



THE 22 TWIN FLAME SIGNS CHECKLIST

How to Tell if He's Your Twin Flame

WELCOME BELOVED! HOW TO USE THIS CHECKLIST:

So, think you might have found your special kindred spirit? Congratulations! Whether or not he/she is "the one," it means your heart chakra is opening and getting ready for business!

Maybe it feels amazing, or perhaps the energy is so intense some days that you don't know how to handle it, and you wish it would just go away!

I know how powerful Twin Flame Love is, and also how frustrating it can be to get sucked into the confusion, frustration, and doubt around whether or not someone is divinely meant for us. Perhaps they're not how we expected them to be, or they're not showing up like we want them to...

We can go back and forth wondering, "Is he my Twin Flame or not!?" and this confusion can drain our energy - precious life force that we actually need to put toward our life purpose and self-care.

That's why I've created this potent cheat sheet--a tool that'll help you quickly navigate through the murky spots, so you can avoid heartbreak, and the tricky or even excruciatingly painful situations that came up in my own love life!

You can have and definitely deserve epic, lasting true love. And while this cheat sheet will not guarantee you the full way there, it will bring you one step closer...

Alrighty Aphrodite, ready to see if your person is "the real deal?"

Print out and go through the entire cheat sheet, checking off each box that applies to your situation.

If you are missing any of the boxes, what it means is that things are still somewhat unclear, more time is warranted, and/or there's likely more healing work to be done. If you have many unchecked boxes however, it's likely that this person may be a Karmic Soulmate or Twin Flame Counterfeit here to open your heart and activate your soul growth.

In either case, your next step is to continue working on yourself, as YOU are your Twin Flame, and the Union is a mere mirror of your evolution.

At the bottom of this checklist, I'll give you a juicy next step you can take to accelerate your Twin Flame attraction process, so stay tuned!

Love + Light,

 Dr. Amanda Noelle



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HERE ARE THE 22 TRUE TWIN FLAME SIGNS OF REUNION:

1. Each partner has committed to his or her own personal growth
2. Both souls are committed to their higher soul purpose
3. Both souls see God not only in each other, but in all things
4. Each soul is on a path of compassion, evolving consciousness, and is committed to doing the right thing
5. Both Twins understand the value of celebrating and healing the individual self
6. Both Twins understand the value of celebrating and healing their ancestral lineage
7. Both Twins understand the value of celebrating and healing the nation and globe
8. Both Twins understand the value of celebrating and healing the Cosmic Consciousness, Higher Self, and the Universe
9. Each partner recognizes that the personal self is a mere mirror of Oneness or "God" Consciousness, and in order to heal the Universe, we must heal ourselves and vice versa
10. Both Twins are devoted to facing their greatest fears and heal them, whether these issues be of an emotional, financial, spiritual, or health-related nature
11. They are in alignment to work together for planetary healing, because as the Zohar says, it is through our Twin Flame Union that, "The whole world is blessed."



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- 12. There is a remembrance of what the Divine Connection feels like, which is that of "coming home" and pure Divine joy
- 13. Both beloveds feel a sense of destiny
- 14. And yet both beloveds choose to walk this path of destiny, versus avoiding it or running away from it in fear
- 15. Both Twins reflect each other in equal AND opposite ways which allows for optimal growth, polarity, and compatibility
- 16. Each Twin brings out the other's blind spots--places in their psyches representing past pain, trauma, the inner-child, shadow, and deep-seated fear
- 17. During the reunion phase, these difficult and even harrowing blind spots get revealed, unrepressed, and reversed...because instead of running from them, both Twins show up and do the healing work
- 18. Each Twin feels a Divine duty, a sense of responsibility within the Union and within themselves to heal and grow through love
- 19. There's a longing for connection that goes beyond this world, both emotionally and carnally
- 20. The Sacred Sexual Union feels like coming home, and it's more than just about sex or romance. The Zohar states: "By arousal below, there is similarly arousal above, Dark and Light, Male and Female Unite, desire prevails, worlds are blessed and Above and Below will be in Joy..."
- 21. So the Twins together feel a sense of responsibility to bless the planet with their lovemaking versus coming from selfishness or pleasure reasons alone
- 22. Despite the challenges that surface with the Union, each beloved refuses to continue going on alone, because he or she feels that their Union is the right path

PS: Thank you for completing the checklist! This exercise was a mere jumping off point to help you understand the classic Twin Flame signs... Yet for women who don't have the majority of these signs yet, or haven't manifested a committed TF Union in the physical world, don't fret. There are things you can do to quickly call him in fast, and I have the perfect next step for you! Accelerate your Twin Flame journey using ["The Twin Flame Attraction Guide for Women: How to Call in Your Beloved in 6 Months or Less."](#) Purchase the ebook today for just \$11.11 and use coupon code "save50" to get it half off [HERE!](#)