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SPEAKERS

Edroy Odem, Scot McKay, Elle Hari



Scot McKay 00:01

Hey, since the big announcement last week, I've talked to lots of you guys about the brand new giant leap coaching program. And plenty of you have asked some super good questions. First off, yes, giant leap is a real one on one coaching program with me personally, if you're familiar with, say, the 10 plus coaching program, which is a full strategic plan of action, this is kind of like a one plus we identify your big sticking point between you and success, and we hit it with a big heavy hammer. We do not stop until you've conquered it and are on the way to real world results. And yes, you might be in a relationship with a woman already or not. Either way, we'll tackle that one big issue. It can even be career related or have to do with your social circle. You don't even necessarily have to put your finger on what the roadblock is just yet. But together, we'll clear it. Results are guaranteed and yes, it's affordable. And oh yeah, by the way, I did have Neil Armstrong in mind when I named it for sure. So it all starts with an exploratory call it's free of charge won't cost you a dime and we'll figure out together whether this is the right track for you. Mountain Top podcast calm front slash leap | EAP. That's mountaintop podcast, calm front slash leap.



Edroy Odem 01:28

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now your host Scot McKay.



Scot McKay 01:41

Greetings Gentlemen, welcome again to yet another episode of the world famous mountaintop podcast. My name is Scot McKay at Scot McKay on both Twitter and clubhouse real Scot McKay on Instagram you can find all the YouTube goodies by searching my name on YouTube, the website is mountaintoppodcast.com and I invite you to join us on Facebook at the fast growing group for men who you know have a good sense of humor and want to get better with the women in their lives, further their careers and all that good stuff. That is of course as always the mountain top summit on Facebook. With me today is a new friend of mine. We were chit chatting before we hit record on this she's very charming, you're going to like her immediately. Her name is Elle Hari, and she is from Florida. And her brand is be with your twin flame. And she is the author of a book on the sad subject called twin flames expose which you can get on Amazon. why most of what you think you know about twin flames. Is it true?

And how understanding the truth is the key to being with your twin flame in this lifetime? Well, I got to tell you guys I know next to nothing about twin flames going into this. So if what little I know isn't true, then we're all going to learn a whole lot together on this show. So without anything further I Welcome to the podcast.

E

Elle Hari 03:01

Thank you, Scott. Thanks for having me. I'm so happy to be here.



Scot McKay 03:03

Yeah, I'm happy you're here too, because you know what, it's been a long and arduous search for the right person to be my co host for a show on this topic. Now see, I learned about this concept of twin flames relatively recently. And I searched and searched for the right person to come and give expert advice on what twin flames are all about and describe it to us in detail. And not until you showed up on my computer screen courtesy of your publicist was able to find the right person to talk about this. So as these guys know I'm really generally pretty practical. I like to talk about things that work and things that don't I like to talk about men and women attracting each other in the most natural way that makes the most sense. A lot of times when guys read my work or listen to these shows, or do coaching with me in person, they end up saying to themselves or even to me directly out loud you know this is really common sense. This all really just is so logical once I think about it, but I also dabble in areas kind of further afield in the universe. Where my curious mind takes me some of these guys know I'm into lucid dreaming and things like that. So when I discovered this idea of twin flames, I was absolutely wrapped with attention I was giving to it I thought it was just fascinating. And so what I would like you to do since you're the expert here and I'm learning because obviously everything I think I know about this as a true please talk to us about what twin flames are.

E

Elle Hari 04:42

Okay gladly. So twin flames are two bodies that share the same soul. So two physical people. And like any one of us, we each we all have in our twin flame. So our soul we always say our soul with someone else when we're incarnated into The physical 3d world.



Scot McKay 05:01

Okay, well that was a very basic answer. Is this synonymous with soulmate? Or is that something completely different?

E

Elle Hari 05:08

It's often misconstrued and used synonymously. But it's completely different actually.



Scot McKay 05:13

So that's the first thing I thought I knew that I didn't know. No way kidding with you.



E

Elle Hari 05:18

Well, you wouldn't be the only one. So twin flames, they are two bodies with one soul. A soul mate is just like it says it's a mate of your soul. So it's another soul that resonates with your soul. And souls are just energy and everything in every one is energy. So every single person we're actually every single being in your life resonates with your soul in some way or the other. So every single one of them is a soulmate to one degree or another. So we can have family members of soulmate friends of soulmates lovers of soulmates, and even pets, as soulmates.



Scot McKay 05:54

Fantastic, and I think most of us, if we're honest with ourselves, realize that, hey, you know what, we could have more than one soulmate. But when you're talking about a twin flame, that is absolutely, by definition limited to one other person in this world, right? Yes, exactly. Okay, now, who discovered this concept? Because I didn't hear about it before, like a year ago. Am I just, you know, living under a rock? Or what I mean, how long have people been discussing this thing?

