

1. SOUL NAME



UNLOCK THE MYSTERIES OF YOUR SOUL

You are or about to receive the name of your soul. Your soul name acts as a link between your inner and outer worlds, enabling you to merge authentic wisdom into your everyday experiences and create a life from your heart. You placed your soul name in your heart before you were born. As you explore your inner world and open your heart, you will discover the name of your beautiful essence. You are ready to awaken your heart and know its absolute fullness. You are safe to discover, connect and receive. All your dreams and desires will be realised with an open heart. Ask for and be open to receiving the name of your soul. It may arrive in a way you don't expect, but when it comes you will know it is authentic by the way it feels. Liberate your heart and soul – you are worth it.

SOUL MASTERY CLASS: DISCOVER YOUR SOUL NAME

Meditation

Place a hand on the card. Become aware of and sense your body. Be conscious of and focussed on your breathing. As you breathe in, draw your awareness within. As you breathe out, let go and relax. Be thankful for the ability to breathe and focus on your inner world. Here you can remember who you are, where you came from and what your passions are.

As you sit in bright appreciation, your vibration rises to reveal a shining light being who is offering you a key and pointing to a door in your heart. Take the key, and notice a name on the door. If you can't see a name, know it will come to you in the following days. Unlock and step through the door into the fullness of you. Feel at ease, soft and wise. Be immersed in stillness and peace. In this moment, you are in full alignment with your soul. Remember what this feels like. Stay here for as long as you like – at least thirty seconds. When you feel ready, float out through the door. Notice the name on the door as it may have changed. Lock the door and place your key in your heart. Your key gives you access to your sacred soul space whenever you want. Focus on your breath, and let it guide you back to your physical self. Open your eyes and smile.

Inspired Reflections and Actions

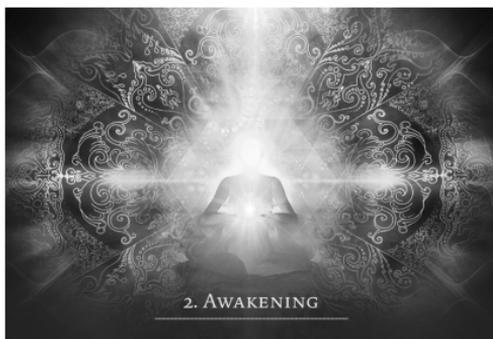
- Open yourself to receiving the sounds your soul is sending you. If necessary, ask for the communication to be louder or more precise. Ask your mind to be still as you do this. Trust what comes to you.

- When you find a name or names, try them on to see how they feel. State out loud, “My soul name is _____.” It might feel awkward at first, but keep going. You will know when it is right for you by the way you feel. You may feel a rush of energy, a tingling, a revelation, a quiet recognition or a knowing.
- When you are having a natural conversation with yourself full of insight and profound conclusions, acknowledge that you are having a conversation with your soul. It feels like you because you are vibrating at the same resonance as your soul.

Journal Work

For seven consecutive days, say the name or names you are trying out. Then write down at least two qualities about the name that brings a smile to your face and heart.

2. AWAKENING



WISDOM EMERGES THROUGH EVERYDAY EXPERIENCE

You are or about to experience an aha moment. This will come as a feeling of deep truth that seemed to have slipped your mind. You have often thought there must be another way to experience and live this life, and you are about to discover it. You are opening your heart and mind to the full authentic you. Time-honoured ways that have worked in the past are no longer bringing the results you desire and may have become obstacles to your dreams. Beliefs become intermingled with everyday processes and who we think we are. No wonder it can seem hard to let them go. When you rouse from the slumber of conformity, you awaken into the same world, but through the eyes of soul love, you can see beyond fear to the creative possibilities that are everywhere. Relax and enjoy this time – it is your natural evolution.

SOUL MASTERY CLASS: AWAKEN YOUR MIND AND BODY TO YOUR SOUL

Meditation

Place a hand on the card. This action energetically connects you with the vibrations of your soul. Slow your breathing and say to yourself, “I am open to and trust my soul guidance.” Allow yourself to feel calm and empowered. Feel into your heart for the key from the soul name meditation and take yourself to the doorway of your sacred soul space. Unlock the door. Notice your soul name on the door – has it changed? Float into your sacred space as intense loving light envelops you and introduces itself as your soul.

Allow your soul to move through your body and mind, so you can accept and trust its messages without resistance. Let every part of you open to your soul and relax in its presence. You have just come home to the absolute fullness and beauty of you. A smile erupts within you and your whole being beams. Everything feels amazing and perfect. Come to this place as often as you can. Meditate daily and be with your soul. Stay here for at least thirty seconds. When you feel ready, breathe deeply in and out. Come back to your physical awareness and see the world through newly awakened eyes.

Inspired Reflections and Actions

- Nourish your mind and body with the wisdom of your soul by taking deep breaths as often as you like.
- Close your eyes and smile for a few moments every hour as you enjoy connecting with your soul.
- Recognise that the same life force flowing through you, flows

through all of life.

Journal Work

For seven consecutive days, write or draw one new thing you learned about yourself that day.

