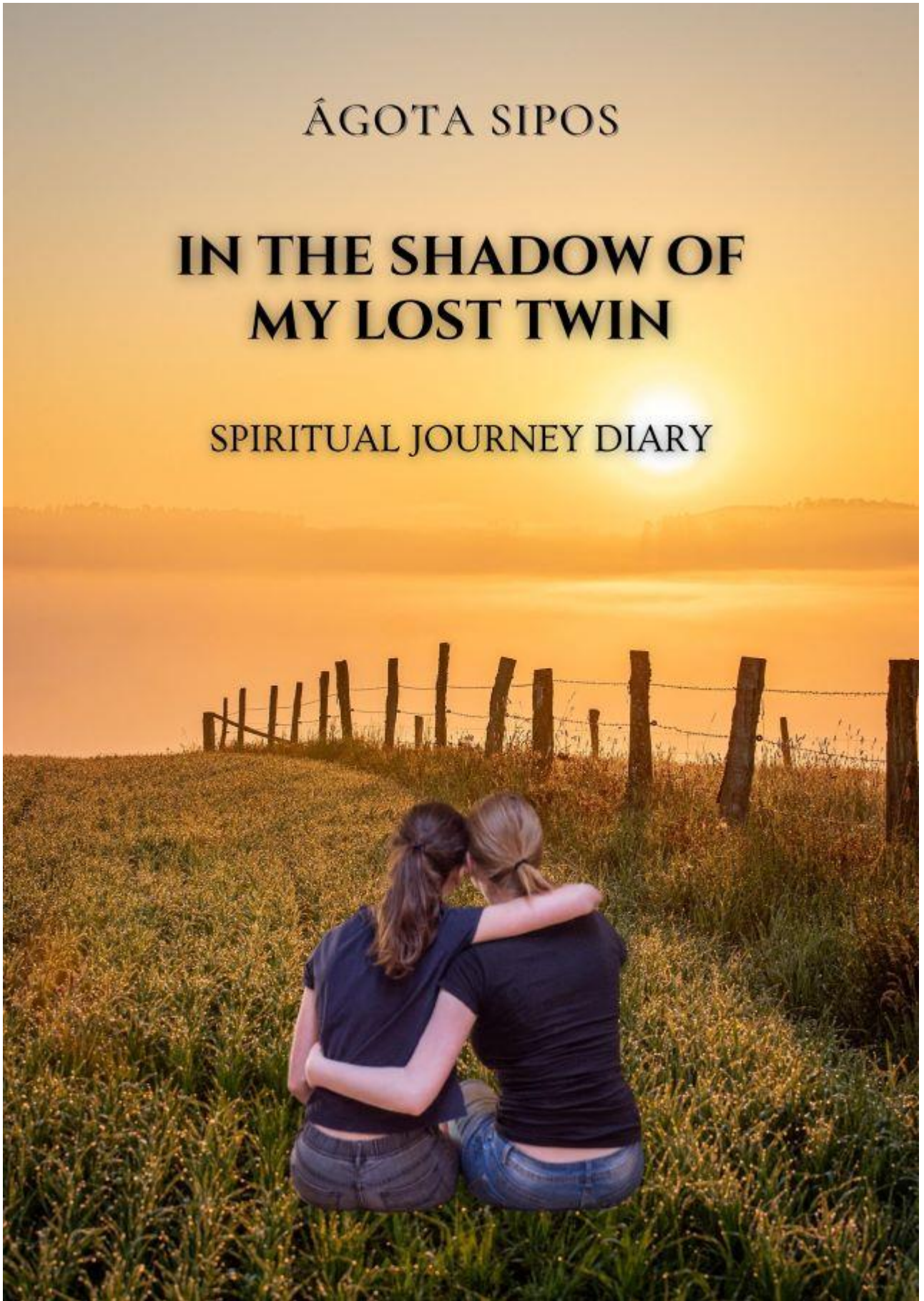


ÁGOTA SIPOS

**IN THE SHADOW OF  
MY LOST TWIN**

SPIRITUAL JOURNEY DIARY



# **In the Shadow of My Lost Twin (Spiritual Journey Diary)**

Written by Agota Sipos

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2024.

To Anna, my unborn twin sister, with everlasting love!

To Mom and Dad, who brought us into this world, with gratitude and love!

*"Those who have lost their twin in the womb spend their lives repeatedly staging the life and death of their twin. Nothing is more important to them, not even their own life. Once it is revealed what happened before their birth, what they constantly restage, there tends to be a reduction in the amount of repetition of the intrauterine experiences, or it may cease completely, which brings significant improvement to the person involved."*

*Althea Hayton, (A notable researcher and expert on the subject)*

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Dear Reader,

You are about to embark on a moving and awakening spiritual journey through the reading of this book. Agota, with her heart-wrenching story about her twin and herself, as well as her own genuine experiences, guides you into a familiar world, one that is surprisingly your own.

Any "mirror," whether perceived or real, can help you discover your true self: the play of the mind and your wonderful, authentic self beyond it. This book aims to heal from within. The author was inspired by her twin sibling in this narrative. Who or what in your life further opens your inner gates?

