

Kindred Spirits

Traditionally, kin refers to a group of people with common ancestry or related by marriage. Kindred means of a similar nature. Spirit is the essence, the fire that inspires life. You are born into a family, but you select your Kindred Spirits, your spiritual family. Kindred Spirits are people with whom you share a spiritual connection. The term Kindred Spirit is reserved for a special kind of relationship, a deep friendship. Kindred Spirits combine elements of friendship, marriage and family such as trust, commitment and a sense of belonging.

"Kindred Spirits are special friends who encourage our growth, enrich our self-esteem and by their presence give comfort." 1978

A Kindred Spirit relationship is a whole relationship, connecting on a body, mind and spirit level. Whole dimensions of our being need to be nurtured by whole beings. Kindred Spirits bring out the best in each other. Sometimes Kindred Spirits begin as good friends and grow with time into a deeper level of intimacy and commitment. There is a hope that this kind of Kindred Spirit relationship will last for life.

On other occasions, the connection happens in instant. You might meet a Kindred Spirit, feel the spark and then never see each other again. The moments spent together are precious and will be cherished. Kindred Spirits may pass through your life like comets. They are bright lights which orbit through your life on a regular basis. We know that we will be changed forever by meeting each other. A Kindred Spirit can teach you something about love and life that no one else can.

Commitment and a high level of intimacy are the two main differences between a friend and a Kindred Spirit. Human beings need to be deeply connected to one another. Kindred Spirit friendships are established to honor the need to care and to be cared for. These friendships are high spirited. They satisfy the need to have more than one person truly know who we are. To be a Kindred Spirit requires a high level of maturity. Sometimes you need to be able to put your needs aside momentarily to focus on the needs of your friend.

Each Kindred Spirit decides the degree and kind of intimacy that is appropriate. One of the reasons for forming this type of friendship is to create a supportive environment where warmth and affection can be freely exchanged. Intimacy frequently brings up fears. Kindred Spirits have the courage to find the path through fear to love.

A Kindred Spirit can include two persons or a community of people, like a family of choice. These friendships may exist within the same gender and across gender lines. Kindred Spirits are not spiritually exclusive or loyal to just one person. "The love between Kindred Spirits is like a web...strong, light and open."

Loneliness is the greatest risk factor to our health and happiness. Our resistance to disease and our ability to cope with stress is strengthened by our feeling connected to our community. We are responsible for creating 100% of our happiness, love and friendship.

Kindred Spirits can act as guardians of each other's spirits during a crisis. They join together just as easily for fun, love and enhancing each other's spiritual growth. The search for a Kindred Spirit requires as much effort as finding a mate or pursuing a career. Deep friendships are too important to be left to chance. Friendships take time and energy to develop and maintain. Be available to play. You deserve companionship. Be bold and ask "Would you be my Kindred Spirit?"

A Kindred Spirit relationship is based on kindness and a mutual commitment to nurturing each other's spirit.

When Kindred Spirits meet there is a spirit-to-spirit connection. We are energized by their presence. We recognize each other by the outflowing of spirit. My spirit senses your spirit. All of the senses are sharp, alert and working together knowingly. The energy is exciting, mixed with a sense of calm. We experience trust, safety, acceptance and openness in large doses. We feel refreshed joyful. Notice how your spirit resonates when you meet a Kindred Spirit. "Kindred Spirits charge the air with life."

In order for the human species to thrive we must evolve to a higher state of conscious. Only a change in spirit will transform the world. The term Homo sapiens translates as wise man. Kindred Spirits are virtuous men and women. Our acts of love help us to evolve. The intention of a Kindred Spirit is to create the support needed to uplift the human spirit. The spirit thrives on intimacy. Kindred Spirits are a brave new species.

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The Quest for Love & Friendship \$24

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