

# CONTENTS

<i>A Note from the Author</i> . . . . .	xi
<i>Introduction</i> . . . . .	xiii

## PART I: UNDERSTANDING THE SOUL

CHAPTER 1: Be Soul-Centered . . . . .	3
CHAPTER 2: The Spirit and the Soul . . . . .	11
CHAPTER 3: The Ego and the Soul . . . . .	19
CHAPTER 4: Life Versus Death Wish . . . . .	25

## PART II: MEETING YOUR SOUL

CHAPTER 5: Have Some Humble Pie . . . . .	31
CHAPTER 6: The Power of Prayer . . . . .	39
CHAPTER 7: Seeing the Invisibles . . . . .	43
CHAPTER 8: Meditation . . . . .	55
CHAPTER 9: The Soul Speaks: Soul Journaling . . . . .	63

## PART III: MOVING THROUGH THE BLOCKS

CHAPTER 10: Soul Orchestration . . . . .	89
CHAPTER 11: Burden of Proof . . . . .	103
CHAPTER 12: Soul-nesia . . . . .	111
CHAPTER 13: Fool's Gold . . . . .	119
CHAPTER 14: Fear Gremlins . . . . .	129
CHAPTER 15: The Enemy Is a Good Teacher . . . . .	139
CHAPTER 16: Divine Shit Storms . . . . .	145
CHAPTER 17: Checked Out with Trauma . . . . .	151
CHAPTER 18: Feeling Versus Emoting . . . . .	157
CHAPTER 19: Spiritual Temper Tantrums . . . . .	163
CHAPTER 20: Spiraling Out . . . . .	167
CHAPTER 21: Who's to Judge? . . . . .	173
CHAPTER 22: Who, Me? Claiming Spiritual Authority . . . . .	181

## PART IV: CLAIMING YOUR SOUL LIFE

CHAPTER 23: So . . . What's My Purpose? . . . . .	193
CHAPTER 24: Discerning Golden Breadcrumbs . . . . .	199
CHAPTER 25: The Beauty Way . . . . .	205
CHAPTER 26: Soul Surrender . . . . .	211
CHAPTER 27: It's All Go(o)d . . . . .	217

<i>Resources</i> . . . . .	221
<i>Notes</i> . . . . .	235
<i>Index of Exercises</i> . . . . .	237
<i>Acknowledgments</i> . . . . .	240
<i>About the Author</i> . . . . .	244

## A NOTE FROM THE AUTHOR

Throughout the book you will notice the capitalization of certain words, for example, Soul, Divine, God, and Love. *The Soul*, to me, is a specific entity that deserves honor and reverence. *The Divine*, or *God*, is not used necessarily in the religious sense but refers to the great mystery that moves us all. *Love* is an expansive, transformative energy that we can either allow to move through our systems or shut off from. All are deserving of the highlighting and respect that capitalization warrants.

Also of note is that in this book I refer to the Soul in the feminine—as “She” or “Her.” Of course, not all Souls are female. If your Soul is a “He,” please address Him as such.

# INTRODUCTION

I wrote this book to help you become free. I realize there is potential to interpret that statement in many unflattering ways. Yet, truly, the conception of this book comes from my deepest desire for you to know yourself in a way where no thing, no one, and no event or circumstance will ever have the power to disconnect you from your Self.

As an intuitive therapist, I work with a diverse group of people: businesswomen and businessmen, individuals in jail, mothers, therapists, retired grandparents, holistic healers, and teenagers.

I have sat with individuals navigating the worst of times: callers on suicide lines—some holding guns to their heads and others who have already swallowed a bottle of pills—all desperate to understand why they have been forced to do time on this planet.

I also speak with clients living in nice homes, busy with marriage and kids. While everything is functional and looks great on the outside . . . something feels off. They feel a sense of emptiness, like the hungry presence of a hole that cannot be filled. They ask if something is wrong with them. Maybe they just need to try another hobby, change jobs, or go on a trip? They explain, “I have absolutely no reason to feel sad, depressed, or empty, especially when there is so much suffering in the world. I have it good, but something is missing . . . and I don’t know what it is.”

