



# SOUL NOTES

*SOUL POWER Unlimited*

*aligning body-mind ♥ soul*

## *Living true to yourself - a journey of love*

***Many of my coaching clients share the intention to reclaim their “true” self and express this fully, joyfully and authentically in their work and life. It’s about commitment to living their own highest version of their life, not someone else’s version.***

### **The power of “ Presence”**

When we learn to embrace the stillness of our “presence”, the place of all - knowing, peace and tranquility within our Being, we can become the observer, the “witness” and our highest truths are revealed. This state of presence allows recognition and healing of that which masks our true self. From awareness and acceptance of what needs to change the journey of uncovering and reclaiming our true self unfolds. All answers lie within us. From within, our true soulful heartfelt desires arise, inspired by love.

### **Who am I really?**

This age-old question is a soul searching one. It requires us to go deep into our experience of self and life. As we lift the veils of illusion that mask our true self we discover the beauty and love that we are. The “truth” of who we are simply relates to the level of conscious awareness we hold in relation to ourselves. It varies with how we are seeing (perceiving) our reality in each moment. This requires our willingness to be open and bring awareness to recognizing the “illusions” that mask our true self. These “illusions” are the parts of us called the ego or small self, that we often feel are who we are. Indeed the ego seeks to keep us entrenched in the illusion of who we are not. It seeks to protect us from change keeping us in our comfort zones and operating from old unresolved wounded “parts”. In providing a lens through which we filter our “reality” these old energies create separation from the wholeness that we truly are. Fearful of change, they prevent us from opening to new possibilities. Becoming conscious of the ego is an important step to freedom from fear and towards

peace of mind. As we reclaim our true self, our challenges are seen through new eyes, from the higher perspective of the witness. We see the divine perfection in every step of the journey and in recognizing and accepting this truth, our true self is no longer a destination but somewhere to reside as the witness of our perfection unfolding.

### **Powerful creators of our reality**

We are powerful creators of our reality. Understanding this means that we are taking responsibility for everything present in our lives as the reflection of our past choices. Now, the choice is to bring awareness to the clues presented in our life that signal the opportunities to create change. The many clues reflected to us from the outside world, are the people, situations, challenges and events we’re currently experiencing in our life. Reflected from our inner world are our thoughts, beliefs, words and emotions— the lenses or filters through which we create and perceive our reality. All are powerful creation energies which we project onto the blank canvas of our life in each moment. As Jung said “Our outer world reflects our inner world.” The power of “presence” allows us to consciously direct and take charge of our lives. Essentially it’s about bringing into alignment our inner and outer worlds.

### **Living true to yourself – a work in progress**

We are living authentically when we have discovered and are expressing our unique gifts and talents in the ways that feel so natural and enjoyable to us. This is our soul’s destiny in this lifetime - it’s what we came here to do. Like a musical note contributing to the symphony of creation, the vibration of each soul is also unique, a “signature” note. Appreciating the journey of discovery begins with accepting it is a work in progress - an important understanding in our “quick fix” culture. For on the journey our soul



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## *Living true to yourself - a journey of love (cont.)*

“wounds” are activated for healing, showing up as our life challenges. Healing is integral to our journey for our challenges strengthen our commitment to authenticity and our soul’s resolve to evolve. Often these old patterns are held over many lifetimes awaiting the opportunity for healing to occur. They prompt us to summon the courage to step out of our comfort zones. Seeing life as an adventure unfolding before us is a useful perspective as is recognising and appreciating that our life “IS” the journey. How we engage in life reflects the level of consciousness we are choosing.

### **Feelings are a key tool of discovery**

Allowing, accepting and honouring our feelings as tools of discovery are basic keys to awareness and healing. In our culture that generally does not honour feelings, it’s important that we learn not to judge feelings as right or wrong, good or bad or suppress and deny them, no matter what we’ve been taught. For example, anger is simply showing us an unresolved energy surfacing as an opportunity for healing. Our feelings are like the colours of the rainbow – we need to experience and honour them all to experience the true beauty of life. As we acknowledge, accept and honour our feelings we open doorways to love.

### **Love alone heals**

We learn to develop deep compassion, patience and unconditional love for ourselves on the healing journey. Compassion and unconditional love are two of our many innate soul qualities. The soul, our true essential self, is the source of our personal power to create more love, abundance, joy, peace, beauty, meaning, fulfillment and contribution in our lives, as we come into feeling truly “comfortable in our own skin”. All our souls resonate with the energetic vibration of unconditional love – the energy of creation.

### **Heart and Soul**

When our heart energy is open, there’s a feeling of lightness, fullness and expansiveness in our chest and

heart areas. This vibration of unconditional love through the heart opening is the bridge to our soul connection. Through focused intention and practice we open to love and nourish our soul. Our challenge is to remain openhearted. On our journey towards our fullest soul expression, as unresolved energies are activated, our natural strategy for protecting ourselves is to automatically contract our heart energy. The return to the wholeness of our Being – who we truly are – is the return to self acceptance and self love through forgiveness. In the knowledge that we are truly Divine Beings, lies the power, beauty and joy.

### **Forgiveness – the ultimate healing power**

Forgiveness is not a mental exercise. It is offering the unconditional love of our open heart, without judgment – the ultimate healing we offer to our own aspects and to others. As we become aware of “inauthentic” aspects of ourselves arising, we discover the healing power of love as the tool to transform these. Love alone heals. It is the power behind creation and as we open to love we become a magnet for more love in our lives. Love resonates with the vibrations of gratitude and abundance; it alone allows true forgiveness.

*Can you imagine a world where we are expressing ourselves authentically through reclaiming unconditional love for ourselves and all living things; expressing our innate abilities passionately and creatively; where we can experience the field of love, unity and infinite possibility rather than fear and separation.*

***It is our choice.***

***For more information on Soul Healing  
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