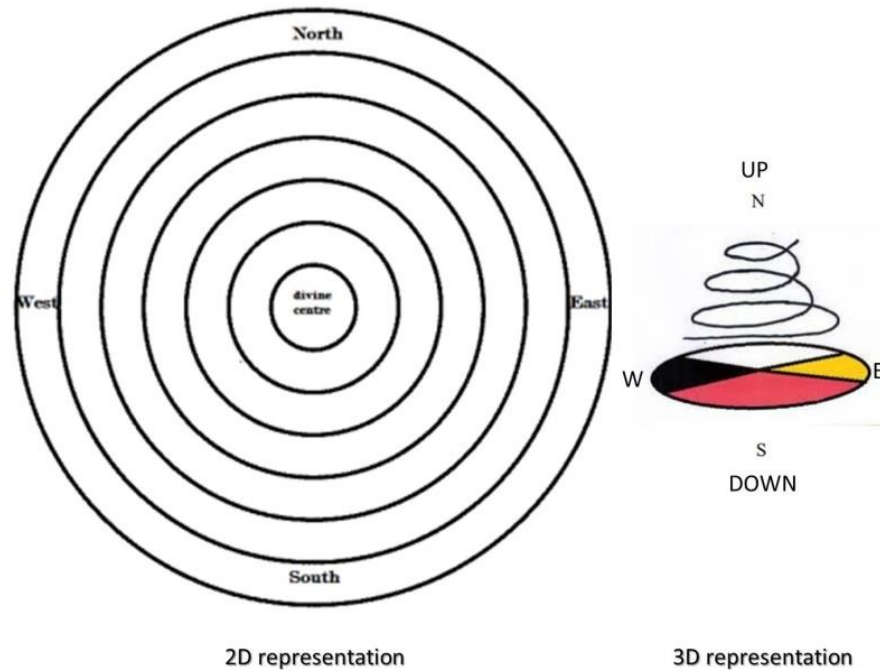
When we walk the medicine wheel we need a starting point and then the movement is given in a cycle that goes through all the other directions. When we lalign our bodies and mental and spiritual qualities to this cycle of nature we start to better see and understand our human nature and how we can achieve deeper connection with outer nature.

The movement in the Medicine Wheel and in Native American ceremonies is **circular**, and typically **in a clockwise**, or “sun-wise” direction. This helps to align with the forces of Nature, such as gravity and the rising (dawn) and setting of the Sun (sunset). In many traditions the movements



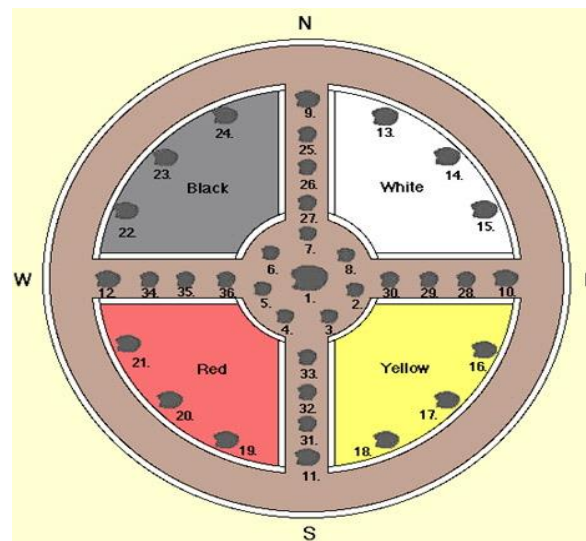
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starts in the North, connecting with ancestral lineage but also can start where the sun rises, in the E to bring vision and direction to our own life.



2D representation

3D representation



General structure in horizontal and vertical of the medicine wheel,
with 4 directions (N-E-S-W) and a center and 4 quadrants representing the 4 human races



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We can use this concept of Medicine wheel and the circular movement of it in any human connection or relationship. But for the purpose of this research, I will refer here barely to the Twin Flame dynamic if both counterparts understand the usefulness of such a practice to align their own intentions and feelings and ultimately achieve a state of balance where true and intimate dialogue can be established from the space of the Heart.