What is missing is Soul. They long for a connection with the deepest, most loving, and most knowledgeable part of themselves.

During my sessions, I merge my background as a psychotherapist with my ability to see the human energy field and meet my

clients' Souls, speaking directly to them. I translate the information I get—often about health, relationships, or life purpose—and then share it with my clients.

Sometimes the information coming through is shocking, but, most often, it is not a huge surprise. Often clients sheepishly admit, "I had a feeling you were going to say that." Or "I know that's what I should do, but I just don't know how to start." Whether surprising or expected, information from the Soul resonates. Your Soul is my boss; my job is simply to translate, confirm, and validate what you already know and feel at the deepest level of yourself.

However, what I am most passionate about is not translating but helping others *empower themselves* through knowing and hearing their own Souls' information. I help introduce my clients' ego selves to their Soul Selves and give them practical tools to help build and maintain that relationship. What I have found is that *everyone has the ability to connect directly with their Souls and the Souls of others*. And that's what you'll learn in this book.

But really, here is my agenda: I don't just want you to meet your Soul; *I want you to fall in love with your Soul*. I want you to feel such devotion to Her that you could never put anything else or anyone else in between you and Her. In exchange for your faithfulness, She will have you fall in love with your life. Nothing gives me more joy than witnessing someone who has finally come home to her Soul.

I view disconnection from Soul as the greatest affliction of the 21st century. It distances us from a feeling relationship to the environment (resulting in the current unhealthy state of the planet); it encourages heady and detached politics; it creates separation instead of connection between people; it often manifests as disease in the body and stifles our inherent vibrancy and joy in life.

But please don't take my word for it. I want you to be an empiricist. I don't want you to merely *believe* what I am saying. I want you to run your own master experiment. If you can play and have an open mind, you can have an experience of your Soul.

When I met my own Soul, it filled a deep hole inside me, a hole I had carried for years. I had searched externally, looking to

experts, programs, relationships, and philosophies for relief from my own self-contained prison. Driven by an inherent desire and intuition that freedom was somehow possible, I searched for a deep feeling of peace, acceptance, and joy, which, ultimately, I only found through my relationship to my Soul. Self-love is all about knowing the Soul. While it may be cliché, it's true: our answers truly come from within.

What I have discovered, over and over again through thousands of sessions, is that this Soul stuff works. I have found it to be the most effective and efficient way to get true and helpful practical answers, to manifest incredible life synchronicities, and to cultivate an incredible feeling of “coming home” to yourself and to your Divine seat in the universe.

And this is what we all want deep down. In fact, many neurotically strive to feel at home through the illusionary comfort of addictions, such as eating, perfectionism, shopping, or workaholicism. But none of those things will work. To come home, anytime, is simply a matter of having a direct experience of the Soul.

This guidebook to the Soul is ultimately about really deeply getting to know yourself. You meet your Soul when you begin to truly be yourself. But why is “being yourself” one of the most difficult things you’ll ever do? It seems in theory as if it would be impossible *not* to do. But the reality is that we are stuffed full of complexes: other people’s opinions, cultural programming, inner voices telling us to be a little “less,” and the devastating effect of trauma on our ability to live up to our greatest potential. The path of standing in our authenticity can be rife with energetic battles.

This book helps you to see and win those battles. In Part I you get a thorough explanation of what the Soul is (and isn’t) so you can be clear about the mission ahead. Then, in Part II, you meet your Soul through simple inquiries, meditations, and practices. In Part III you discover the most common blocks that arise on the path to knowing your Soul—and how to combat them. And, finally, in Part IV, you dive deep, exploring your relationship with the Soul and covering the important issues of life purpose and how to truly navigate life from a Soul perspective.

Each chapter contains some of the most powerful techniques, tools, and stories that I have come upon in my work. These have not only helped me but routinely help my clients connect to their own Souls. At times, it takes courage to hear and fight for Soul, but with the information in these pages, you will be able to do just that. Think of this book as Soul support: a lifeline to help discover, encourage, and validate your own Soul Work and Soul connection.

The only tools you will need for this journey are a journal in which to do some personal inquiries and a willingness to explore the terrain. You are about to embark on an adventure that could change everything.