E

Elle Hari 06:24

Well, I think the first documented thing about twin flames was Plato. He documented twin flames,



Scot McKay 06:29

that would be a long time ago. Whatever your that was. Yeah, I'm not even sure he knew what year that was.

E

Elle Hari 06:38

But he did he, he wrote about twin flames. So that's the first I think, when we really we have any record of



Scot McKay 06:45

so how could it have been lost to history for so long? I mean, isn't this sort of important?

E

Elle Hari 06:50

It is important, but you see, it's actually it's really, it's just a label, it really isn't important or significant to anyone's everyday life, until they experience the twin flame journey. Now, in every lifetime that we have, we have crossed paths with our twin flames, including this one. And there's so many people out there who are married to their twin flames right now who grew up next door to their twin flames, who work with their twin flames, and they don't even know their twin flames. And that's fine and perfect, they don't have to know that. What happens is that at some point, when the soul is ready, the soul recognizes itself within the physical body of the other twin flame. And at that point, that's what starts what's called the twin flame journey. And so at that point, that's when people tend to want to know what's going on. And so that's when it's important to realize, Oh, that's what we're doing. We're twin flames. But until that happens, you don't really even need to know if your twin flames.





Scot McKay 07:46

So the obvious question that comes to mind is with this big wide world of Rs L and 8 billion of us out there. This sounds like the ultimate search for the proverbial needle in a haystack. So is this something that's divinely inspired Gods is sort of make sure we run into this person and that we're conveniently juxtapose what happens whether we know it or not, because you did say we are destined to meet this person whether we recognize them as twin flame or not, that would be correct, right? Yes,



Elle Hari 08:17

that's exactly correct. Yes, and it's divinely guided the soul actually we're all a soul and our souls actually orchestrating everything in our lives and our soul is you know, it's an energy it's an energy and frequency of vibration that's unique to that we share with no one and nothing else actually in the entire history of the cosmos other than our twin flame. So every couple of twin flames have their own unique soul vibration, and do universal laws like law of attraction law of vibrancy, we magnetize in things people situations, everything is energy, we magnetize and other energy that resonates with our soul energy into our physical lives. And so that includes obviously our twin flame because our twin flame matches our, our energy vibration. Exactly.



Scot McKay 09:02

Now, a lot of guys are listening to this obviously, in fact, this is a show for men. And I know instinctively that a lot of guys are hearing what you're saying. Kind of getting a feel for this topic and thinking like this is check stuff. This is something women like to read about for their entertainment. In Cosmopolitan magazine. It's like the daily horoscope or something, but you claim there are scientific ways we can know that this is really a thing. This isn't just some fad that women are talking about for fun. This is something very real. So I'd like for you to discuss to these guys you know, throw it out on the table for him. Well, the real evidence for this being a factual event not only do twin flames exist, but that were indeed destined to meet this person. Go ahead.



Elle Hari 09:48

Okay, sure. So um, well, first of all I can I can attest just from all of the men, students that we have that are experiencing the twin flame journey that come in. So there's there's that evidence which is seen with my own physical senses, but really, so it's twin flames. It's about energy. So everything and everyone is energy. I mean, we know that that has been scientifically proven. So in our souls, our essence of who we are, is energy. It's actually the strongest energy next to source energy, and the entire universe. And so I'm sending the twin flames, we're talking about the twin flames is really, it comes down to physics, because we're here when we live in the physical world and every lifetime, right? The physical world that we live in the third dimension, it's one of duality and opposites. And you can see that where we have everything is is an opposite. So you have up and down, hot and cold in and out light and dark, good and bad. That kind of paradigm of duality only exists in the 3d physical world. When our soul incarnates here into a lifetime when we're born, our soul being energy itself needs to assimilate energetically into that same paradigm. So it needs to make two opposites of itself. And in energetic terms, those opposites are called polarities. And so there's one polarity in the physical body of one twin flame and the other polarity within the physical body of the other twin flame.



Scot McKay 11:11

Fascinating. And every engineer is doing cartwheels of joy out there. Have you ever experimented with something called kirlian? nphotoaranhv?

called kirlian photography.