If the TF medicine wheel starts in the E (Sun raising, **Visionary Archetype**) with the **Fire element** shows there is a common vision and purpose for this connection to happen. Usually the connection in 3D starts in **the E direction** (Fire element) as the vision is required to go inwards.

If only one counterpart recognizes its qualities and meaning there might be more cycles of the Medicine wheel until the two polarities align. It also makes sense that the journey starts with the direction of the raising of the Sun as it holds the **Flame**, the Solar spark of energy that gives life to everything.

The Fire is also a masculine element compared to the Water, that is the opposite of it. In a medicine wheel Fire and Water belong to opposite directions too, the East and the West. Most of the times this is also the interpretation given at energetic and spiritual level to the TF: an irresistible attraction of opposite energies, of the masculine solar energy with the feminine lunar one, a blend of yang and yin to create the Whole.

Once the activation of Fire is happening inside the Heart space between the two (even if not always both recognize or manifest this heart activation) the direction is towards **S direction** (Air, **Healer archetype**) where the healing journey is given and protected by two powerful animals: Snake Mariri and Coyote Mariri. The qualities of the Trickster join the ones of the Snake shedding skins to release expectations and illusions about a perfect connection or possibility to manifest romantic relationship. In the bottom of the medicine wheel healing comes from releasing the ideal of perfection and fate - recognizing the flows and the red flags that the other shows in its own mirror. It is mainly a mental process when the reality starts to seem very different from the perfect dreams of a successful connection.

Further one moving towards **the W direction** (Water, **Teacher archetype**) the watery emotional realm invites to further cleanse the space of the connection (or disconnection/separation, depending on the case) and this also means giving up expectations on the outcome of it. Moving up again towards **the N direction** (**Warrior archetype**) and the Earth there will be a moment where all the experiences and lessons accumulated in the previous 3 directions sum and can bring either resolution and reunion or will dissolve the connection and its potential of manifestation.



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Grounding the connection into reality requires effort and if the two energies did not align by now, it will be necessary another cycle or purification, transformation, cleansing and releasing.

There is no specific rule or norm to dictate how many cycles of medicine wheel are necessary for successful manifestation. Depends a lot on how we evaluate manifestation, from whose perspective. If manifestation is seen as fulfilment of desires through physical and romantic union, it might be that only one is ready for this, but if it happens that both become ready then the potential becomes reality. Other cases will show that only one energy/person has progressed in understanding and accepting the connection for what it is, without a real expectation of success. In this case the success is to accept that Self-Love is more important than shared Love with the other person. It is what some will describe as Unconditional Love...loving the other as oneself but without expecting nothing in return. Giving up expectations in relation to the other creates space for more awareness about who we really are and what our true desires and needs are and how we can meet them by ourselves (it is what I could call Self-love).

Most of this kind of connections are meant to heal us from old patterns and traumas to the point we become Whole and One (as union between polarities) without needing the Other to be physically, emotionally or mentally present in our life in a committed relation. It is a Solo journey of the recovery of the felt sense of Inner Twin Flame - as a recognition and acceptance of Self-Wholeness and Embrace.

When instead of Fire the activation of the connection at the level of the Soul is manifested through the **Water element** the medicine wheel starts in W, the Sunset direction. It means that one or both in the connection quickly starts to feel a lot of emotions and dive deep into the longing for the union. But in most of cases the water can dissolve quickly the foundation of the connection if this was not build on strong earth. The emotional realm is clogged with mud and confusion and becomes difficult to control or master those emotions, especially the manipulation and addictive quality of the dynamic. Therefore on the medicine wheel from W the movement proceeds towards the N and the grounding in the Earth element. Sometimes the connection with the ancestral lineage can bring insights and support to continue further the journey. Then from N the medicine wheel will go towards E to find a new vision and renewal of the dynamic at energetic level. The Fire of the E brings thus fuel to something that might have lost zest and energy, because of confusion and lack of clarity on a common purpose and direction. Going down to the S new opportunities for healing come forward and in many cases the loss of hope or courage can be replaced with new perspectives and insights.