Your Soul is a spiritual best friend who is always watching, waiting, and hoping that She can guide you back to your own Divinity. Not only does a relationship with the Soul allow you to live a life of connection but it is also the most *practical* relationship you will ever have. Living from Soul is the most direct and potent way to live the life you're meant to live. Your relationship to your Soul is not selfish or narcissistic; it develops the spiritual maturity and weight needed to powerfully serve the world in the unique way that only you can.

You are on purpose. You are meant to be here. The world longs for you to be your full expression. Your Soul has never left you. Your mistakes have not trapped you; instead, they serve as kindling for your authenticity. It is never too late to let go and fall into what you truly are, always will be, and have always been.

## CHAPTER I

# BE SOUL-CENTERED

*“The two most important days in your life are the day you are born and the day you find out why.”*

—MARK TWAIN

*“Here is a test to find whether your mission on Earth is finished: If you're alive, it isn't.”*

—RICHARD BACH

*“You don't have a soul. You are a soul. You have a body.”*

—UNKNOWN

Most people don't spend much time thinking about the Soul. To many, it's purely a concept—the perfect topic for a heady metaphysical debate, in which we philosophize whether we do or do not “have one.”

For others, Soul is a quality. A stanza of poetry, a meaningful moment, or an expressive piece of music may activate feelings of depth and reverence, and an element of the sacred; this may then be described as particularly “soulful.”

Yet your Soul is not a concept or a fleeting emotion. Your Soul is a part of yourself. She is your unique representative in the universe, which longs to be in relationship to you.

The challenge to knowing the Soul is that it is not met through interpretation, analysis, and understanding from the head. The

Soul is only discovered through direct experience, feeling, and embodiment. In other words, we need to meet the Soul to know the Soul.

But why does it matter if we know our Souls?

In short, it is because your Soul is the oldest, wisest, and always-loving part of yourself, and She has access to incredible knowledge. Your Soul knows why you came to the planet, what lessons you most need to learn, and how to perfectly navigate and heal the challenges in your life. Your Soul knows exactly how to saturate your days with immense meaning, how to help you live your life's purpose, and how to achieve true success and happiness.

Your Soul sees your best, most vital self. She holds that vision when you do not. She knows what your essence wants to express here on planet Earth, and She knows it is worthy. Your Soul wants to guide you back to you—to your true identity—full in Her knowledge of who you are and why you are here. She wants you to know you were created perfectly for the mission of your life and that the most sacred gift you can give Her is to be fully you. (And the biggest gift you can give yourself is to be fully Her.)

She is the root of your consciousness. Your Soul nudges you toward your fullness, releases you from limiting beliefs, and challenges you where you withhold Love. She is the in-between of your ego self and Universal Source energy, also called the Divine or God. She is your highest God/Goddess self—you in your most authentic and genuine form. She is the incarnate of the immeasurable in your chest. She is the feeling of the incomprehensible bigness that you are. She guides you on the journey to your most authentic self—your Soul Journey.

Your Soul is Love. Yet Love from the Soul is not always gentle; at times it can leave you incredibly humbled. The Soul is fiercely “real,” direct, and incredibly honest about issues you would rather look away from. The Soul is the constant daily workhorse that gives you the practical information to guide you on your life mission toward fulfillment.

When you have a direct relationship with your Soul, the benefits are life changing. I see my clients heal physical illnesses, gain confidence, create Soulful relationships, and begin to live their lives on purpose.

When you live on purpose, you live a Soul-oriented life. You live your authentic Truth and grow toward your biggest potential. You are fully alive and filled with joy and meaning.

When you are disconnected from your Soul, you are lost at sea, susceptible to the opinions and agendas of those around you. Life becomes a task to achieve, tolerate, and survive, instead of an opportunity to express your deepest heart and wildest joy.

## HEARING YOUR SOUL'S ADVICE

Getting information from the Soul is not reserved for the special, unique spiritual minority. Anyone with the intention to meet his or her Soul—along with the curiosity to try—can do this. Here are just a couple of exceptional stories from my clients that show some of the real and valuable information the Soul can provide.