In Agota, a volcanic force of insight erupted as a result of our collaboration, showing that it is only worth living immersed in love instead of pain, and as part of this process, this manuscript was born. This is most heartwarming to me because I see the process she goes through and how through her, the music of the heart can touch even more souls.

It also aids you in confronting the truth residing within you, step by step, with each chapter.

I warmly recommend this book to you if you wish to uncover a unique story and discover the wondrous secrets within yourself amidst vivid experiences.

Nerella Toth  
Self-Knowledge Speaker,  
Consciousness Mentor

\*\*\*

I wholeheartedly recommend this book because it addresses a phenomenon that is more common than we might initially think.

Krisztina Zilaji  
Editor of the printed book

## FOREWORD

*Welcome, dear Reader!*

*I am glad you are here with me, and if you have bought this book, then perhaps you know something, or at least you are curious about the topic. And it may be because you are affected, or someone in your family or circle of friends might be. Anything is possible.*

### ***What was my intention with this book?***

- *Primarily, to write it out of myself, as it aids in my liberation.*
- *Some statistics indicate that 15-20% of pregnancies originally start as twin pregnancies, but then the other twin or twins do not survive, and it remains a secret what happened inside the womb.*
- *Those on the path of self-knowledge know how many methods and techniques help process past traumas, including transgenerationally. However, the traumas experienced in the womb often remain hidden and unprocessed, as there are no signs or evidence, so the affected do not know about them. These unresolved traumas remain in the survivor as an indelible suffering, imprinting its weight on their entire life, even though they try to discover the causes of their suffering but still do not experience the desired change.*

*This book can now help in remembering and processing. A spiritual journey diary into the unknown familiar.*

*I suspected a few years ago that I would need to write a book, God was already whispering to me then. What you are about to read is not comprehensible by the mind, I know, it's not easy to accept. There is no verifiable basis that anyone can prove. Yet I know it happened.*

*What happened to me, and how I continuously awoke to what I am writing about now, took place over at least a decade and a half. As I often say, the puzzle pieces of my life's events continuously come together, giving me understanding of the past events as they occurred.*

*My parents are no longer alive. The only close relative I have is my brother, Tamás. On my 55th birthday, I told him – who was also born on May 13th, just three years later – that we had a twin sibling who was not born. That sibling, Anna, developed for a while with me.*

*Even if she lived only a few weeks in our mother's womb, she still lived, and she belongs to our family, as I am talking about our sibling.*

*I remember, many years ago, Tamás told me during one of our meetings to stop analyzing the past and to live happily instead. He brought this up again now, which I accept, as he views my experiences through his own filter. He acknowledged what I told him, and I trust that this book will also help him in acceptance. Now I see that the persistent curiosity that kept me from being dissuaded also led me to write this book.*

*This book is not created with a scientific intent; you will not find numbers, scientific references, or analyses in it. I aimed for simple, easy understanding.*

*This is a spiritual journey diary, which can also be a key or a guide to evoke thoughts and memories in you, so I ask you from the beginning to be open and perpetually curious!*

*I write about how I found my lost twin, my additional discoveries, and experiences, I've gathered a bunch of general characteristics pointing to lost twins, and added what I personally experienced in my own life.*

*You might be shocked by the intense feelings and the detail I recount them with at certain parts, but I intentionally avoided "speaking in codes" to convey the thoughts and feelings that emerged while I experienced the events. Some feelings or trains of thought repeat in the book because I wanted to show that resolving the issue did not happen in one instance, and there were times I experienced similar feelings multiple times with different intensities throughout the processing.*

*I write about the "symptoms" that may be characteristic of survivors of lost twins, about their difficulties, and how I managed to turn these into advantages. At the end of the book, I also offer some tips on what might help if you want to delve deeper into this topic.*

*I am here to share these thoughts and feelings to help you experience and process your own burdens, and to remind you!*

*With love,*

*Agota*

## GUIDE TO MY SPIRITUAL JOURNAL

Write a book...

This inner urge has confronted me so many times, I've even started a few times, writing for days, then stopping, lacking inspiration. I put it aside. Then self-doubt would kick in. What should I write about? Would people believe what I want to share? Or would they just think I'm crazy?

Yes, dear Reader, you might have similar thoughts while reading my lines. That I'm not normal. But I accept that—abnormally normal, normally abnormal?

But I believe that if this book has spoken to you, if you are holding it in your hands now, then you have a purpose with it.

I want to share a few things with you now that might help you further:

***What you will read here goes beyond the normal limits of human thought***, so please be open and curious, let the words that have formed into sentences within me, which I am sharing with you, affect you, wash over you. Let yourself flow into this Stream.

***If you get bored, that's OK, set it aside.*** I first read a sentence from Edith Eva Eger, a Hungarian-born Holocaust survivor, which went something like this: You are ready when you are ready! I didn't understand it at first. Later, I realized that as our consciousness expands, as our intellect opens, we become more curious, learn, experience, and thus evolve. And this openness, understanding, and integration of experiences prepare us to be ready for even deeper knowledge, truths. Mentally and physically. Thus, everything will appear in our experience when we are ready to receive it. Not sooner.