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We can compare the medicine wheel with the card from Tarot known as the **World** - the wheel is spinning around, when is up when goes down. What would be interesting to evaluate is which are the positions on the medicine wheel for both the DF and DM when they start the journey and how fast the wheel will spin for each of them. At a certain point, after many cycles of spinning, one could think that they could arrive to meet at the same point or direction of this wheel. But probably in reality this does not happen so often as it is wished. And in one lifetime might not even happen at all.

Explanation of the medicine wheel dynamic and main moments identified in my own Journey

E (East direction/Fire/Vision and recognition) started in 2020, the year I have met my TF. The recognition at the Soul Level (or the start of healing journey) was catalyzed by his denial to connect and develop a real relationship. I sent him at the end of the year a first letter (hand written) with a first attempt to bring Peace in this connection (I used the image of Eros & Psyche by Edvard Munch, as a present to illustrate the concept of Twin Flames, as at that time I was not yet sure what all this meant).

S (S direction/Air/Healing) was marked by the letter I wrote in 2021 about the two Masks that we carry. I spoke in this letter about the deeper meaning of this situation and how important was to focus on the healing journey. For me it was clear that the real purpose of a Twin Flame connection is the return to the Self and engaging in practices that could support my healing and growth.

W (W direction/Water/Protection seeking and revealing the truth) was manifested two letters written in 2022, where I tried to explain how I see things and engage the other in real interaction but not successful. To a certain extent I saw beyond the illusion of the Mind but the Heart was still in denial. I could see the abusive attitudes and strategies of the DM but still sometimes I could try to find excuses or just projecting on him my own frustration and anger.

N (N direction/Earth/Fully opening the heart and anchoring it in the center of the wheel) concluded a full cycle in 2023, when I wrote as a kind of good bye message in a letter I sent together with all the previous ones. I tried to be honest and explained how I felt and what all this experience meant for me and also asking him for a last possibility to meet and clarify. He never answered to this or the other messages, although I know he saw it and probably received all letters (they did not come back to my address).

It was the last step to accomplish a full cycle of 4 years, 4 years of **Soul medicine**. I achieved thus the **Centre** (sum of all elements, the Rainbow heart) of my medicine wheel, as the sum of all the



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energetic work when I acquired the full recognition of the real TF meaning and I could recognize in myself how much I balanced and harmonized the energies that initially were in split (Masculine and Feminine). I could find **Peace** inside, independently on how the situation might evolve. Maybe this is how things have to be and we will never meet to face each other and speak from the place of our Hearts not from our Minds or Egoes (the **MASKS**).

In my last letter to him, the DM has been informed that if he wants to have this meeting I only accept it if he comes from a place of pure and clear intention. I worked very hard all these 4 years to gain clarity about myself and my own reality and I do not wish to preserve negative feelings or emotions that could only fuel conflict, misunderstanding and abuse. It has been the very first time in my life when I consciously set such a clear and strong boundary in relation to the other. I also was able to understand that was my own will and determination that would take me out of the survival strategy mode.



Water and Fire elements joining together in Union as symbol of the
Feminine and Masculine energies



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7. Steps towards healing the negative imprint and achieving wholeness

In a TF journey I could identify three different steps that mark important moments in the evolution towards the **Self** and the conquest of a healthy **Identity**: *the awakening*, *the facing* and *the healing* by learning to parent ourselves and heal our traumas. I am going to present each of these steps and their meaning under the light of these 6 case studies shown above.

Most of the times only one of the TF partners is aware of the multiple aspects related to the journey and willing to also do the inner work towards achieving balance, harmony and a sense of wholeness inside. But there are cases where this one (*the awakened one*, as some would say) can trigger and activate a similar process in the other.

