

Only the One Flame

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Riyad: Dear Sundari, I have a question after Vedanta came to me and confirmed so much and taught me even more...

In short – life, as it is non-dual, meaning there is no separation from you me, body, mind animals, trees, rocks, etc. – the term “twin flame” is showing up in the spiritual world.

Twin flame definition: two persons share one soul.

But we all share one soul, one consciousness, in a non-dual world.

So how could people think a twin flame exists?

My partner is obsessed with her recent reunion with her so-called twin flame... she truly believes that once they will finally reunite she will gain happiness.

But happiness is not within objects. And this makes it hard to fully accept all the things she has been experiencing. I'm concerned that if it is not true she will feel insane and try to end her physical life.

For now, I continue to support her and trust her. We are separating so she could be with him (he is married with three kids)... I hope it's real for her sake, but in my eyes it is a form of duality which is not true.

Thanks for reading and I hope you'll understand what I am saying.

Peace, love and freedom!

~ Riyad

Sundari: Hello, Riyad.

You are right, there is no such thing as a “twin flame,” it's just New Age romantic nonsense cooked up by the so-called spiritual world. It is ignorance appearing as knowledge, nothing more. This is a non-dual reality, and there is only one “flame,” the fire of the self, from which everything arises and dissolves. The man/woman relationship is the ultimate duality. Chasing the idea that another can give you something you do not have is a guarantee of suffering.

Your wife is under the spell of duality, ignorance. There is not much you can do to get her out of it. She will “make her own experience,” as they say. She must be leaving you because she is dissatisfied and believes that this “twin flame” is what will make her happy and complete, which it is incapable of doing. She will keep chasing objects in the hope that they will deliver what she believes she lacks and suffering in the process until she does not anymore. You cannot tell her that she is what she seeks, that no one can give her happiness or completion, because the joy is not in the object, it is in her, the self. If the mind is not prepared and qualified for Vedanta, no amount of Riyad talking to her will make the knowledge stick.

Take care of yourself, we cannot “save” anyone from themselves. You are not responsible for her or what she will do when this foolishness fails – which it will, sooner or later. It is best that you let her go and live your life, concentrating on your *sadhana*. Hold her in love and pray that she will one day be ready for the truth.

~ *Om*, Sundari