E

Elle Hari 11:21

Yes, well, I haven't. I haven't done it myself. I've had it done to me like I've had the picture taken. Is that



Scot McKay 11:26

right? Yes. I had a feeling you'd be into that. Yeah. kirlian photography, something I haven't heard about in ages, probably since I was a kid. But apparently you can photograph the energy of your soul with a real actual objective photograph? Yes, yeah, I just figured you might be into that something for these guys to Google. As a matter of fact, I'll put a link to it in the show notes. All right. So you talk about twin flames as being someone we could fall in love with and have a relationship with. Now see, to me, I'm thinking I'd rather fall in love with my soulmate, and have a relationship with that person, because there's someone who complements my soul. And I'll tell you why I feel this way. I would drive myself nuts. I mean, people who are too much like each other, tend to absolutely grate on each other's nerves. So I mean, that's the thought that came to my head. I mean, correct me if I'm completely way off there.

E

Elle Hari 12:23

Yeah, no, you're correctly right. If you're talking about a physical relationship with someone, I always tell someone if you want a normal, physical, happy relationship with someone, you want a soulmate, you're not looking for your twin flame for that. But see, the twin flame journey is not about a physical relationship. Yes, it very most commonly starts out that way. That's the catalyst to the journey to the whole point that journey is to see the polarity of your energies that I just talked about. One on twin flame has one polarity, the other twin flame has the other. And when the journey starts, those two polarities build up, and they build up and manifest as a push and pull. As it builds up, the build up part going up is amazing. And the twin flames are stuck together like magnets, they like they've never felt so close with anyone a connection with anyone like that. But then they reach a tipping point. And the polarities begin to manifest as push pull. So one twin flame pulls away from the other as the other ones pushing towards the other one in tandem. Right, so you can see how it'd be like almost impossible for physically them to be together if one's pushing while the other one's pulling all the time. Right. And so the twin flame journey though, the whole point of it is it's a journey of self love. Because that push pull energy, that's actually the denied shadow energy of ourselves. And it's fear based energy. And so the twin flames show each other, their opposite polarized energy that they they wouldn't otherwise not see in themselves. And then when you see that every part of yourself, including that denied shadow part of yourself, that fear based energy part of yourself, you're able to then identify it, and understand it, and then accept it without judgment. And that's actually how you love yourself on the deepest level possible. And that's actually the point of this journey is self love. It's a journey of getting to know yourself as a soul. It's not It's not about a physical relationship, it doesn't take place on the physical level. If that makes sense, ever, I mean, it starts out that way right? So because on the physical level, the 3d world the duality, that is fear based energy. So our 3d physical world is is a fear based energetic paradigm. But in order to break the polarities, the push pole, we need to rise up out of that fear based paradigm. And what we're doing when we are noticing the push pull polarized fear based energy within ourselves and the twin flames, you know, work with those energies, what they're actually doing, when they accept them without judgment, when they love that part of themselves. That fear based energy becomes transmuted or alchemize into love energy. And so the soul is love energy. It comes From the fifth dimension, it's not originally from the third dimension, which is why it needs to make to polarize opposites of itself to incarnate here and assimilate into the third dimension. The Fifth Dimension isn't fear based. It's all love. That's really what the journey is about is alkalizing. The fear based energy within yourself into love based energy.



Scot McKay 15:19

So that's where the band The Fifth Dimension got their name, right, because it's all love,



Elle Hari 15:23

I guess. Oh, yeah, yeah, right.



Scot McKay 15:27

I'm dating myself there. Well, okay. You probably had no idea what I was even talking about just then. Alright, really know who they are. But sure. Yet another thing to Google I'll put that in the show notes, too. Alright. So before we talk about the practicalities of this, which I can't wait to hear. I have a few housecleaning questions. Sure. All right. So indeed, if you married and procreated with your twin flame, wouldn't it be kind of like in breeding your soul? Then what will the children be like?



Elle Hari 15:55

No, because you know, you're the same soul. Because we have many people who have kids with their twin flames. Remember, the children part of it is physical inbreeding part would be would be on the physical level.



Scot McKay 16:08

Why are these children special in any way? Are they different? Not everyone's special



Elle Hari 16:11

and different. But no more on humor me? Sure. No, see, here's the thing. So the twin flames are the same soul. And everyone, every group of every soul comes in part of a group of so called a soul family. And so that usually consists of family members in every lifetime. And, and so you incarnate with the same group of souls same soul family incarnates in every lifetime together. So you're always with the same souls in every lifetime. And you're part of the same soul family. And so because you and your twin flame are the same soul, even though physically, you know, all the souls in the same soul family might not ever cross paths with each other in the same lifetime. For example, one twin flames, like parents may not ever meet the other twin flames parents, but yet because the two twin flames have the same soul, those other souls have both those sets of parents are part of that shared souls soul family. Does that make sense?