Heart coherence beat activation or awakening

The heart as energetic center (the fourth chakra, Anahata, according Asian tradition) holds a huge power of healing and connection through the energy that emanates with each heart beat. Meditation techniques as those proposed by **Joe Dispenza** show that the Heart, once activated on a superior level of energy, becomes a center of coherence rippling waves of positive change around. The electromagnetic field of the heart has a diameter of 4m as torus shape and is 5000 stronger than the electromagnetic field of the brain. It contains 40.000 cells. The love in the heart is not an emotion but a feeling expressing an elevated state of consciousness.

Many people live in the illusion that just by focusing the attention on the heart and practicing active meditation the heart will automatically open and expand. In my experience what helped me to get deeper in touch with my Heart space and start its expansion was to connect with the child inside me that still needed healing and comfort. The Spiritual concept of Inner Child involves many practices based on meditation but the real connection requires honesty and crossing the veil of illusion of who we are and how we relate with others from this space. The real expansion of the Heart requires humbleness and the ability to self-meet into the most painful places and shadows our body can hold inside.

Opening of the Heart is a process and initiation, evolving into a different state of the Self and there should be an energy that helps upgrade to it. The only true energy that ignites a change in ourself towards ourself is the Heart energy.

What I could notice is that heart activation came at the same time with a kundalini fire activation in my body that made me loose sleep over almost 1 month. As a woman I can recognize in this



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event a merging of two realities or center energies - the womb (2nd chakra, center of sexuality and creativity) and the heart (4th chakra, center of love and compassion). At first I could not understand but then became obvious that something changed in my own energy field and also in the way I perceive the relation between this two centers in my body. Interestingly enough this was happening at the same time I was doing a journey in a group of almost 100 women working with Goddess energies and activations and also when I have met my TF. Now, looking back, I can recognize there was no a coincidence for this happening, but rather a synchronicity. The work with the Goddesses was actually preparing me for this meeting, as more I could recognize the Goddess energy in my life, more I was ready for this new challenge.

Facing and taking out our Mask

The concept of Mask as a way to relate to the world is not new, but it became obvious in the meeting of TF because we both preferred to place this Mask and interact or react from this place rather from inner knowing and intuition. For me it became imperative at a certain point, once I understood what this connection was illustrating, to take out the Mask and speak my truth. It did not change much the dynamic with the other, he continued disconnected and distant, but at least I got a conclusion on my own and could feel was the right thing to do in regards to him and also to pacify my own contradictions.

Working with the ***Mask archetype*** is not an easy task either, as each of us has shaped its own personality and relational behavior based on years of conditioning and identifications with people who had their own mask and role. Accepting that we put on a Mask for a whole life and that at a certain point we might decide we do not need it anymore can feel very unsafe and destabilizing as this mask is part of survival strategies we forged to be able to cope with difficulties and challenges. The interesting fact is the other TF partner is showing us a mask that we can recognize to wear ourselves...and this is another trigger for the journey within, where we are called to understand, accept and wish to take out these layers that we overlapped over our true intimate essence (our inner Self) as a human being in search for love, attention and acceptance.

Parenting our Inner child

According to psychologists as **F. Rupert** our desire to love and be loved comes from the mother-child relationship. A child's love is instinctual as he depends on the mother for food, care and attention. If this loving connection between a child and a mother is not possible or is interrupted (sometimes after birth either the mother or the child gets sick, or the mother dies and the child is given to adoption and so on) the child will develop through life a need to bond with substitutes



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for a loving connection. As an adult will try to relate to people that remind of this absence or lack, chasing an illusion of bonding that stems from this childhood trauma. It is what I would call a **Trauma Bond** (TB).

Therefore in the case of those protagonizing a TF connection it is important that one or both of them works towards reparenting their own Inner Child, by searching for the source of this trauma and healing it, giving to themselves what their care givers (primarily the mother) were not available to provide.

