INNER
TWIN FLAME GUIDE TO
UNION



Introduction

You hear about inner union so often in the twin flame community. But what does it actually mean?

You hear that you need to reach inner union before physical union. That you need to detach. That you need to love yourself first.

But what does any of that actually look like in your everyday life? And more importantly, how do you get there?

This is the most comprehensive guide to Inner Union that has ever existed.

I'm going to break down what inner union actually means, why it's important, and how you can reach it through a practical five-step process.

Because inner union isn't about giving up on your DM, pretending you don't love them, or forcing yourself to move on.

It's about learning how to love them unconditionally while choosing and loving yourself first, all at the same time.

And I'm going to show you exactly what that looks like.

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What Is Inner Union?

Inner Union has two parts:

1. **Love your Divine Masculine unconditionally** (without conditions).

2. **Choose and love yourself first** (before your DM).

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Loving Your DM Unconditionally

Loving on your DM is the easy part. Because you already do, a lot! The part that's specific to inner union is loving them unconditionally, without human conditions.

Before inner union, you love your DM and want them in your life. You want them to reach out, talk to you, hug you, hold you, and kiss you. These are all human conditions you add to how love “should” look.

There's nothing wrong with wanting these things. They're beautiful ways to experience connection in this human life.

The difference is between **desire** and **need**.

Before inner union, you need these experiences to feel loved.

In inner union, you can still desire them, but you don't need them to happen in order to feel loved.

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So what does loving your DM unconditionally look like?

You still love them regardless of whether:

- They're present in your life
- They're married or with you
- They respond to your texts
- They listen to you
- They miss you
- They want you

Regardless of what they're doing in the 3D, you still love them.

Now, loving your DM unconditionally doesn't mean condoning abusive behavior or accepting poor treatment. You can love someone unconditionally while setting boundaries around how they treat you.

That's where the second part of inner union comes in: **choosing and loving yourself first.**

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Choosing and Loving Yourself First

Inner union means prioritizing yourself. What I call choosing yourself first.

Notice that this is not selfish. You may have grown up being called selfish whenever you prioritized yourself.

Being selfish is prioritizing yourself at the expense of others. Choosing yourself is prioritizing yourself while still loving and being kind to others.

Here's what choosing yourself looks like:

You don't cancel your plans for them. If your DM wants to see you at the last minute but you already have plans, you say no. You don't change your schedule for them. That doesn't mean you don't love them. You simply prioritize yourself.

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You don't make their actions mean something about your worth. You text them good morning, and whether they respond or not, you continue living your life. There could be a million reasons they haven't responded. They're busy, distracted, processing something, or doesn't know what to say. You don't waste your energy trying to figure out something you can never know for sure.

You move forward with your mission. Regardless of whether your DM is ready for their mission, you continue with yours. Your mission has its own timeline, and theirs has theirs.

You allow them to go through their own healing journey. You may sense they're going through a dark night of the soul, and you may be capable of supporting them. But you do you boo, and you let them do them, at their own pace. You don't chase after them or try to save them just to feel important to them or chosen by them. Because you love them, you allow them to face their own healing journey, just as you had to face yours.

That's inner union. You choose yourself as your priority while loving your DM unconditionally and giving them space to walk their own journey.

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Loving Your DM and Yourself at the Same Time

I want to highlight the duality here: **loving your DM unconditionally and loving yourself first can coexist.**

You've been conditioned to believe you can only choose one or the other. I've heard many Divine Feminines say they feel guilty about loving themselves because they feel bad for their DM.

But you don't have to stop loving your DM to love yourself.

The issue arises when you only love your DM and neglect yourself, you're loving from an empty cup.



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It's like the oxygen mask on an airplane. You're told to put yours on before helping others. Not because you're selfish, but because you need oxygen to help someone else.

The feminine has been so conditioned to take care of others first. You've learned to keep your opinions to yourself to avoid upsetting people. You've learned that others' needs matter more than yours. These behaviors are what I call "abandoning yourself."

You have so much love to give, but how much of that love do you give yourself?

I love Matthew Hussey's analogy of parental love as a model for self-love.



Why do parents love their children? Is it because they're smart, pretty, athletic, or successful?

No. They love their children simply because they're their children. End of story.

Now apply that model to yourself.

When you were born, you were assigned one human suit for your entire human life. You're the only person responsible for taking care of it.

You have to feed it, nurture it, love on it, and give it attention when it needs it.

How well have you taken care of your human suit so far?

If you're honest with yourself, you'll probably recognize many ways you've prioritized caring for others over caring for yourself. In other words, where you've abandoned yourself and your human suit.

And that's okay. I'm not trying to guilt you, but the truth will set you free.

So how do you change these patterns when you've spent your whole life putting others first?

