

Spirit

Online dating can open new vista of love

Be clear about your needs and desires

By **Nombuso Kumalo**

Online dating is a way of connecting with new people. Online romance can be exhilarating and alluring knowing that your perfect match could be a few clicks away.

However, taking this leap of faith for spiritual individuals may not stir the same enthusiasm. Is there room for spirituality in the digital world of love?

We asked counsellor and spiritual teacher Melanie Hall of Spiritual Coaching in Johannesburg about the possibility of finding love online.

Hall says spiritual individuals don't struggle to make meaningful connections because of fear, but rather it is a matter of putting oneself out there.

"Often time religious people meet potential partners at church whether as spiritually minded people would first want to establish a meaningful connection with a potential partner. This can be both limiting and a little tricky."



Melanie Hall is a counsellor and spiritual teacher.

The potential of online dating to meet new people could

lead to meaningful connections with multiple suitors.

Hall believes that the fear to take this risk comes from the yearning to find "the one". "Most spiritually inclined individuals are in search of one

partner they can make a connection with, whereas online dating is about matching individuals with multiple potentials. Online dating is a way of connecting with new people."

The pandemic has caused us to gravitate to digital platforms to connect with people and seek potential romantic partners.

According to spiritual guide Buhle Ngoma, one can meet their soul mate through online

dating. "You can meet your soul mate on virtual platforms. The connection of soul mates, whose paths are meant to cross, goes beyond the digital screens and all technology," says Ngoma.

The pursuit of finding a soul mate calls for a deep connection and initial attraction. According to Hall, one should be able to easily communicate and understand the other while sharing the same values and beliefs. "There should, of

course, be some physical attraction as well," says Hall.

Ngoma believes that nothing can interfere with the destiny of people who were meant to be life partners. "When two people are meant to meet each other in this lifetime, you cannot deviate from that plan or stop it from happening."

Hall said seeking divine guidance and clarity when it comes to the realm of love is quite common. She believes that this reaffirms one's trust in the goodness of divinity.

When it comes to searching the web for love, Hall suggests that one's beliefs and values can better align you to discovering a good match online, but it is not certain. "Online dating is a game of chance – as to whether you'll meet someone compatible is not definite. It also depends on the criteria for matching people online."

Hall says that though online dating is the road less desired, it may reveal a hidden treasure

Social networks have opened up many connections to online dating. /SUPPLIED



Buhle Ngoma can take you through a spiritual guide.

of abundant love. Before taking that leap of faith into love. She suggests that one should remain open and be clear about what you are looking for.

"Be open-minded when meeting someone without making decisions based on external appearance. Make your needs known and begin to feel attractive and open to receiving opportunities to meet the right person," Hall says.

Soulmates can found be anywhere, not just in romantic relationships

And, not all connections are enjoyable but necessary in our journey of life

By **Nomvelo Masango**

Each soul has a perfect match, your soulmate. This is something that is often said and greatly believed by many. According to a Marist Poll conducted in 2011, three out of four people believed they are destined to find their one person who is ideally suited for them, someone with whom they share a deep and unique spiritual connection.

For intuitive and tarot reader Buhle Ngoma, soulmates come

into one's life for a reason and a season. "A soulmate is someone who is destined to be in your life for a set amount of time because your journey and theirs needed to connect, both for your good and theirs," she says.

Indeed, soulmates are often associated with romantic relationships. However, this is not the only context in which they may exist. Soulmates can be found within any other platonic relationship too.

Additionally, Ngoma strongly believes in the possibility of

more than one soulmate.

"We are capable of connecting with more than one person throughout our lifetime. I think the belief in one soulmate eliminates the concept of choice. When someone loves you, they choose you. But I also do not think that everyone will meet their soulmates during their lifetime," she says.

Contrary to popular belief, soulmate connections are not always the most enjoyable. It is not always a perfect, blissful and harmonious union.

"Sometimes a soulmate may come into your life to highlight your abandonment issues, attachment issues or something



A couple in love enjoy watching sunset. /INES BAZDAR

that is incorrect. They can make you aware of your toxic traits. They're often there to serve as a mirror for your soul, even though in that moment it may feel more hurtful than helpful."

"These connections are also really fast. Knowing the person for only two weeks may leave you feeling like you've known them forever. Sometimes these

connections are also very short-lived because of how fast they are," says Ngoma.

Ultimately, soulmate connections are a beautiful mixture of the good and the bad.

And while we do not choose who we attract into our lives, we certainly have the choice to decide which connections we allow and embrace.