Jennifer is a screenwriter. She wanted to get a meeting with a big-shot producer who was seriously busy. But no matter how she tried, she couldn't get the meeting. She was working with me at the time, learning to speak with her Soul. More important, she was working on following the information she received from her Soul; she was learning to surrender to what I call the Soul's marching orders, even when they seemed confusing or irrational to her practical mind. One day, her Soul, through the imaginative process of dialoguing in her journal (covered later in this book), told her to go ice-skating that Saturday. She thought that was crazy, as ice-skating was something she would not normally do with her free time. But not only did her Soul want her to go ice-skating; She wanted her to wear her bright rainbow-striped leg warmers. Jennifer thought this was embarrassing and weird but remembered my advice of following the Soul, even when the message seems ridiculous. On Saturday she put on her leg warmers and went to

the rink. Much to her surprise, the producer was there. She got on the ice and the producer skated right up to her and said, “I love your leg warmers!”

How did her Soul know that the producer would be there that day? How did her Soul know that the producer had a warm spot in her heart for rainbow leg warmers? The Soul has access to information our separated conscious selves do not. We need to talk directly to the Soul so we don’t miss the memo.

Another client, Susan, takes care of horses. She is expected to be at the stables by 8 A.M. One morning, while dialoguing with her Soul, her Soul told her not to leave the house until 10 A.M. She thought that was ludicrous; she didn’t want to get in trouble or make the horses wait for her. So she left the house and got in her car. While she was driving to the stables, a mild rainstorm turned into a flash flood. Susan was lucky to make it home. While staring out the window contemplating the crazy weather, she realized that precisely at 10 A.M. the storm “magically cleared. The sun came out dramatically. The weather change was shocking.” She journaled with her Soul and got a major “I told you so.” Her Soul had orchestrated this lesson so that Susan would learn to really trust and honor her Soul’s guidance.

## MY OWN STORY

Meeting my own Soul was one of the most dramatic experiences of my life. It happened when I was a student at Pacifica Graduate Institute, studying to become a psychotherapist. It was lunchtime, and I had a blinding headache. My friend and fellow student, Dante, a skilled masseur, saw my pain and offered to give me a massage. We rested on the thick green lawn amid other students milling about, and he began to massage my head and neck. Instantly I entered a trancelike state. I didn’t want to surrender to this feeling, to let go and enter an altered reality, especially in front of other students, but I couldn’t fight it, and I sank into a calm, blissful state, allowing myself to relax and enjoy the experience.

My head felt as if it was being moved in slow, small, rhythmic circles. I saw bright flashing lights. Dante noticed I was entering into a trance state and led me inside a private room away from the other students.

In the room, my eyes fluttered, and I saw rapid and vivid visual pictures. Suddenly, without warning, my consciousness—the part of me that thinks and knows who I am—flew out of my body and hovered over my physical self. I stared with wonder at the creases in my face and the lines on my eyelids. I watched my chest contract and expand. I saw the turquoise T-shirt I was wearing, except I wasn't seeing it from my eyes, but rather from two feet above my body.

And then I had the epiphany that changed my life forever. *I am not my body.*

I had always desperately hoped that I would survive as a spirit after my physical body died, but I never completely trusted this to be true. I feared I might simply cease to exist and, like many others, felt the existential terror of disappearing into a black void.

A moment later, I met my Soul. I felt an incredible loving Presence behind me, and it was pulling me toward Her like a magnetic force. The experience was like nothing else I had ever felt; it was practically indescribable. It was the most exquisite and intelligent Love, pulsing all around and within me, welcoming me home. I joined with Her and immediately understood the struggle of the physical world. I became overwhelmed by Love and compassion, and it became clear that my priorities—my life choices—up until that point had been dictated by fear. This surprised me, as I really thought I had been courageously following my dreams. Yet in this space of unconditional Love, I suddenly understood how much fear *had* been guiding me. I had not allowed my true Self to be expressed in my current life.