Scot McKay 17:06

Yes, it does. And see, I was hoping this had something to do with Star children. Because that's a fascinating concept. To me also, like these children, who can just see more deeply into much more metaphysical things that normal human beings can I was hoping, selfishly, because I thought it would be incredibly fascinating that somehow these children were the product of having both poles of their soul united so that they were more powerful within but that's not a thing, is it?

E

Elle Hari 17:35

No, because I mean, it is a star children our thing for sure, yeah. But not because of that. No, their soul is just it's new souls incarnating whenever we have children, right, right. Not like a part of our soul. They're separate.



Scot McKay 17:49

Got it. Okay, that makes sense. Alright, so Other questions? Do twin flames have to have the same birthday? No born at the same time? No. Why not?

E

Elle Hari 17:59

I don't know just if they could, it doesn't matter. In fact, one of the common physical traits about twin flames is a pretty large and significant age difference. That's very common among twin flames.



Scot McKay 18:10

Interesting. Very interesting. If I have an identical twin, is that my twin flame? No, no, again, why not?

E

Elle Hari 18:19

Because identical, they're only identical physically. They're not the same soul. Ah,



Scot McKay 18:23

I kind of saw that one coming. Man. This sounds so confusing. So getting into the practical piece of this. How do I even begin this journey out? How do I know who I'm looking for? I mean, obviously, I'm looking for myself, but not physically. Looking for this polar side to my energy. It sounds so complicated to try to recognize this person. How do I know who I'm looking for? And how do I know when I've found this person? Where are they going to find me first? And I'm just too boneheaded to figure that out.

E

Elle Hari 18:54

Yeah, you don't look for your twin flame. You won't find them that way. They'll just come in and I mean, like I said, you could know your twin flame. You could be married to your twin flame, you could already you could have grown up next door to your twin flame, you don't know. The only way you know is once your soul has decided to have soul recognition recognize itself within the physical body of your twin flame. And this happens on the deepest, deepest subconscious level. There's no like aha moment when it happens. You don't even feel it physically. It's just when the soul is ready, it kind of like wakes up to itself. And then at that point, those polarities kick in and the build up is amazing and intense but then all of a sudden, they start manifesting as push pull and it's at that point, when they start manifesting as push pull that you will know well actually the push twin flame will know the pull twin flame generally doesn't really isn't as conscious because the push twin flame the whole twin flame pulls away physically leaving the push twin flame. They're like what just happened? Like the whole rug has been pulled out from under

them. They're very confused. They're very obsessive, because fear based energy and fear based energy is of the mind and it controls the mind. And it's also addictive, your based energy is also addictive energy. And so their mind is controlled by this energy that's pushing out towards their physical form of their twin flame. So they're just obsessed with their twin flame. And they're also in a lot of physical pain most of the time because they have what's called core wound pain. This is either in their heart solar plexus, or sacral. chakra, and it feels like either like a tightening or twinging or like kind of like a fluttering all the way on a spectrum all the way to feeling like you've been completely disemboweled. So it can range anywhere between that. And so it's very painful. And so they know you know, it's something different, it's different than any other breakup or heartbreak you might have. It's when you really can't get over, you know, someone who broke up with you, and you can't move on, and you just can't focus on anything else. You can't function. It's very challenging to even function like normal.



Scot McKay 20:59

Wouldn't it feel like a part of yourself has died?



Elle Hari 21:02

Yes. Yeah. can feel like Yes, exactly. It feels like a part of yourself has been, your soul has been ripped from your body.



Scot McKay 21:07

Okay, so the catch 22 here in my mind. And again, remember, just like your book says, everything I think I know about this is probably wrong. So if the person who is my twin flame isn't awake to this notion at all, and they think it's all a bunch of BS, does that scuttle any hope for them recognizing their my twin flame in US completing this journey together? Or how would I pull someone out of that state and get them in the know about what's going on between the two of us here



Elle Hari 21:40

know what they think is irrelevant. What they do thinks they feel is irrelevant, because that's all physical stuff. Remember, this journey takes place in the level of the soul. And it takes only one twin flame to do the work for both twin flames because essentially, what you're doing is you're neutralizing the polarities. And vision, your soul as a shared energetic field. Well, when you have the push pull going on, it's polarized. But once when flame there just needs to be a depolarization of either the push or the pull. And then they're both depolarized. because by definition, with polarity, you need two poles, right? So if you take away one pole to push, then the pole automatically neutralizes as well. And then when that happens, the soul can then bring its two physical bodies back together without the push pull effect going on.



Scot McKay 22:26

What does that look like? I mean, what are the practical steps there? What are the ramifications of that here in the physical when that sort of thing is going on? This push pull thing I mean, I talk a lot about masculinity and femininity. And that sounds a lot like flirting and banter like, you know, I like you, maybe I don't, I'm gonna give you attention,

then I'm gonna take it away. So that's the vernacular we use to talk about that phenomenon. And I sense what you're talking about, is dramatically different in terms of how it actually plays out in real life. And that's what I'm trying to get at.