That's what we'll explore later in this guide through the process of releasing the beliefs that have been keeping you from accessing the love already within you.

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Why Is Inner Union Important?

Because it's a prerequisite to physical union.

Inner union is the state where you become detached from the needs of the human ego.

Detachment doesn't mean abandoning your DM or your twin flame journey. It means staying the course without needing your twin to be in your life, agree with you, or behave a certain way in order for you to feel loved.

That's why detachment and inner union go hand in hand.

Going back to the two-part definition of inner union:
(1) loving your DM unconditionally and (2) choosing and loving yourself first.

Loving your DM unconditionally is a form of detachment. You still love them without needing them to be in your life or fulfill certain conditions.

At the same time, you're choosing and loving yourself first. You're no longer putting your life on hold, waiting for them to choose you, validate your feelings, or give you the reassurance you're seeking.

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You can love them without needing anything from them to feel loved.

That's the importance of inner union. You're no longer sourcing love and certainty from your DM. You're sourcing them from within yourself.

If you enter physical union before reaching inner union, the relationship cannot be sustained because your need to source love and certainty from your DM creates a codependent dynamic. You're not yet whole within yourself.

That's why this journey can be so painful. It's bringing you back to your own wholeness before physical union, so you don't fall into the same codependent patterns again.

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How Do You Reach Inner Union?

Now that you understand what inner union is and why it's important, how do you actually reach it?

One word:

RELEASE.

Release what?

The old stories, patterns, and beliefs you've picked up throughout your human journey, from family, mentors, and other influential people.

(I'll be using “stories,” “patterns,” and “beliefs” interchangeably moving forward.)

For example, a pattern might be hiding your opinion to keep the peace because you don't want to upset someone.

Or you want to help your DM heal because you see the best in them, but you don't give yourself the same love and empathy.

The journey to inner union isn't about adding more love.

The love is already within you. If it weren't, you wouldn't have so much love to give your DM.

The journey is about RELEASING what PREVENTS you from accessing that same love for yourself.

These are what I call distortions – distorted patterns, beliefs and stories.



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What Are Distortions?

Distortions are the beliefs and conditioning your ego, your human self, has learned throughout your human journey.

They're the conditions you've placed on yourself *before* allowing yourself to feel loved or show up authentically.

For example:

- You need to feel acknowledged to feel loved.
- You need validation to feel loved.
- Your twin needs to agree with you for you to feel loved.
- You need a certain number of social media followers before feeling confident enough to show up authentically.
- You need friends who accept you before feeling safe enough to be yourself.

These are all conditions you've placed on yourself *before* allowing yourself to receive love or share your authenticity.

So how do you recognize distortions when you've believed them for so long that they feel like the truth?

Pay attention to your triggers.

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What Are Triggers?

Triggers are emotional reactions and behaviors that reveal where distortions exist in your system.

They can show up as:

- Anger or frustration
- Sadness
- Feeling stressed or overwhelmed
- Fight, flight, or freeze
- Holding your feelings in
- Blaming or blocking someone
- Numbing or distracting yourself
- Feeling guarded or isolating yourself
- Rushing to find solutions
- Delaying a task

Every time a trigger shows up, ask yourself this ONE question:

How is this happening FOR you, not TO you?

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Think of a trigger like the engine warning light on your car dashboard.

When the light comes on, you don't fix the engine by thinking positively and telling yourself everything will be fine.

You investigate what's happening under the hood.

The trigger is the warning light. The distortion is what's underneath the hood that needs to be released.

Triggers are your friends, not enemies. They show you where distortions exist.

Distortions don't belong to who you are as Source and a divine soul, just as poop 💩 doesn't belong sitting in your human body.

Why would you want to hold on to poop that doesn't belong in your system?

That's what triggers are here for: to show you where there are distortions.

Once you recognize a trigger, you're ready for the release process to release the distortions.

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5 Steps to Inner Union

1. **Acceptance**
2. **Ask How Is This Happening FOR You?**
3. **What Meaning Are You Giving This Experience?**
4. **When Did You First Create This Story?**
5. **What Is the New Truth?**

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Step 1: Acceptance

The first step is always ACCEPTANCE.

Accept your feelings and emotions. Accept that you're experiencing a trigger.

Don't distract yourself, numb the feeling, rush to find solutions, or force yourself into positive thinking just so you can feel better.

Just accept that the trigger is there.

Think of a trigger like a child tugging on your shirt, wanting your attention.

You don't know what the child wants yet. You only know they're asking for your attention.

When you try to make the feeling go away, you're brushing that child aside. The trigger then has a stronger hold on you until you give it the attention it needs.

So give it your attention.

Accept that something is happening FOR you, showing you what needs to be released.

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Step 2:
Ask How Is This Happening FOR You?