Inside each of the TF protagonists there is a split between the two forces representing the originary couple - the **Life giver** (mother figure) and **Life saviour** (father figure) and so until this *split* is not resolved in each of them there is no Peace and Harmony in between them (Hellinger scientia theory). The parenting process also means assuming and understanding the **identifications** and **unhealthy patterns** they brought with both mother and father figure and also the roles they played in shaping the personality and upbringing of each of the TF. This kind of identification process would then also explain the mirroring process that can become so intense that at a certain point one of both of the TF would choose rather the distance and separation than the connection itself.

The main assumption to use for starting this work is that love or sexual partners are not just adults but often have **multiple split-off traumatised child parts** in their psyche, that can be easily triggered in relationships (F. Rupert, *Love, Illust and trauma*, page 24). And we can also make the assumption tht often DM will project on the DF its own frustrations or not resolved traumas in relation to the mother figure, while the DF could do the same to DM but in relation to her father figure.

Therefore the two protagonists of a TF bond have a double challenge - first to understand their own childhood traumas in relation to their parents, then to be able through therapy and self-inquiry to reconstruct their own healthy and safe space for a relation where no traumatized parts will get involved in hydden psychological dynamics to fuel the failure of the adult connection.



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8. Conclusions

My main interest in this small research was to show the patterns of development of the TF connection itself and also find clues for the hidden dynamic and the traumas behind it. Even when I present each story I have in mind that it is only a small part of who these people are (me included) and their own trauma biography. And I try to be objective and non-judgemental, so the focus is always on what can be recovered as a learning or lesson and what other approaches or tools we can find inside each story for promoting healing and wellbeing. Beyond the labels that we give to our relationships and experiences, we are Humans and we possess a Body that often is our wise advisor in terms of achieving that feeling of happiness, fulfillment and aliveness.

In the 6 case studies I present in this research it is obvious there are similarities and also differences. It has to be noted that only 2 case studies (me and one of the male individuals) did not have a sexual relationship with the one we could name as our TF counterpart. The others experienced also sexual union with the counterpart and in most of the cases this led to further separation and the development of an addictive pattern. I could argue that a sexual intercourse (or more) with a TF counterpart opens more the channels of the body and the trauma mechanisms of the nervous system to access what is stored and still hidden in terms of traumatic memories (implicit memories) and energies. Therefore the mirroring and projection of the wounds will be enhanced after this event.

Even if the sexual union is experienced as transcendental beyond the bodies union, we cannot ignore that our body is still governed by hormones and biochemical reactions of fluids release that create the sensations and their intensity. Two bodies activated also from the Heart space can create a Portal for other dimensions and perceptions, but at the same time can create a disconnective experience where the Self dissolves in the other and boundaries are transcended too. Physical contact through sex also regards the energetic movement inside each body of the kundalini energy (Sexual life force) and how much the exchange of this energy can influence this perception.

This aspect of the relevance of the sexual involvement between the counterparts was not detailed here as it could also be source of speculation and deviation from the purpose of this research. Therefore I tried to keep my findings on a more objective level and argue about them based on facts and testimonials from the interviewed persons.



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From my observations as therapist regarding the individuals who accepted to be case studies (also having their own trauma biography, that will not be detailed here either) I can say the following:

- ✚ All individuals consider themselves to be Spiritual beings or having a spiritual practice - I personally recognize the need to embody the Spiritual belief and practice by acknowledging and understanding the relevance of the body and of the deep connection with it;
- ✚ Most of the individuals believe in the concept of past life and karmic redemption;
- ✚ All individuals, no matter the gender, show signs of early childhood traumatization and the main sources of it are the parents and their inability to be present or to show emotional involvement and real care for them;
- ✚ Most of the individuals recognized to have had traumatic experiences or habits (like use of hallucinogenic substances) that lead to disconnection from the body – some even recognize it is so difficult to stay in the body and that disconnection happens often when uncomfortable situations present themselves;
- ✚ Most of the individuals also had health issues or some kind of diagnosis along their life and recent past that created ground for traumatization and disconnection;
- ✚ Often the notions of *energy body* or *telepathic communication* are mentioned as a way to relate in the absence of the counterpart or during separation periods;
- ✚ All individuals are able to recognize the fact that their TF counterpart, independently of the gender, display similar behavioral patterns as their parents (father figure if the counterpart is a female and mother figure if is a male);
- ✚ Most individuals' stories show that at least 2 of the levels of the trauma biography according to the IoPT method (F. Rupert) are present in their own biography (meaning trauma of Identity and trauma of Love - I am not excluding sexual trauma but no one referred to this);
- ✚ One of the individuals has a physical twin (brother) that also explains the energetic entanglement with the TF as a quest to find the union with the brother himself (this part is actually subconscious because there is probably a sense of competition and denial in the psyche that has not been yet solved);
- ✚ Most individuals speak about trauma and understand its impact on their body and development as human beings but almost none (except myself that I was trained in this method and I use it for myself) really does systematic trauma-focused therapy or practices to support resilience, self-regulation and recovery from trauma;
- ✚ Almost all of the case studies report as main element related to the heart activation or awakening to be Fire - usually the Fire (in shamanic or tantric traditions) is related to the



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kundalini rising or activation in the body that happens when there is a spiritual awakening process; at the same time it is the proof that the whole process or TF journey is possible because the body itself opens and feels this activation as energetic movement with a high potential of transformation (the Fire can represent our Vision and Purpose but also has the alchemical function to transmute heavier energies and emotions);

- ✚ The main practices that the case studies individuals adopt to support themselves and eventually heal are meditation, yoga, tantra techniques, dancing;
- ✚ All individuals are aware about the concept of mission but most of them do not consider it to be a common endeavour with their TF but rather a way to manifest this sense of re-connection with themselves and also interest in developing or creating something that expresses this new awareness.

As a therapist, it is difficult for me to conclude that TF is **only** an eternal **Soul bond** because I cannot ignore the facts exposed above that show how much the **Body** and the impact of **Trauma** had on its state of connection with reality influences the perception of a relation with another person. I can recognize it represents a peculiar type of bond, but is rather a **Trauma Bond** than something else, of a more supernatural or esoteric/spiritual nature.

It always amazed me to see how many followers have these youtube channels and readers speaking about TF and encouraging to believe in this myth. It reminded me of what I noticed in pandemic time, when suddenly many gurus appeared to comfort people saying that it is a necessary process to go through as collective because we were ascending to higher dimensions. I have in mind a specific lady, who promoted herself as a guru for the Ascension process and even posted videos of so-called trauma therapy on her youtube channel. It was obvious to me, as a therapist and conscious embodied being, that she did not have a clue about what she was doing but rather convinced that she was doing the right thing. I saw in this attitude a trauma survival strategy of her own, playing around and misleading many other people.

And this is something I would never encourage. This is what *Escaping TF* documentary shows: how dangerous is to be influenced by so-called gurus and enlightened people in the spiritual arena, especially if they live and preach from a disconnected place.

The **psyche** finds its expression through the body and its mechanisms and when trauma creates a split inside it, the quest of the body is to find **coping strategies** to be able to overcome the unbearable. Lack of love or care from our caregivers is such a major source of



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traumatization, and earlier happens in our life (starting from conception) longer and lasting effects will have on us in our own development.

A TF concept and story is such a survival strategy and for a while can protect us from seeing and recognizing the truth. But it is also an invitation to look closer and deeper in our own wounds, patterns, mechanisms and ultimately bring back the fragments created by the splits when trauma happened. The mythological fascination of an eternal bond becomes an excuse for our inability to cope with the present reality and the hardship we face when we see the pattern of rejection repeating itself with other people that are not the parents or those who contributed to the creation of the pattern. The only way to escape this trap is to accept that the measure of our self-worthiness and wholeness is not another being and the attention or love we get from him or her, but our own ability to face the reality and do something about this.