E

Elle Hari 22:59

Sure. So one twin flame is the push energy. One is the pull energy, right? And they can never switch back and forth with each other. They're always one of the same ones to push the same ones, the pole,



Scot McKay 23:09

what two pushers do and what do pullers do, generally speaking,

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Elle Hari 23:13

and you know, the way it manifests physically is completely unique to individual for everyone, by the way, it's as individuals their DNA, or fingerprint, but what's going on energetically is exactly the same. But generally speaking, what the push twin flame does is they become obsessive, obsessive about the whole twin flame. They can't focus on anything else. They remember they have this core wound pain going on there. They're just mired in a lot of fear based energy which could mean fear. But fear based energy is any really kind of surface feelings and emotions caused by thoughts.



Scot McKay 23:48

So the push twin flame is the one feeling the fear based energy or manifesting the fear based side of the soul first, and that draws them to the other person, I would think it would be the opposite. I would think the fear would be the pole not the push. No, no, they're

E

Elle Hari 24:03

both fear push and pull are both fear, all polarized energy is here. The thing is, so the push energy is it's fear, it's addictive, it's pushing onto that physical form of the pole twin flame. At the same time, the pole twin flame, because of the energy is pulling away from the push twin flame, but it's still fear based addictive energy. And so they have this addiction, they feel like they need to satisfy they can't turn around and do it with the push twin flame because the energy is pulling them away. So they have to go and try to satisfy this addiction with anyone in anything else. Right. So they turn to I mean, anything can be addictive, let's face it, but a lot of times they turn to you know, alcohol drugs, you know, overworking, they immediately go into other relationships that we have around a relationship relationship, you know, that's what they're doing. They tried to go anywhere and do anything other than focus back on the push twin flame. So that's how that that plays out.



Scot McKay 24:59

So if I have a stalker, and they're creeping me out. Could that be my twin flame trying to get through to me?



Elle Hari 25:05

No, not at all. We can generally say that.



Scot McKay 25:08

Once it sounds like to me.



Elle Hari 25:10

I mean, you'd have some Do you know them? I mean, you'd have some kind of interaction with them where, you know, you felt some kind of pull towards them at first. But then all of a sudden, you're like, Ah, you know, they feels like they're suffocating you. It's not like they're, it's dangerous. It's not fear, like you have to get away from them. Because they're crazy. It's just It feels like their energy almost smothers you. So you feel almost like, you need to just get away like, breathe. Like it's just very overpowering onto the pole twin flame like that,



Scot McKay 25:38

oh, you're making it sound like this sucks. Where's the magic here? Why would I want to meet my twin flame? This sounds just brutal and Savage.



Elle Hari 25:46

Because once you learn how to balance out the push pole, we call bounce out, but you're actually neutralizing it, you're, it's in the whole process of doing that. It's a beautiful process, you're learning about yourself. And you eventually can, the way you have to relate with your twin flame then is, is in complete fearlessness, which is total love. And as much as we'd like to say we have unconditional love with people. Right now we don't where the level of human consciousness is because it's always there's always fear based energy going on there. We're just not at that level of human consciousness yet to have a completely fearless relationship with anyone. In order to be total love. There has to be fearless because fear and love are opposites. They cannot coexist. They're mutually exclusive,



Scot McKay 26:27

which I believe in which we've talked about in depth on the show, by the way, okay, great. So I'm right there with you on this. Okay. So basically, so basically your twin flames out there, cracking their knuckles and saying, Hey, I'll teach you how to turn that fear into love. Right? And you're doing the same for them?



Elle Hari 26:44


Yes, yes. They both have a role to play and right.



Scot McKay 26:47

It's a balancing out of each other's negative energy with that polarized positive energy. So it's kind of like the


It's a balancing out of each other's negative energy with that polarized positive energy. So it's kind of like the completion of the yin yang circle.

 Elle Hari 26:57

Yes, it is very much like that.