Everything happens FOR you, not TO you, including the experiences you don't prefer.

Ask yourself:
"How is this trigger happening FOR me, not TO me?"

Instead of asking why something is happening to you and playing victim, ask what this experience is showing you about yourself.

Then let the answer come in its own timing.

Don't rush or force it. Or else it's your ego trying to solve the trigger just to escape the uncomfortable feeling.

Let it simmer.

Oftentimes, for me, the answer comes the next morning after I've had time to process and integrate my emotions.

Remember, the trigger reveals where distortions exist, especially where you've abandoned yourself by prioritizing others (like your DM).

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Step 3:
What Meaning Are You Giving This Experience?

The distortion you're ready to release will reveal itself in layers.

In the meantime, ask yourself:
"What meaning am I making of what just happened?"

Say your DM sends you an upsetting text.

You feel hurt and sad.

Go a layer deeper.

What's underneath the sadness? What story are you telling yourself about what their message means?

Maybe you're making it mean you're not loved, not important, or not chosen.

The event itself is simply an event. Your human mind creates meaning around it.

Think of the meaning you give an experience like wrapping paper around a gift.

You can change the wrapping paper anytime.

If the meaning you've created brings pain, fear, or feelings of being unloved, you can choose a different meaning.

One that feels loving and expansive to you.

Step 4:
When Did You First Create This Story?

Ask yourself:
“When did I first create this story?”

Something in your past, whether in this lifetime or what you understand as a past lifetime, may have shaped the meaning you're carrying today.

When you recognize where the story began, you can start seeing that it doesn't actually belong to you.

And once you see it, you cannot unsee it.

The foundations supporting that old belief begin to crumble, layer by layer.

You may suddenly remember an experience you haven't thought about in years.

It might seem random, but don't immediately dismiss it.

Your higher self may be showing you a memory connected to the story you're uncovering.

Observe it like watching a movie, without insisting on knowing exactly what it means.

(Let go of needing to know the meaning. 😉)

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Step 5:
What Is the New Truth?

Now ask yourself:
“What is the new truth?”

What new meaning will you give this experience?

Give the experience a new wrapping paper.

It can be anything, literally, as long as it's something you believe in and that feels empowering and expansive to you.

Because nothing has any meaning except the meaning you give it.

So you might as well choose a new truth that feels loving and expansive.

Examples of new truths:

- Nothing has any meaning except the meaning I give it.
- I am loved and always supported.
- I am enough because I exist.
- I am enough, exactly as I am.
- I choose myself.
- I am supported, even in the unknown.
- It’s always what I want or something better.
- I am creating a deeper, more aligned love.

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Inner Union, One Trigger at a Time

These five steps are how you reach inner union.

You repeat the five steps over and over again, one trigger at a time.

Every trigger reveals another distortion ready to be released.

Sometimes the answer comes immediately. Other times, it takes days or longer. You don't need to rush the process.

As you release more and more of these distortions, you'll notice that what your DM says or does no longer affects you the same way.

You may still desire to hear from them, see them, or be in a relationship with them.

But you no longer **need** those experiences to feel loved.



You can love them exactly as they are without abandoning yourself.

You can allow them to walk their journey while continuing to live yours.

And when another trigger appears, it doesn't mean you've failed or gone backward.

The same pattern will return multiple times, each time with a different flavor. It may appear through your DM, friendships, family, or work.

Each trigger is another layer of the same pattern that's ready to be released.

Because inner union isn't about getting your DM to choose you.

It's about no longer needing their choice to determine how you feel about yourself.

And that is how you come back to yourself, one trigger at a time.



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CONTINUE YOUR JOURNEY

Go beyond the pages of this guide

and dive deeper into how to actually reach inner union



01

Inner Union Masterclass

Through 13 bite-sized video lessons, you'll dive deeper into the 5 steps to inner union, with real-life examples that help you gain greater clarity on:

💜 What reaching inner union looks like in everyday life.

💜 What choosing and loving yourself first actually looks like.

💜 How to love your DM unconditionally and loving yourself at the same time

Get the Inner Union Masterclass — $8 USD →

Loving your DM unconditionally and loving yourself first can coexist.

CONTINUE YOUR JOURNEY

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02

Private Twin Flame Guidance Sessions

Do you struggle to see how the triggers from your DM are happening for you?

Do you find yourself knowing you should choose yourself, yet still waiting for their texts and wanting to know if they feel the same way?

Do you struggle to release the need for them to choose you?

You can't change what you can't see.

In our private sessions, I'll help you uncover the unconscious beliefs and patterns you may not even realize you have.

Together, we'll explore your unique experiences and triggers, helping you see what you can't see on your own and move closer to inner union – loving your DM unconditionally while choosing yourself.



Explore Private Sessions →