

DEBORAH JACKSON CREATIVE COLAB

SOUL NURTURE

moment

Creative
CoLAB

WHERE SOUL MEETS FORM

WWW.CREATIVECOLAB.COM.AU

YOUR SOUL NURTURE MOMENT

A space to open and listen from within.

So clear a corner of the room, bring an object of beauty or something from nature into your space.

Pour some water or tea. Quiet the noise around you and prepare to listen in to the most powerful and beautiful thing you have in your life - your soul-self.

You may also prefer to go for a solo walk or sit on a rock in the sun.

Listen in, it's your soul calling.



A soul nurture moment from Deborah
Jackson via Creative CoLab



Hello Soul-led Life Creator!

I'm a Psychologist, Holistic Counsellor, and Creative Guide with over 40 years of experience supporting people through healing and transformation.

While I draw on deep psychological training, in this work I'm not acting as your psychologist — I'm here as a soulful collaborator for your creative emergence.

This is a tiny moment of invitation to drop down underneath the stresses, goals, distractions and worries currently operating in your life and listen underneath to what's yearning in your soul.

Deborah Jackson

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What wants nurture, deep in your soul?

Something that has been suppressed too long, perhaps due to survival needs or caring for others or who and how you mistook yourself to be?

What does she long for?



If you drop in and imagine this emerging and taking shaping in your life, how does your body respond?

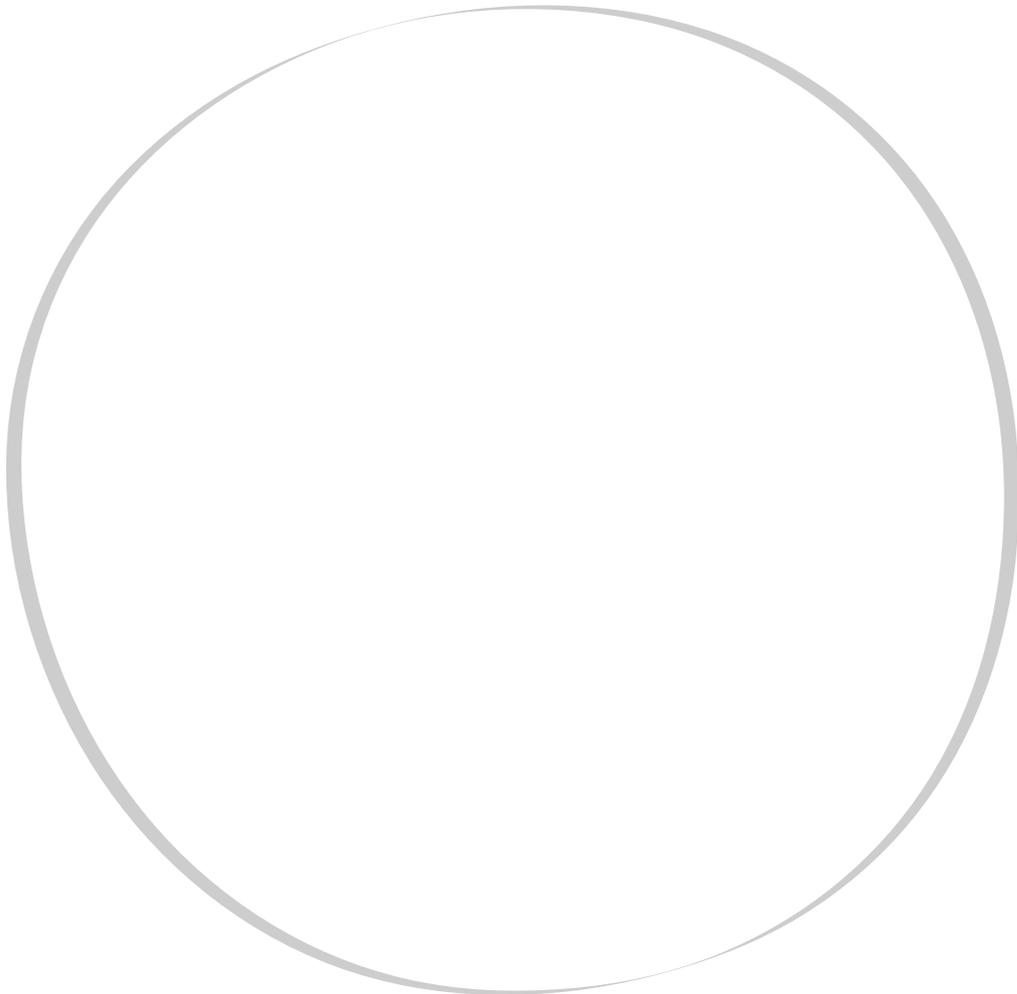
How could you carry some of this energy through into your week?

What do you hope this could bring?



As you breathe in, allow your cells to fill with the energy of fulfilment and being met in this important life domain.

Record any keywords, images or symbols that emerged during this 'drop-in':



Your soul's nurture

Well done for taking the time and the breath to drop down and notice ..

What is calling from within .. something tender, something that wants creation or expression or kind seeing or movement.

To explore further, text or message me to book a 60 min Soul Nurture Session at Creative CoLab.



Contact

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[Learn more](#)

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