 Scot McKay 27:00


Wow, I'm getting it. You are Yeah, okay. I'm not as dumb as I look. This is great. It's alright, so are there any supernatural elements to this relationship that offer a kind of a hint, like, hey, stupid, this is your twin flame. And here's why I asked. There was once a woman I was sort of dating but not really. And we had a very interesting relationship. I didn't want to be romantic with her. She was gorgeous. Everybody didn't know why I didn't want to be romantic with her. But she was very drawn to me kind of like in a safe to sexual way. She just found my energy very attractive. And I enjoyed spending time with her. And I have to underscore this, she was a beautiful woman. Gorgeous, but not my type. I have a very different type. She's more of the classic, tall, leggy model looking gal, okay? And I like cute little spunky chicks, like my wife. That's good. So we were spending time together. And we'll be like, alone in a room just talking and getting to know each other and being fascinated. And there was one time where we both just ducked because some energy flew right over us, while we were having a deep conversation. And we looked at each other and went, What was that? And then shortly thereafter, she said to me, You know, I had the strangest dream last night. And I said, Wait, you mean this dream? And I proceeded to describe it to her. And I said, Yeah, and you were in trouble. And she responded, yes. And you rescued me. And I woke up and I looked at the clock, and it was, I don't remember the exact time 228 in the morning. She's like, Yeah, me too. Is that twin flame stuff? Or is that just some other completely supernatural, weird phenomena that happens between men and women that we should say for another show?

 Elle Hari 28:50

Yeah, that's that can happen with anyone. That's not necessarily twin flames. Well, it's

 Scot McKay 28:55

only ever happened with her, but she most certainly was not my future wife. I've had people say, Well, you should have married her. I said, No, I shouldn't. So to this day, I'm still confused and rocked by it. But yeah, that's, that was interesting, but not twin flame.

 Elle Hari 29:10

That doesn't necessarily mean you were twin flames. No,

 Scot McKay 29:13

that's kind of a relief, actually.

E

Elle Hari 29:15

Well, I mean, but how did you feel after? I mean, are you still in contact with her when you stopped contact? Like how did that go down? You know that that would be more of an indication I can tell you more if your twin flames You know, like I said, Did you have more wounds pain? Did you have obsessive thoughts? Or were you the pole where you couldn't even think about her anymore? Like, you know, even talk to her anymore? You felt smothered by her? You know?



Scot McKay 29:35

Well, I think if I had to choose it was the latter. I mean, frankly, I got a girlfriend. So there were no late night conversations in our bedroom together anymore. Because you know, that was kind of verboten after the girlfriend came along. But yeah, you know, I caught up with her on Facebook years later, and it was kind of like, well, how are you doing fine, you know, and, but not much. You know, I don't think it was either. No of that spectrum where I felt smothered and wanted to get away from her or she was obsessed trying to chase me down it just sort of ran its course. Yeah, right naturally

E

Elle Hari 30:09

yeah a soulmate of some sort, you know, just one way or another



Scot McKay 30:12

interesting what would you tell these guys if they have just been engrossed in fascination with this conversation and want to perhaps embark upon this journey in hopes of finding their twin flame? And you know, I'm asking this question knowing it's probably already the wrongheaded approach so straightened me out. What should we do here? What's the practical step having listened to this show,

E

Elle Hari 30:37

the only practical stuff I would say anyone if anyone's resonating with either of those two things like they are the push twin flame, they have their partner whatever girlfriend's someone they were you know, relating with pulled away suddenly left them feeling like focused on them, they can't they can't really focus on other things hard to concentrate at work or anything else. You know, they have some kind of core wound pain and by pain again, it could be anything from like a fluttering or tightening to actual disempowerment feeling in their heart Solar Plexus or Sacral Chakra. You know, if they're going through that they can't just they just can't move on or stop thinking about an axe. I would say then they want to, you know, really consider that they could be experiencing a twin flame journey.



Scot McKay 31:23

Yeah, but what if we feel that way, but every Chica dumps us?

E

Elle Hari 31:27

Okay, well, do you? Are you I mean, you have core wound pain with every chick that dumps you?



Scot McKay 31:32

Well, hey, I'm more speaking on behalf of the listeners in general, rather than attempting to employ the Royal way, right? You know, I personally, I'm good. I'm happily married, and all my exes or, you know, all my exes live in Texas, you know, it's basically how it went for me. I mean, I'm good here. But I know a lot of guys struggle with, you know, kind of falling for a woman. Maybe she's someone they've had to admire from afar, you know, someone that they got what's called one itis, for who never really requited that love. Or, you know, they have a pattern where they start dating a woman and get all obsessed, and the woman goes, you're getting too obsessed, they get dumped, and the guy is just really obsessive. And this happens over and over again, because they don't fix that core wound, or, in my estimation, that character flaw that keeps them going back for more and getting flattened time and time again, by what happens in these relationships. I mean, obviously, it's kind of a sign of immaturity. You know, we fall in love with our eighth grade girlfriend and get obsessive over her. And then when she dumps us, oh my god, it's the worst thing that ever happened until we find a new one. And you know, it's kind of a puppy love thing. But yet some guys do carry that pattern into adulthood. So when we hear you saying, okay, here are the signs, you may be dealing with a twin flame. And then you couple that concept with the fact that there really is only one twin flame for you ever. I think some guys are probably still confused.