It is also easier to blame external circumstances and other people for our misfortune and pain than to look into what they really come from and why we are so attached in this kind of entanglements that only propagate suffering and disconnection. **Addictive** and **co-dependent behaviors** that these case studies showed to be in place (when dealing with the so called TF bond), are only an illustration of our own not resolved trauma of Love, that usually builds up on a trauma of Identity. We get lost in dreams of eternity and forever Love because it is difficult to find our own source of Love and give it to ourselves instead of chasing an **illusion of Love**. This is the reason why I believe the Heart expansion or activation is the most important initiation in such cases, as it opens our Body to the connection with the Mind and Psyche. This is the magic of having a human body, which possesses intrinsic qualities of self-healing and transformation. And the magic word or energy that can open this Heart channel is **Love**. As it is always and only about the absence or the presence of Love since we are little. Lesser love we experience, more we will search for it or we will shut down completely as a way to protect our sensitive Heart space.

As I shown above there are 3 stages I could identify in a TF journey:

- ❖ *Heart coherence beat activation or awakening;*
- ❖ *Facing and taking out our Mask;*
- ❖ *Parenting our Inner child.*

Not all case studies I present here managed to go through all these stages because of early prolonged separation or because there was not a real interest to deepen the journey towards the Self. And this fact points out towards the complexity and creativity of the Psyche



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and the strenght of protective walls or shields we build against ourselves. Accepting our own vulnerability and fragility as humans in a body that we can fail to listen to (despite the many times the body gives signs that is not well) is always a big challenge we face.

It also requires **a felt sense of responsibility** towards our own healing processes, when we can become the parent of the little child that still suffers and struggles inside us. As many of us got used to find excuses to their parents and their lack of parental responsibility or sensitivity. It is when **we grow Bigger** (in energetic terms) than our own Parents and therefore the family systems suffers imbalance and we face disease, pain, discomfort, conflicts. What we really need to remember or to know is that to re-establish this balance requires to bow our heads in front of our parents and recognize that we are (and always will be) merely their children.

What we need to do is to say only: *I thank you for the gift of life!* Then move on with our life, creating space for the real Self and healthy Identity to evolve into a container of Self-Love and Compassion. Because this is the way to really embody and manifest a TF connection within, as we find our real **Home**, our **Centre** and not for last our forever young **Heart**.

This research became **my mission** once I understood the reality about the TF connection. The pain and confusion that I first experienced in this connection-disconnection made me realized that it was not only my pain and confusion but rather a generalized pain and confusion coming from the collective (confirmed also by the 5 case studies I reported above).

The so called **Dream of Immortality and Unity** expressed in 2 bodies that meet and long to be together bound by the energy of eternal Love, revealed itself to be the **Dream of coming back Home to the Self**. I thus became a **Self-fulfilling prophecy** developing a new awarness and groundnesses in my life about myself and my own reality.

If we will only stay in dream state (or disconnective state) fueling hope and more pain it means we deny our own **birth-right to be Whole, Embodied and Fulfilled** as human beings. When we come to terms to the reality, no matter how difficult and boring can be, that we can decide for ourselves we finally break the ilusion of this immortality. We have this unique mission to be fully alive and present in our own body, centered in the Heart space as an inner compass that guides our journey through life.

I hope this text will give you important insights on your own journey and will raise more questions to help you dig even deeper. Dare to ask those questions to yourself and listen carefully the answers that come from deep inside you.



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And if you search for a guide in this journey, I am here and I can offer a healing hand and compassionate heart. After all it is always and only about Love – the Self-Love you can find and give to your **inner Flame** that keeps you alive, grounded and motivated on your own path. You are the Alchemist, the Healer and the Wise Being whose Heart is showing the way.



Cupid and Psyche, by Edvard Munch, 1907

Romantic colourful representation of a TF connection

(this image was also part of my own story, in the form of a Christmas gift to the one I tried to connect with - he was Eros while I was Psyche, challenging him to look inside and meet himself - he chose to punish me for being human, not a God creature as Him)



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