And if emotions like anger or irritation surge within you at any part, ***I suggest you allow the emotion, and then later delve into what triggered it in you.***

In my experience, emotions often start flowing while reading a book—joy, gratitude, happiness, or sadness, anger, and even tears of joy. And thoughts may come— I also had memory images—imagine them like an internal movie screen. Somewhere inside me, in my head(?). The movie starts, and I am the viewer, the observer. I watch my life, maybe even past lives. (Past lives?... Wow, that might surprise you now.) It's very educational and brought me many realizations.

What you will read is my truth. This story formed in me over the long decades of my current earthly life, imagine it like a massive puzzle, with pieces in front of you. These can be thoughts, memory images, experiences with yourself and others, and their experiences in you. And if you allow curiosity, openness, if you start giving it more space, then the puzzle pieces of your life will begin to fit together, bringing you new understandings, and thus a feeling of liberation.

Now, let me show you some pieces of my puzzle, hoping that what I write about in this spiritual journal will help others who have experienced or are experiencing similar things, or perhaps someone around them who shared such a story, but it was dismissed as total madness, a figment of their imagination. Or they were advised to see a doctor or just forget it.

I am here now to remind you! To say that you are not crazy, not foolish. A story, your story wants to reconnect with you, just differently from how you previously believed.

### **MY STORY: WHAT DID I PACK IN MY SUITCASE?**

This is my truth. How do I know it's true and not just a play of my imagination (we can also call it the mind, ego)?

Here are the answers.

### **ÁGOTÁCSKA AND HER WORLD OF FANTASY**

As a little girl, I was often alone; my parents divorced early, and our mom raised my brother and me. Mom worked a lot, and my brother was a busy little student. I was quite introverted and didn't like going out among people. I spent most of my time alone, which was often scary for me, especially the storms which I hated very much.

This solitude, however, gave me a treasure, allowing me to retreat into my own little world of fantasy, which was very colorful. There, everything could happen, and I could do anything; I could be anything I wanted, things I as a little girl couldn't have in the outside world. I could fly, conjure, had wonderful clothes, visited

beautiful places, imagined being an adult with great, successful men as my partners, burning with love and admiration for them. Or perhaps I was the talented singer, dancer, figure skater, with a magical life.

Instead of living in the outside world, I lived in my own inner world, and this enabled me to create within myself. Colorfully, imaginatively. And this long-hidden ability I am now rediscovering, realizing what a treasure it is, as the inner creation process can also be manifested, displayed in the outer world. What is this state comparable to? It's like daydreaming, being in reverie. At such times, I am in another dimension simultaneously, aware of myself in the present, but also on another plane. It was very strange at first, but now I am grateful for these experiences too.

## **MY CONNECTION WITH GOD**

In Neal Donald Walsch's book "Conversations with God," I read about how God speaks to everyone, to you and to me. The question is, who hears it? When I first read this, I didn't understand how God could speak to us. At first, I thought maybe through His earthly representatives, the church, the priests?

As a little girl, my maternal grandmother always took us to the Catholic church, which I really disliked. I was bored, and the priest was a terribly ugly man; I didn't understand what he was talking about, and it was always cold in the church, I was always freezing. Bored, I would pass the time by looking at the pictures on the walls or analyzing the people around me. That occupied me until it was over.

My mother often prayed, sometimes went to church, but at home, her words towards God weren't necessarily friendly. God didn't seem to interest my father, at least I didn't notice. I imagined a relationship with God differently, there were times I hated Him for not helping when He could have. So, we weren't on good terms for a long time.

Then, in the past few years, I began to give space to this idea by meditating more, quieting down, and also observing the external world differently. And yes, now more and more often, this deepest truth, wisdom, whatever it is, everything is that. That this book is being written by me, that is also God. The Source, the Consciousness, the Inner silence, Inner Voice... And the Truth!

And in what forms can His message arrive? God loves to play, so He likes to appear playfully, unexpectedly. Therefore, He uses different forms and tools for everyone. For me, what I really enjoy is the inner cinema, or when words, sentences come to me during a moment of quiet, or even completely unexpectedly, like during a bath or while driving. Sometimes a message comes through a sentence in a movie, sometimes an advertisement, an event, or a person sent by Him. So, yes, it's worth being continuously open because we never know how or in what way He will communicate.

God has been nudging me for years to pick up a pen, or more accurately now, a keyboard; now has come that eternal moment when I can convey His message through my story. I resisted for a long time, somehow I lost the urge to write, but meanwhile, I see that the puzzle pieces have now come together so that this can be passed on by me NOW.

I also know for sure that what I write has a healing effect on me, as I face the non-existent bogeymen that previously obscured the Light from me and prevented me from living my free, complete life.

And I also know for certain that the reading of this book will initiate those healing processes in you, for which the time has now come. Just don't resist, allow every word, every feeling to take space.

So, let's take a deep breath together, and let the story begin.

## **LET THE JOURNEY BEGIN! WHERE TO?**

**That's it for the preview!**

**You can order the e-book here:**

<https://intimacyconsultingservices.com/spiritual-journey-diary/>



**Ágota Sipos**