Elle Hari 33:01

Okay, well, I hope not. I'm not trying to be confusing. But you raise a good point. Yes, you can get obsessive over other other people that aren't your twin flame, for sure. But see, it's different. It's a different level with this. I just, I just can't even describe it. It's to where you can't even function. There's no like moving on, you know, as soon as you get over them. As soon as like, you know, you get on somebody else. It's not, it's not like that. You know, there is no getting on someone else.



Scot McKay 33:27

So this has to be a truly special unique situation where even you and your heart of hearts go, You know what? This is over the top. Why am I feeling like this? This isn't like me, this isn't something that typically goes on in my life. Right? Right. Okay,



Elle Hari 33:40

God causes you not even to recognize yourself anymore. I mean, it's really beyond anything and it needs to be that way. Because it is a soul awakening, it's your soul's wake up call to you. And if it was just felt like everything else, you wouldn't really paid much attention. He just like, whatever next. Okay? Yeah, you will know, you know, it's different from when, anyway you've ever been before.



Scot McKay 34:01

Okay, that's crystal clear. I got it. Okay, so what's the culmination of all this? What is the end game for twin flame?



Elle Hari 34:08

Well, there is no end game because the soul doesn't end it's eternal?



Scot McKay 34:12

When is it that the pain stops and the fun starts getting?



Elle Hari 34:16

What was the process dealing with? Well, first of all, you need to deal with the obsession, you need to get out of your mind, you need to stop focusing on their twin flame because all the focus on them is what's pushing them away. You know, you focus on them, your energy pushes out there, and then they're on the other end of that energy pulling away. So really, the main goal initially is to stop focusing on them to get out of your head to stop the obsessive thoughts. And you basically do that by trying to be present as much as possible. You know, realizing that seeing your thoughts and realizing that, you know, they're not real, that your mind is just many times making stuff up about your twin flame,



Scot McKay 34:54

almost like your logical mind is flat out rebelling against the polarized nature of your soul.



Elle Hari 35:00

yes, oh yes, that's exactly what happens. See, because the fear based energy, like all energy, it just wants to grow and expand. I mean, that's his natural inclination. But what we're what you're doing when you're, when you're balancing it out, which is what we call it, you're actually shrinking it. Because remember, you're alkalizing it as being transmuted into love energy. So the fear is shrinking down and getting smaller, and that goes against the natural inclination of all energy, which is to grow and expand.



Scot McKay 35:24

So then the pot of gold here, at the end of the rainbow is self discovery between both twin flames, right?



Elle Hari 35:30

Yeah, well, the pole twin flame doesn't really do much of the self discovery work. I mean, they do I mean, everyone every day of their lives is learning more and more and growing every, you know, every minute, and every moment we all are, right, whether we're on the twin flame journey or not. But you know, it's really the push twin flame that does that kind of, quote, unquote, work. Because they're the ones that come looking for the help, because they're the ones who are out there googling, like, Why do I feel like crap? How do we get my ex back all this other stuff, and they come across twin flames when they're when they're meant to when they're ready. And they're the ones that do the work. And again, like I said, though, it only takes one twin flame to do the work for both.



Scot McKay 36:04

So what's in it for the other one? For the whole twin flame? Yeah, I mean, again, what is the good that comes out of this? How am I a better person for having found my twin flame? And how is my twin flame a better person for having found me?

E

Elle Hari 36:17

Oh, because Okay, well, you know, once you do balance out the energies, you could be in a completely fearless, unconditional love relationship should you want to. But really, what happens is, when you're optimizing the fear based energy, the push is doing it for both. And when that happens, first of all, you're shifting closer to alignment with your soul, which is your true vibration of love. And when that happens, your soul is your truth. And includes that energy is the strongest energy that exists. Next is source energy. So it includes love, it includes peace, happiness, abundance, your passions, your true soul's purpose, it's all tied into that. And the closer you shift into it, even incrementally, everything in your outside world, your physical world in your life starts to change. And so you start magnetizing in people situations, opportunities, things that start resonating and being more in alignment with your truth, which is, you know, all those amazing things I just described.



Scot McKay 37:09

And your twin flame and you did this for each other. Yes, yes. Okay.

E

Elle Hari 37:14

And yeah, so both twin flames lives, they become less fear based and more more aligned with their truth, which is everything they desire.



