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# SRT Works NEWS

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## **Spiritual Response Therapy: A tool to Resolving Relationship Conflict**

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Requests for spiritual guidance and clarification surrounding relationships are common. Some of us are very aware of the recurring negative and positive patterns we encounter. Everyday, we are constantly developing our relationship skills. Have you ever met someone you really felt connected to, as if you have known each other before? Have you ever met someone you felt resentfully toward for no logical reason? Did you feel as if your well-being was at risk because they were in your life? These and other questions are addressed when the soul's records are cleared through Spiritual Response Therapy (SRT), a powerful system that works on a soul level to help clear discordant energy patterns. The SRT method is a wonderful tool to help identify and release the reason for a relationship challenge.

In Spiritual Response Therapy, we teach that this incarnation is but a play, (borrowing on Shakespeare's quote) and we are the players. We have chosen this life process, this planet, this country, our family and our friends before we incarnated in this body. When does our free will choice begin? If we get to choose our bodies and life process, this free will must begin before we begin our incarnation. Why did you pick your Father or Mother? What if there are soul relationships that play a part in our choice of family and significant partners? In his book, *Soul Recreation*, Robert E. Detzler, the founder of SRT and co-founder of the Spiritual Response Association, discusses possible soul connections that lead to our positive challenges and, in some cases, limitations. The basic relationships are twin flame, flame mate, and soul mate. Finding a soul connection is very helpful to resolving relationship conflicts and creating a better understanding of the people in our life.

If one is in the same soul family or oversoul with another, it is like being on the same "family tree." A soul mate is like a spiritual cousin, aunt, uncle, or other extended family member. Soul families have a basic purpose that they share in their incarnations. For example, if I wish to work on control and power issues, I may draw to me people who are in my soul family who wishes to work on control and power. This example often involves one person who is giving up their power and another who is overbearing. The issue is that both souls are out of balance with power issues. These souls then have chosen to work together to release the negative energies involved in whatever issue they have in common, as well as share positive qualities. Usually these energies originate in past lives. Since both souls are in the same soul family, they may choose to incarnate together many times, or serve each other from the spiritual realms, such as being the other's guardian angel or High Self.



## **A tool to Resolving Relationship Conflict continued ...**

In the case of flame mates, the relationship is closer than a soul mate. Not only are you on the same “family tree,” but you are in the same immediate family. The term, “immediate family”, refers to spiritual brothers, sisters, mom and dad (although these souls may not actually be your biological immediate family in this life). Flame mates tend to have a stronger desire to bond together and therefore incarnate together more frequently. They may even choose to incarnate over and over as biological family or spouse. These souls are often the type of person one likes and feel good about, like meeting a long lost friend. It is possible to create addictions to a soul that is in your flame family. This tendency can lead to extreme limitations while in the physical body. Relationships and other life choices can become hindered due to the addictive energy or habit. Using the SRT healing method can clear the energies, the past life and free a person up to live more in harmony.

Twin flame soul connections can be the most rewarding or most challenging relationships. Most souls have twin flames. The word flame refers to the soul itself. With Twin Flames, the soul energy has “split” and created another expression of itself. In the Basic SRT class, we discuss the implications of Twin Flame relationships and how to clear any challenges associated with these relationships. Twin Flames often incarnate together. In fact they tend to be together in most of their incarnations. A soul can have more than one twin flame, with a maximum of nine total. The number nine represents spiritual completion. Where as flame mates may be like brothers and sisters, twin flames are more of a spousal relationship in terms of closeness (although they are not necessarily destined to be your spouse in this life). Your greatest confidante or your greatest adversary can be a twin flame. The focus of the twin flame relationship is on helping create challenges for growth. Addictive patterns are very common among twin flames and often create “love - hate” relationship patterns. During a SRT session, such patterns of energy are cleared so the souls can create new patterns. The potential is opened to positive interaction, instead of limiting or negative interaction.

Sometimes we have a negative relationship with a family member, boss, neighbor or colleague who is not in our soul family. Regardless of the soul connection, the past life and present life negative energy can be cleared. Most of the time the issue originates in past lives. When researching for a client, I ask what percent of negative energy my client's soul is holding on the person in question. If it is greater than zero, there is work to do! I also check for the percentage of positive energy the soul is holding on the other soul. A soul may have blocks to holding positive energy on another soul. Even when a relationship is going well, there may be some energies from past lives that are influencing the compatibility. When these energies have been cleared, many clients experience positive changes in relationships with parents, siblings, spouses and friends.

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