

Title:

Life confusing ?..take the 'old soul' test..

Word Count:

2314

Summary:

A look at the unique life challenges facing 'old souls', from past life karma

Keywords:

soul spirit destiny luck pain fortune hardship karma life

Article Body:

If you're an old soul you will undoubtedly be giving, caring loving and compassionate - all wo

The key signs of an old soul;

- Giving and caring often putting others first
- Had a difficult romantic life often with much pain and disappointment
- More than likely had a soulmate relationship
- Things just seem to happen to you and around you, often becoming very dramatic through
- Events repeat themselves
- Have trouble connecting with your family
- Somehow know you're different
- Have some psychic intuition and 'just knowing' things
- Find that you have deeper emotions and passions than most people
- People have extreme reactions to you - some just adore you and some seem to really dis
- Have an inner creative passion
- Suffer lots of jealousy
- Often perceived wrongly
- Feel your don't have much free will, like your life is being controlled by some outsid
- Often feel 'stuck' like events just keep on happening to you time after time

All of us can relate to some of these characteristics and events at some time in our lives how and immediately understand and relate.

In contrast, we have all met the 'young souls' the ones who profess to be giving and caring an

Soul Age

The terms 'old soul' and 'young soul' aren't just descriptions of personality types but do giv

The journey of the soul through many lives is one of growth and learning; from the earliest moments of existence. The soul is required to visit human form many times in order to learn these lessons. It is through this process that we evolve. Part of that developing process is to become infinitely more empathic, attuned to the universe and its energy. This itself is also a challenge as we watch those less enlightened who are still contained in their ego. It's important to understand that each time our soul revisits the earthly plane, that we play a role. So; the older the soul, the harder and more testing the early events in order to make us reach our potential.

'Soul age' with Soulmates

I've already mentioned that we have all had to deal with the 'young souls', the ones who seem to be so full of life. At this point I have to highlight something that's particularly important and relevant to soulmates. We get terribly confused when we sense they are loving and caring and deep and spiritually enlightened. The important difference between a soulmate and a young soul is that the universe does not condone their behavior. Hence the duality of their existence and the confusion they cause within our lives. What you are sensing is a love that is not yet fully formed. This is the main reason soulmates have to part, in order that the less developed one catches up.

Energy Vampires and Attack

Old souls will also be no strangers to people who try to cling to, or take or attack our energy. Energy vampires are those who somehow spiritually sense our power and energy to come into our lives. Frequently they will use our caring, giving nature to assist them with their lives, often becoming dependent. Most times the person clinging to us won't be aware of why they are doing this; they just sense our power. This is because their spirit, their energy senses a more powerful energy. It's not on an ego level. Some will migrate to that energy for healing and comfort, the 'karmic vampire', others will feed on our energy. Jealous bosses or co-workers, unwanted sexual attention, being 'picked out', blamed, the focus of our attention. Now you may think the word attack is rather strong and negativity and conflict are a common phrase. At this point I remember lots of incidents in my own life but the most profound moment was when I was attacked. The total shock was something I won't forget. Actually I hadn't done any of these things; in fact I was a victim. On an energy level, this guy, to my definite first hand knowledge, cheated on his wife, was unfaithful. Attacks from young souls who misinterpret our actions based upon their own narrow understanding of the world. He could not perceive any of my actions as being honest, decent and caring and putting others first. In the end a quick chat with his lawyer resolved the problem because the lawyer simply told me that my actions were legal. This again is one of the spiritual karmic tests that every old soul has to face. I always say that an old soul can walk into a room full of people and without even saying a word...

All of the above cannot be avoided and are not as a result of our actions but of who we are on

The importance of power.

As we grow and learn, parents' teachers, mentors, the media, religious teachings and other inf

So why do we; more caring, more giving, more compassionate old souls often feel walked over by

As in all things there is a duality. Look at nature - there's no cold without hot, no up witho

Although conventional teaching is to keep pouring love and light and openness and giving into

Herein lies one of the most important karmic lessons; in that, we must seek balance. We must m

Allowing this to happen encourages lowering self-esteem, feelings of abandonment, and a sense

Most of use will have experienced abuse of our energy in different situations from work, famil

We often give too much because we are giving people, and through that action diminish our pers

In achieving balance we understand that giving love and light and having compassion and caring

The old soul experience comes with many such tests. This is not about giving less or giving to

"To thine own self be true", William Shakespeare

Steve Gunn - 6/17/2006

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