Scot McKay 37:21

So one last question. Before we wrap up. You mentioned that twin flames are all about the soul, not physicality. But there is a decidedly romantic, sexually interested twist to this. So my question is, must your twin flame necessarily align with your sexual orientation? No, not at all. Okay, so my twin flame could be another dude, even though I'm straight. Right? Okay, man, well, that get confusing.

E

Elle Hari 37:51

Well, that's another reason you know, you've met your twin flame, when, you know, like I mentioned earlier, the large age difference is very common. That's also another common thing, same sex when neither one has been gay before. Also, another very common thing is where they live on opposite ends of the world, they never meet in person, they just meet online like in chat rooms or whatever, but they still feel that pull towards like this faceless name or, or screen name or whatever. And they go through the same hole, you know, push pull thing, and also different religions where that matters and a lot of cultures that matters. And so people would normally not think to be in a relationship with someone who's a different religion. But twin flames can't help themselves. Oftentimes, one or both twin flames are married, or in you know, long term relationships with other people where they would have



Scot McKay 38:34

their spouses handle that sort of thing.

E

Elle Hari 38:37

Well, I mean, not well,



Scot McKay 38:38

usually I can only imagine.

E

Elle Hari 38:40

Yeah, but I mean, the thing is, once you have the push, pull energies balanced, it just gives you freedom, you have many options, so you don't have to be in a physical relationship with your twin flame at that point. And we have half of our students that who are married before they meet their twin flames and go through all this, once they're balanced, they're able to go and have an even closer, more true and real relationship with their spouses, and keep their families intact and everything so it opens up it's liberating, it's liberating, amazing journey once you get that fear based energy balanced.



Scot McKay 39:15

Well, I would imagine, you know, thinking along as you were talking, that if I'm married to my soulmate, and I get in touch with my twin flame later, it would follow logically that my twin flame and my soulmate would also get along, ultimately, if they can get through all the baggage. I mean, at pre Mufasa they should get along based on how this all works. Should they on

E

Elle Hari 39:39

the soul level? Yes. Because they are your soulmate. Right? Because you're because you are right. Exactly. Yes. On a soul level. Ideally, yes. When there's no fear based energy, but see the spouse even if the twin flames Have no fear based energy with each other, they still have it with everything and everyone else because everyone is interacting with everyone in fear based push pull energy, believe it or not, We just don't know it's on a subconscious level. But if you look at the planet, and you just look at it like on an energetic level, it looks like one big spiderweb or matrix of energy, everything and everyone is interconnected through energy. Right? Even if they're not the same energetic vibration, which would be the same soul, only twin flame share that with each other. But still, there's parts of everyone's energy that's mingling with everyone else's energy at all times.



Scot McKay 40:25

I think this is all incredibly fascinating, and I'm so glad that you're doing all this wonderful work. Because I'm a pragmatic smartass, such as I am. I can't help but think of Pete Weber, who Pete Weber is

E

Elle Hari 40:38

probably not a Weber is



Scot McKay 40:40

a pro bowler who is a very good bowler but he's most famous for winning a bowling tournament and shouting at the top of his lungs. Who do you think you are? I am pointing to himself and of course it's a total Yogi Berraism of sorts because it makes no sense unless you're talking to your twin flame and suddenly it makes perfect sense to say that doesn't it? Yes, absolutely. What a bad place to end this show. Bringing it full circle back to the pragmatism these guys are used to well I think your work is wonderful and I want to point these guys to this book of yours where I think well let's put it this way. We've really only scratched the surface here because this is obviously a very deep subject. So guys, if you want to go get your copy of L Harvey's book twin flames expose, you can do so on Amazon and I will point you to mountaintop podcast.com front slash l e l l e to get your copy of that I've also put the book at the top of my queue on my Amazon influencer page which you can reach by going to mountaintop podcast conference slash Amazon. I Hari thank you so much for not only visiting with us today but being so smart about this obviously it's something that you're immersed in and are passionate about. And thank you so much for putting up with all of my newbie questions. I greatly appreciate it.



Elle Hari 42:03

Thank you so much that this is so much fun.



Scot McKay 42:05

Good I'm glad you had fun. And guys listen, if you haven't checked out our sponsors yet origin in Maine and heroes soap go to mountaintop podcast calm and click on the links you'll find there and use Mountain 10 to get 10% off any purchase you make from either of those find companies and while you're there listen some of you guys are like man, twin flame soulmate I would just like to get a date I just like to start meeting women where there are none right now Hey, we can take care of that for you. We can also get you on the road to finding the right woman in your life It all starts with a 25 minute phone call with me personally, which you can arrange by going to mountaintop podcast comm and clicking on the red button in the upper right hand corner and until I talk to you again real soon This is Scott McKay from x&y communications in San Antonio Texas. Be good out there.



Edroy Odem 43:04

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