

## **Qualities & Considerations of Divine Mirrors**

- First off, Can you accept that EVERYONE is a Divine Mirror?
- Can you see the Divinity within this person?
- What does this person reflect back to you which feels good?
- What does this person reflect back to you that is uncomfortable?
- What does this person reflect back to you that is difficult or painful?
- What interpretations/meaning do you have in relation to this person?

## **Qualities & Considerations of Wound-Mates that can become GROWTH-Mates**

- There is a dynamic mutual attraction (when Lovers, a strong sexual chemistry)
- You perceive a profound “soul mate” recognition; “This person gets me”
- A deep longing for HEALING (giving to, receiving from, or both)
- Love / Hate Dynamic
- Cycles of Deep Connection followed by polarized repulsion
- As time goes by, you want to change/fix/heal them
- The relationship can feel compulsive / addictive / obsessive
- WITH CONSCIOUSNESS & MUTUAL RESPONSIBILITY (& probably coaching), there can be powerful healing, understanding & an opportunity to evolve into a Healthy Soul Partnership

## **Qualities & Considerations of Healthy Soul Partnership**

- Gentle Consistency (as opposed to roller coaster dynamics)
- Mutual Trust and Safety
- NOT compulsive, obsessive, addictive; instead there is that Gentle Consistency
- Support each other’s interests, including those that are outside of the relationship
- Mutually support each other to flourish in all healthy aspects of their lives
- Primarily see each other as equals / peers (no better than);
- When exploring sub-personalities, There is consciousness and mutual respect when playing out roles (such as Daddy-Daughter, Dominant-Submissive)
- Ever growing deeper intimacy & connection balanced with growing autonomy and independence
- Safe to communicate with mutual respect, compassion & care

