

SOUL CONNECTION

Soraya Saraswati and Terry Oldfield not only know a thing or two about keeping the magic alive in their relationship; they are the masters of 'soul connection' and have touched people's lives all over the world.

For the last five years, they have lived together on the Sunshine Coast, worked together and travelled the world, creating music and helping people on their healing journeys. Their lives have been enriched both individually and together as a couple due to their willingness to grow and evolve. When they speak, it's like hearing one voice and their commitment and love for each other is palpable.

In life, it's not always about 'what is thrown at you' it's more about how you react and deal with those situations.

Soraya and Terry have faced nearly every sort of challenge a couple could endure. As a 'blended family' (Terry has five children and Soraya has four) it wasn't always easy meeting the needs of nine children and dealing with the family's multiple grieving processes after the loss of several family members.

Soraya says she and Terry had to face their dark sides together. "Unless Terry and I had that absolute commitment, love and honour for each other- there's no way we'd still be together."

These deep karmic experiences have only made them more committed to their own healing journeys and they remain dedicated to sharing their wisdom and creativity with others. The couple have just returned from a two month tour of Europe and the UK, where they

performed musically as well as conducted healing workshops. (Terry is an internationally acclaimed, self-taught musician and Soraya accompanies him musically and is a highly regarded naturopath, yoga teacher and facilitator).

"To have a partner you can live with, travel with and work with and share your physical, emotional and spiritual life with for me is the ultimate.

It's very rare to find- we both feel blessed to have found each other.

Every moment is precious," she says.

So how can relationships be healing?

Terry reflects, it's all very easy to meet somebody, fall in love and go through the romantic, honeymoon period but then we start to relax and let down all our facades (which we put up in order to impress the other person) and then somehow we start to see ourselves reflected in each other, and realise we are all very much the same underneath it all.

Terry says it's been a blessing to move through a range of emotions with Soraya in a safe and supported way and get to the bottom of deep issues. "Looping is when you keep repeating patterns or experiences and for a relationship to go to a deeper level, it needs to be able to transcend those loops.

It's almost like you build up a centrifugal force and break out of that looping pattern of behaviour but we need to feel supported and safe to do this," he says.

"It's such a dream to reach a mature age and find a partner who is really willing to look deeply at themselves. We've both worked on ourselves individually and together in a supportive way since we've known each other. We are completely committed to the good, the bad and the ugly. We feel we have a soul connection that goes beyond the human idiosyncrasies," says Soraya.

But is ego a dirty word in relationships?

Soraya comments, "We use the mind to jump over the mind - if we try and repress thoughts, they come back like an army. We need to accept the present and the reality. As soon as we accept that and shine the light on it and see it for what it



Soraya and Terry

is, it becomes disempowered. It's the same with the ego- it's a sneaky thing and it can be our friend or foe- and then you realise 'Oh my God I'm playing a role and I'm disconnected from who I really am.'

She also says there are also a lot of myths about the 'spiritual relationship' and what it 'should' look like. She says, "A relationship is a RELATIONSHIP, we are here on earth, having an earthly experience and that includes the full gamut of human emotion. Resistance to presence or 'what is' creates chaos. If we are resisting what we are feeling, we are going against our intuition. If we are resisting what we are feeling we are going to create mental, physical, emotional or material chaos in our lives."

Terry says as humans, we try to feel good all the time and avoid pain.

Sometimes we set up our lives to avoid feeling and healing and we set up patterns of behaviour and experience to protect ourselves. So we are depending on outside things to feel safe. This might include having a coffee in the morning or a beer at night or whatever. But he says actually being completely open to feeling bad or whatever feeling is present actually helps us to heal and move forward.

What other things help to get through challenging times or re-connect?

"We do singing, mantras and play music together- which connects us. Music; even singing helps keep the heart open and express emotion. We also take time out together in nature. As a couple, we've created a healthy lifestyle on every level. We are careful about what we eat. We always deal with health issues as naturally as possible. We juice every day, we support organic produce and we both love gardening; we've always got our hands out in the garden," says Soraya.

Terry and Soraya say, in a relationship it's important to give each other space and remember the mantra, "This too shall pass." Emotion is 'energy in motion' it will move on. Take time, sleep on it, let the emotion pass and don't make decisions when you are emotional. Act from a calm place.



They believe many relationships break down because of acting on emotion rather than waiting until it's passed.

Terry also believes it's important to have time out and to give ourselves what we need. "One of the things we do when we don't feel so great is to have a 'selfing' day." This involves really tuning into yourself and doing something you'd really like to do for a few hours or even a day (as well as observing thoughts such as, 'this is selfish').

When they both come back from this time on their own, they feel inspired, refreshed and are far more productive and creative. Terry says they connect better as a couple and as an added bonus there are times when he has come back and written some of his best music in just half an hour.

"The 'shoulds' and 'musts' are self-imposed- we are buying into the conditioning of society. But we have a choice," they both contend.

It's been a full year for the dynamic duo but they definitely know how to find balance and magic!! Terry's recording studio was built this year at their new home and Soraya's beautiful new 'healing room' was completed on their return from Europe and is ready for an 'opening'.

For more information on the latest announcements visit:

*www.terryoldfield.com and
www.sorayasaraswati.com*

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