Am I Ready to Find My Soul Mate?

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**#1 Opinion Quiz (No wrong answers)**

1. The choice never to commit to another person – is this prudent or short sighted?

 a. Prudent.

 b. Shortsighted.

2. What condition(s) do you need to feel safe to fully invest in another person for life? Check the three most important points that apply to you:

* very strong physical attraction
* feeling of trust that the person will remain loyal to me
* few more years of therapy
* I need to find myself first
* my own financial stability
* the person I’m committing to has to totally accept of who I am
* a partner who is giving and forgiving
* someone who will give me space
* someone who will be there for me, encouraging and loving in all my awkward moments
* someone to grow with
* someone who entertains me

3. If you found somebody who has the qualities you are looking for, would you stay with them if you knew for sure that they are not your soul mate?

a. Yes.

b. No.

c. I'd like to think so but am not sure.

4. If you said you would likely pass up such a person, can you articulate to yourself why you would?

a. Yes.

b. No.

c. I intuit why but can't express it.

d. I don't know why, I just know I would pass it up.

5. Often, we are unable to articulate why someone who seems great just isn't for us. In such situations, do you trust yourself to give up the relationship even if it seems you’re passing up a great person with whom to spend your life?

a. Yes.

b. No.

6. Which of the following reasons for marrying your soulmate over someone who has the qualities you are looking for, as mentioned above, rings most true for you?

a. Even if someone can satisfy me emotionally and physically, I am meant to also have a deeper soul connection with my soul mate.

b. If every bonding experience makes me more one with my soul mate, then such a relationship is likely to hold greater potential for emotional and physical satisfaction than what I would be giving up.

c. Marrying my soulmate is meant to help me fulfill the purpose for which I was born. Getting involved with anybody else would be a detour from my purpose.

d. If love has the power to unite two people, I do not want to unite with someone who I know deep down is not for me.

 e. None of the above.

 f. All of the above.

7. If I knew that my emotional investment, shared pleasure, and even shared challenge growing as a person and growing in love is being safely invested in one person, whom I know is my soulmate, I'd be willing to:

 a. Get out of my current relationship

 b. Stop dating for six months in order to find out who really is my soulmate.

 c. In a few years from now, I'd be willing to do whatever needs to be done.

 d. Allow myself to consider getting married.

 e. Set aside at least a summer to work through any personal issues I may have, so I can give the best of myself in marriage and ensure that it will succeed.

 f. None of the above.

 g. Most of the above.

8. I think my soulmate is:

 a. From any religion.

 b. From any nationality.

 c. Probably Jewish, since the concept of soul mate originates from Jewish sources.

 d. No opinion.

# **#2**

# **Questions:**

# **(a) How do you define a soul mate?**

# **(b) Do you believe in a soul mate?**

# **(c) Does having a soul mate assume that we have a soul, and that a couple is connected on a soul level?**



**#3**

**Today’s Learning Material**

**Torah Bereshis, chapter 2**

18. The Lord G-d said, “It is not good for Adam to be alone; I will make him a helper opposite to him.”

19. And the Lord G-d formed from the earth every beast of the field and every fowl of the heavens, and He brought it to man to see what he would call it, and whatever the man called each living thing, that was its name.

20. And man named all the cattle and the fowl of the heavens and all the beasts of the field, but as for man, he did not find a helper opposite to him.

21. *So, the Lord, G-d cast a deep slumber upon Adam, and he slept. He took one of his sides and closed the flesh back in its place.*

*22. Then the Lord, G-d built the side that He had taken from the Adam into a woman and brought her to Adam.*

23. *And Adam said, “This time it is a bone from my own bones, flesh of my own flesh; she shall be called “Isha” (woman), since she was taken from “Ish” (man).”*

*24. Therefore, shall a man leave his father and his mother and cleave to his wife and they shall be as one flesh*

**#4**

#### **Torah Bereishis 1:27**

*G-d created Adam in His Image – in the image of G-d did He create him; male and female He created them.*

**Talmud Yevamos 63a**

*Rabbi Elazar said: “One cannot be a [complete] human being while unmarried. For it is written, ‘God created them male and female, and He called their name, Adam [human]’ (Bereishit 5:2).”*

**Question: How do you understand this statement?**

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**#5**

**Torah Bereishis 2:18**

*The Lord G-d said, “It is not good for Adam to be alone; I will make him a helper opposite to him.”*

**Questions:**

**(a) Why is it ‘not good to be alone?’**

**(b) How do you understand term ‘a helper against him?’**

**Rashi’s commentary to Bereishis 2:18**

***A helper opposite him:*** *If he is worthy, she is a helper; if he is not worthy, she is against him to oppose him.*

**(c) How do you understand this statement?**

**#6**

**Torah Bereishis 2:21-22**

*So, the Lord, G-d cast a deep slumber upon Adam, and he slept. He took one of his sides and closed the flesh back in its place. Then the Lord, G-d built the side that He had taken from the Adam into a woman and brought her to Adam.*

**Rashi**

***One of his sides:*** *That is why [the Rabbis said (Talmud Eruvin 18a) regarding the original Adam], “Two faces [sides] were created.”*

**Torah Bereshis 2:23**

*And Adam said, “This time it is a bone from my own bones, flesh of my own flesh; she shall be called “Isha” (woman), since she was taken from “Ish” (man).” Therefore, shall a man leave his father and his mother and cleave to his wife and they shall be as one flesh.*

**Talmud Sotah 2a**

*Forty days before the formation of a fetus (i.e., at conception), a Heavenly Voice proclaims, “The daughter of so-and-so is destined for so-and-so.”*

**Zohar (Kabbalah) Volume 1 page 93**

*Rabbi Yitzchak said:*

*The Holy One says ‘the daughter of so-and-so is intended for so-and-so’. At the time that souls are formed, all of the souls are made up of a combination of male and female combined together. They are given over into the hands of the messenger who is appointed over human pregnancy, whose name is Layla.*

*At that point the two parts of the soul separate and they can enter the people one before the other. When the time comes for them to get married, G-d, who knows the makeup of souls, joins them together as before and proclaims about them (that they should marry). When they connect they form one body and one soul; the right side and the left side as is appropriate.*

**Questions:**

**(a) How do you know if someone is your soulmate?**

**(b) Is the soul mate relationship unlike other relationships?**

**(c) If yes, how is a soulmate relationship different than all other relationships?**

**(d) What is the implication of knowing that husband and wife are two halves of one whole?**

**(e) Does it mean that one must negate all his/her desires, aspirations etc. and subjugate them to the spouse?**

**(f) Does living with a soulmate guarantee that everything will go smoothly?**

**(g) What is true unity in marriage?**

**#7**

**Question: What’s your takeaway from today’s discussion?**