I was filled with an absolute knowing that I have incarnated from the astral realm into this particular personality and lifetime to learn specific lessons—Soul Lessons—which were all planned for the purpose of my Soul's evolution. I have lived many lifetimes of different races, genders, and social standings, all for this

purpose. My Soul's mission is to remind people of the reality of their own Souls' existence. In fact, I chose my particular body, my personality, and my family to assist in the process of this particular mission. I "remembered" how everyone makes the choice, from the Soul level, to be exactly who they are, complete with their talents, skills, flaws, and disabilities. Every detail is absolutely perfect for that particular person's mission, in order to strategically break them open into their unique form and flavor of Love.

It was clear from my new vantage point that all Souls have their own unique intentions, and our spiritual task as humans is to remember, to surrender, and to serve our Souls' missions, which come always from this place of Love. We do this by surrendering and serving our Souls to the best of our abilities while we are here on Earth.

After meeting my Soul, I understood the ramifications of my addiction to the illusion of physical reality. I saw how I couldn't make room for a true and authentic connection to the Divine because of my mind's shortsighted need for "proof" in the physical world. I understood how limited my normal waking life was. Like a horse with blinders, I viewed reality through an incredibly narrow lens. How could I trust my Soul if I didn't truly believe She existed? After this meeting with Her, I could never again confuse my Self with my physical body or personality. I could now forever identify as a Soul having a human experience—not a human with a Soul.

The next few months proved to be trying. I found myself being socially awkward as my psychic abilities went into overdrive. I saw other people's Souls floating one to two feet above their heads. I also began to notice tubelike golden energy cords connecting their Souls to the centers of their hearts. I visually experienced when people spoke their truths, because their spines lit up with an amazing golden energy. When they spoke from the analyzer—the preprogrammed concepts and limited ego mind in the front of their heads—the "tubes" got kinked, and the Soul energy was blocked from running smoothly through their bodies.

I slowly readjusted to society with my new sight. Instead of staring with wonder at my friends' and family's energetic bodies, I trained myself to focus on their physical bodies—like the expressions on their faces. Instead of dominating my attention, the energetic information became a rich and vibrant backstory to the living miracle of a Soul incarnated.

Once you meet your Soul, the mundane becomes miraculous and the haphazard becomes deliberate. What used to appear in your life as pointless now proves meaningful as you relax into your spiritual birthright: to be ambassador to the unique form of Love that lives you.

## CHAPTER 2

# THE SPIRIT AND THE SOUL

*“My life work is an attempt to ground the pure, visionary spirit  
in the imperfect, intoxicating sensuousness of worldly life.”*

—THOMAS MOORE

*“In this contemporary spiritual culture of ours,  
we’ve never come near the soul. Never. We’ve been around the spirit  
but we’ve never been anywhere near the soul. Not at all.  
And it is time for us to pierce and go into the soul.”*

—CAROLINE MYSS

*“We’ve spent several thousand  
years learning the arts of self-transcendence.  
But life is a matter of incarnation. The soul is an entity that  
lives within our human body. Over-spiritualization is a real danger.  
If you want to heal, you have to surrender; you have to give up control;  
you have to stop trying to be perfect, because eventually you have  
to face the fact that you cannot completely control your life.”*

—MARION WOODMAN

To fully understand the Soul, we must also understand the other essential parts in the experience of consciousness. The first of which is the Spirit. Though the terms *Spirit* and *Soul* are often

used interchangeably, they are remarkably different things; however, they strive to work hand in hand, supporting one another.

Spirit energy is the part of us that is vast, unchanged, and associated with incredible vision, direction, and eternal oneness. Spirit is calm, clear, and collected. Spirit is full of purpose and goal oriented—unaffected by earthly drama and emotional states. Spirit motivates us to invent new ways of doing things and is the spark of cutting-edge, adventurous vision. Spirit is the holder of consciousness, the eye of awareness, and the impulse toward transcendence. Spirit is the inspired voice of unchanging certainty, which repeatedly reminds us that all elements are part of the whole, we are all interconnected, and “all is one.”

On the other hand, Soul honors the realm of time, attachment, and feeling. Completely dedicated to the unique and individual paths we walk, Soul discovers Herself through the physical world and our daily practical choices. Soul calls us to embody our lives; to fully incarnate; to stay awake and open to the intense feelings this painful planet of change, illness, and ultimately death triggers in us. When we honor Soul, we become trustable, spiritually mature, and radiantly alive in the world as wisdom resonates throughout the cells of the body.

Soul is found in relationships and lures us further and deeper into our lives. She is felt in the imperfect, messy, attached places of life. Soul connects us to a sense of place and history, and warms us internally. Soul is revealed in our habits. She is felt in our daily ritual of the morning cup of coffee, consistently served in our favorite cracked pottery mug. She appears in our sacred places—the cherished bench overlooking a lake at the park or the ancient ruins that remind us of our mortality and our place in the cosmos.

She revels in and inherently trusts the body’s wisdom with its complex sensory system—something the Spirit is above. But the Soul understands that our (often painful) bodily aches and symptoms hide jewels of guidance—available to be uncovered, translated, and transformed (while transforming us). We feed the Soul when we slowly sip a delicious bowl of soup, nourishing the body but also calming our relationship to the present moment.

## THE ENERGIES OF SPIRIT AND SOUL

The Spirit and the Soul have seemingly opposing yet complementary energies. Soul has historically been associated with the feminine: the dark, receiving, feeling, and intuitive qualities of living. (The feminine is not limited to the narrow confines of gender or biology, but refers to the energy of the great archetypal feminine to which both men and women have access.) And Spirit often represents and is characterized as the masculine.

The feminine is represented by the “yin” energy present in the Taijitu, the Chinese yin/yang symbol. Feminine (yin) energy displays the radiance of a beautiful flower as it exposes itself, courageously dancing within the continuum of time and space. Masculine (yang) energy/Spirit holds space for the pulsing beauty of the feminine, the inherent life force within everything. The feminine is radiant, connected, and attached to this alive moment of existence, while the masculine is witness to that beauty. Sadly, like the feminine, Soul has been traditionally marginalized, minimized, and undervalued spiritually. But both are important.

We are confronted by dualities daily. We can attach ego-based morals to qualities like masculine–feminine, higher–lower, hot–cold, and pain–bliss, or we can see them as different and necessary faces of God/Goddess. The energies of Soul and Spirit together create a whole far greater than each of their parts. The polarities create universal balance and nourish and sustain each other. The masculine sun/solar consciousness shines its vision, direction, and warmth onto the earth; the feminine moon consciousness reflects the light, thus illuminating the dark. Yin is matter, the felt body, while yang is the creative energy or consciousness within that matter. Soul is based on earth; Spirit is based in light. Soul is concerned with embodiment; Spirit is preoccupied with transcendence.

In our quest for fullness, the Soul is often cast aside for the flashy and sometimes blinding vision of Spirit. The appeal of *enlightenment* has been far more popular than the Souling-down, messy process of *enlivenment*. As we reach for enlightenment, we

become less attached to the shifting forms of the physical world. Through the transcendent lens of Spirit, it sometimes looks as though we are lost, confused, or regressing as we follow the necessary in-and-down spirals of the Soul Journey. But we must remember that the work of the Soul is also necessary for energetic balance. Our inner work necessitates fierce listening to the humble whisperings of the Soul. I frequently see my Spirit-identified clients harshly judge themselves for the necessary unraveling, clue seeking, and mystery honoring that occur when we bow to Soul.

But we need both Spirit and Soul. Spirit without Soul screams, *bigger, faster, more*. We can never keep up when Spirit is unchecked and unrelated. Without Soul, Spirit becomes cold, detached, and dangerously unrelated. And yet, Soul without Spirit ruminates, stagnates, and vacillates. Without Soul's acceptance of Spirit, we lose inspiration, direction, and vision. The absence of Spirit can be felt as suffocating, habitual, and stagnant.

We must become aware that these energies assist and support one another. The heart-pumping truth is that the universal and cosmic desire is for these energies to be in balance. With a tree as a metaphor, Spirit energy is represented by reaching branches—ripe with potential, searching for the sun, and striving for expansion. Soul energy works to ground, stabilize, and comfort like trusty, solid roots—all the while providing necessary life sustenance for the entire tree. They truly love one another, which is why each constantly seeks its partner, despite the obvious polarization.

## SPIRITUAL ADDICTION

In her book *Conscious Femininity*, Jungian analyst Marion Woodman writes a great deal about our disconnection from Soul and our infatuation with Spirit. “Life is a matter of incarnation—the soul is an entity we have to live with in our human body. The problem is too many people in our culture try to skip over this step and go straight up into spirit.”<sup>1</sup> She calls this crisis *overspiritualization* and notes that it often results in physical symptoms of

illness or even full-blown addiction. Psychologically, this term is known as *inflation*. Like a balloon that continues to rise higher and higher into the sky, we lose orientation with the earth and the bodily way of knowing. The painful result is an inevitable crash back down, to “recover earth” through depression or illness. This is known as *deflation*. We become like Icarus in the classic Greek myth, whose wax-and-feather wings melt as he flies too close to the sun. Icarus crashes into the sea below, forced to acknowledge the limitations of physical reality and accept his mortality.

As a moth drawn to a flame, the allure of the blinding white light of Spirit can become obsessive and intoxicating. Without the Soul to integrate Spirit, we are starving and never fulfilled, searching addictively for the next high. Woodman frequently works with anorexics struggling with the hell of addiction to perfection. Anorexia is the physical embodiment of a spiritual crisis. It is the body’s manifestation of the desire to avoid incarnation by rejection of heavy, feminine, and Soul-grounding weight. According to Woodman, common dream imagery for the anorexic is “white, sterile, Luciferian light.” The anorexic, caught in overspiritualization, “is going for Light—she dreams everything white.”<sup>2</sup>

Society often doesn’t recognize the spiritual addict as having a problem. Spiritual teacher Adyashanti says in his book, *Emptiness Dancing*, that as opposed to the visible signs of alcoholism or drug addiction, spiritual addiction masks itself as socially acceptable. “The seeker is told that spiritual addiction is different from all the other addictions. You’re not a junkie. You’re a spiritual seeker.” The problem remains as long as we are fed from the illusionary highs that unbalanced Spirit provides. “This problem will last as long as there is something in you that holds out some hope for the high experience. When that begins to break down, you start to see that pleasant, wonderful, and uplifting experiences are somewhat like very pleasant and uplifting alcohol binges. They feel great for a short time and then there is an equal and opposite reaction. The spiritual high is followed by a spiritual low.” Adyashanti explains that what we are truly after is freedom. “By its very nature,

freedom doesn't have anything to do with sustaining a particular experience."<sup>3</sup>

The Soul not only has an intimate relationship with the Divine but Her wisdom lies in the fact that She retains Her individual flavor. She does not blend or merge into a golden, hazy fog but inherently retains identity through Her own consciousness. The approachability and relationality of Soul embed Her with the necessary features of a trustworthy guide.

In fact the Soul is inherently trustable. She is the highest translator of Spirit that our ego—the other player in our consciousness—can hear. Like electrical wiring in a home, the charge needs to be grounded to avoid the buildup of static electricity. The earth is a conductor that grounds us. In the United States, electricians refer to this with the terms *ground* and *grounding*, while in the United Kingdom the equivalent terms are *earth* and *earthing*. Soul grounds us. Soul earths us. Soul does not want us to get “blown out” with a charge that would make our bodies ill.

Besides bringing us more fully into our lives, Soul connects us to the sacred in daily living. With Soul, the practical is Divine. Spirit may remind us (in a chilled-out, nonattached way) that “it’s all good” and “all is one,” but Soul retains Her intense individuality and attachment to Life. The Soul tenaciously, constantly, and ferociously *gives a shit*. The Soul is the victory lap of an Olympic runner, the tears shed as a lover repeatedly chooses addiction, the mother weeping and holding her dying child. The Soul is attached to the world, and Her Love contains the passion, beauty, and awe that make life worth living. The Soul wants nothing more than to encourage, witness, and celebrate the successful actualization of our Soul Lessons. She guides us to Divinity. We learn that, by embodying Soul, we play our essential, unique role in the dance of all of consciousness . . . and we know it is a Goddamned honor.

It is a challenging path to consciously integrate and embody Soul. Like a mother’s love for her child, living a Soul-oriented life is often complicated and confusing. It comes with no instruction

manual. But it is a relationship of Love that cracks us wide open. There are tools that have helped others along their Soul Journeys, but ultimately Soul connection is about listening deep within and discovering what works for you. Soul requires inquiry, percolation, and sometimes rumination in the long and often painful birthing process. Soul invites us toward the fulfillment of our unique and particular individuation.

# INDEX OF EXERCISES

## CHAPTER 5: Have Some Humble Pie

Humble Your Mind Motion and Prayer . . . . .	33
Humbling Inquiry . . . . .	34
Center . . . . .	34
Eye Gazing . . . . .	36

## CHAPTER 6: The Power of Prayer

Your Soul's Prayer . . . . .	41
Prayer Shawl . . . . .	42

## CHAPTER 7: Seeing the Invisibles

Meet and Name Her Visualization . . . . .	53
Golden Lasso Meditation . . . . .	54

## CHAPTER 8: Meditation

Ground. . . . .	59
Breathing Meditations. . . . .	60
Meditation: A Soul Meeting . . . . .	61
Get with the Program Inquiry. . . . .	61

## CHAPTER 9: The Soul Speaks: Soul Journaling

Speaking with Your Soul. . . . .	81
A Soul-Eyed View . . . . .	83
What Percentage Is Her?. . . . .	84

**CHAPTER 10: Soul Orchestration**  
 Soul Orchestration Inquiry . . . . . 101  
 Gratitude in the Night. . . . . 101  
 Darkest Before Dawn. . . . . 102

**CHAPTER 11: Burden of Proof**  
 Proof Is in the Puddin’ Inquiry . . . . . 109  
 Skepticism Versus Cynicism . . . . . 110

**CHAPTER 12: Soul-nesia**  
 Make Her Present in Your Life . . . . . 113  
 “Becoming Real” Inquiry . . . . . 115  
 Soul Supports . . . . . 116  
 Soul Models . . . . . 116  
 Soul Date. . . . . 117

**CHAPTER 13: Fool’s Gold**  
 Choose to Be a Fool . . . . . 127  
 The Energy of Amusement . . . . . 127

**CHAPTER 14: Fear Gremlins**  
 Meet Your Gremlin . . . . . 137  
 Gremlin Dress-Up Exercise . . . . . 138

**CHAPTER 15: The Enemy Is a Good Teacher**  
 Who’s Your Judas? . . . . . 142  
 Become the Heroine of Your Story . . . . . 143

**CHAPTER 16: Divine Shit Storms**  
 Divine Shit Storm Soul Journaling . . . . . 148  
 Shadow Boxing Inquiry . . . . . 149

**CHAPTER 17: Checked Out with Trauma**  
 How to De-Trigger . . . . . 155  
 Bookending Exercise. . . . . 155  
 Safe Place Meditation . . . . . 156

<b>CHAPTER 18: Feeling Versus Emoting</b>	
Feeling Big . . . . .	160
Transforming Physical Pain . . . . .	161
<b>CHAPTER 19: Spiritual Temper Tantrums</b>	
Stopping an STT in Its Tracks . . . . .	165
<b>CHAPTER 20: Spiraling Out</b>	
Which Wolf Are You Feeding? . . . . .	170
Spiraling Thoughts and Actions . . . . .	170
<b>CHAPTER 21: Who's to Judge?</b>	
Judge the Judger . . . . .	179
Storm of Judgment. . . . .	179
<b>CHAPTER 22: Who, Me? Claiming Spiritual Authority</b>	
If Not You, Who? . . . . .	187
Trusting Your Inner Guru . . . . .	188
Sacred Soul Ceremony . . . . .	188
<b>CHAPTER 23: So . . . What's My Purpose?</b>	
Heaven on Earth: Your Soul Mission Statement	
<b>CHAPTER 24: Discerning Golden Breadcrumbs</b>	
Soul Scavenger Hunt: Finding Golden Breadcrumbs . . . . .	204
Poison of Comparison . . . . .	204
<b>CHAPTER 25: The Beauty Way</b>	
Heart-Knowing. . . . .	208
The Beauty Way . . . . .	209
<b>CHAPTER 26: Soul Surrender</b>	
More Dying, Less Trying Practice . . . . .	215
Funeral Ritual . . . . .	215

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