



Soul Process #1

PROCESS GUIDE

Centering. Exploring. Connecting.

Meditation

Background:

WHAT TO EXPECT

Before I introduce you to your first 'Soul Process', I'd like to take a step back and provide some background as a foundation for your understanding of how & why our journey together will take shape.

If I roll back the tape on my life, ever since I was 13 years old, I've felt a deep desire – a pull or a knowing – that there just had to be more to life. I began ruminating over questions like:

Why are we here – in this life? Is it happenstance that we're here? Is there a larger purpose and reason for our existence? And, if so, how do we tap into this and begin living according to this higher purpose?

These queries and questions sit at the root of how I ended up becoming who I am in this life. It's these questions, longings and *needs* that guided me to explore the depths of my self knowing, self awareness and self mastery, which led me to a deep sense of and understanding of my intuition, which ultimately led to my own intuitive awakening...unintended...or was it?

So, as we embark on your soul awakening journey, let me welcome you here – to this point on your soul path! You've consistently pushed the boundaries of your understanding in life, always willing to know and *learn* more; and it's this desire and willingness that has gained you entry into the deeper explorations of the spiritual nature our Being.

The Program

This next phase of your spiritual journey will build on the foundation that was built in your 'Awaken Your Intuition' mentoring. Our intentions here are to gradually deepen, expand and strengthen not only your understanding of who you are but also your intuitive connection & your ability to understand & navigate the spiritual realm.

The Details:

- **6 Modules**
- **6 Intuitive Mentoring Sessions**
- **6 Soul Processes**
- **13 Coaching Sessions**

Learning Modules

We'll explore and deepen your understanding of the spiritual realm and intuitive abilities in 6 steps. Each month, you'll receive a module focused on one aspect of Spiritual Awakening & spiritual understanding with exercises to implement and deepen your understanding of the learning material.

Intuitive Mentoring Sessions

Each month we'll enter into a sacred space together. These sessions will be focused on using a process that I've introduced to you with the intention of opening up, clarifying and guiding you to understand and recognize more deeply what's coming through.

Soul Processes

Each month you'll receive a 'Process Guide' introducing you to one of 6 soul processes and outlining how to use and practice it. These tools, processes & practices will assist you both 'on' and 'in' your spiritual journey and help to guide, clarify & deepen your spiritual path.

Coaching Sessions

Our coaching sessions will evolve slightly from centering around who you are, what's going on in your life & finding clarity around that to exploring who you are on a spiritual level and integrating that into your everyday life. We'll use our time together to expand and deepen your sense of self and to work through the limitations, blocks, fears and misunderstandings that may be preventing or interrupting your spiritual connection and journey.

Why this particular combination?

You've developed a solid sense of self through our previous work together; your growth forward isn't just about learning more but it's becoming more about implementing and putting into practice techniques and tools to support your expanding consciousness.

From here on out, it's no longer enough to just learn & discuss. Your growth and confidence as we journey forward will come, yes, from conversations that we have & guidance that comes around your self knowing; but, your growth and confidence will also come from learning techniques and then implementing, integrating and putting them into practice.

Soul Process #1

MEDITATION

Meditation...it is the core of spiritual life – it is the practice that centers, clears and calms us, the practice that creates space for us to explore, learn and expand our spiritual understanding and the practice that supports, nurtures and clarifies for us. It is the beginning, the middle and the end of our spiritual path.

Now, I know – you may be thinking 'oh...meditation, I already do this' ...but, stay with me here. There is a depth to meditation that is often missed and I'd like to introduce you to this with the intention of clarifying and deepening your practice.

So, let's begin, shall we?

Meditation

If we were to look up a 'formal' definition of meditation, we might find it defined as the 'practice' of meditating – a practice of contemplation, thought, musing, pondering or reflecting.

Mainstream beliefs and understandings, on the other hand, might define meditation in terms of a visual understanding of meditation being a silent, solitary practice while sitting, holding the intention to eradicate or release 'thoughts' or 'chatter' from the mind.

The actual practice of meditation, however, is much broader and deeper, and it's this depth that we'll seek to explore and gain clarity around. Meditation itself is a very broad term that, when broken down, becomes an umbrella word that encompasses various practices or processes that are 'mind', 'conscious' or spiritual based.

Meditation:

A word used for mindful, conscious or spiritual based practices & processes

Meditation is a practice, ritual or 'space' that we create in order to 'access' our spiritual Self and the spiritual realm. Where we go, what we experience and what we learn or create as a result of our 'meditation' practice depends entirely upon our intentions and the practice or process we choose to use.

Types of Meditation

Meditation based practices are really just becoming mainstream – hence we are likely just beginning to develop the types of possibilities. So, to begin, let's lay down a framework of the types of meditation that currently exist to give a framework of understanding.

Prayer

Probably the most common form of meditation up until this point in *current* history. Prayer is all about becoming quiet and then focusing in on those things that we wish to heal, release or resolve, seeking to acknowledge & honor a higher power and to spend time in 'communion' with that higher power.

Prayer has traditionally been viewed as a 'separate' activity where our 'prayers' are carried from us *to* a higher power. Essentially, prayer may be viewed as us 'talking' to God.

In my own practice, prayer takes shape in the form of 'journaling'. I use my journal as a way to honour and find gratitude for what's going on in my life as well as to request guidance from my team, to ask questions and to reflect & find clarity.

Meditation to Clear the Mind

Meditating to clear the mind is all about spending time with our inner self, allowing thoughts, worries, desires and anxieties to surface, acknowledging them and then letting them go.

This form of meditation is all about developing a deeper relationship with our Self and making time for our awareness to shift from an external viewpoint & focus to an internal viewpoint & focus.

Key Components: using the breath to maintain focus, to re-focus and to move emotions and thoughts *through* us.

Core Intentions: to quiet the (ego) mind, to clear emotional and mental clutter, to create peace of mind and the 'space' necessary to receive spiritual insights and communication or to prepare ourselves to *journey* beyond the physical body/reality.

We must 'clear our mind' in order to shift into the spiritual realm

(it's a letting go of physical and surrendering to spiritual)

Meditations to Explore & Learn

Meditating to explore and learn is all about entering 'spiritual space' to journey to another experience, knowing or place & time. Encompassed within this type of meditation are spiritual 'journeying' and past life regressions (among others).

This form of meditation is all about learning about our 'Soul' (vs our inner self) on a deeper level. It's about finding deeper understandings of how the Universe 'works', how the Soul 'works' and why we are who we are, how we 'fit' in this lifetime and clarifying our soul purpose.

Key Components: Using meditation to guide the Self into a relaxed state of mind (deep state of consciousness or 'alpha' brainwave state), using a 'guided' meditation to guide the Self through into other lifetimes, forgotten memories or into experiences that allow us to process, uncover or heal an aspect of Self.

Core Intentions: to use the mind to 'access' our higher self & soul, to 'travel' (in our minds) to other dimensions of reality (physical reality = 3rd dimension; spiritual realities = 4th, 5th + dimensions), to recall & process forgotten traumas, skillsets or experiences that may deepen our journey in this life, to deepen our understanding of reality & purpose in this life.

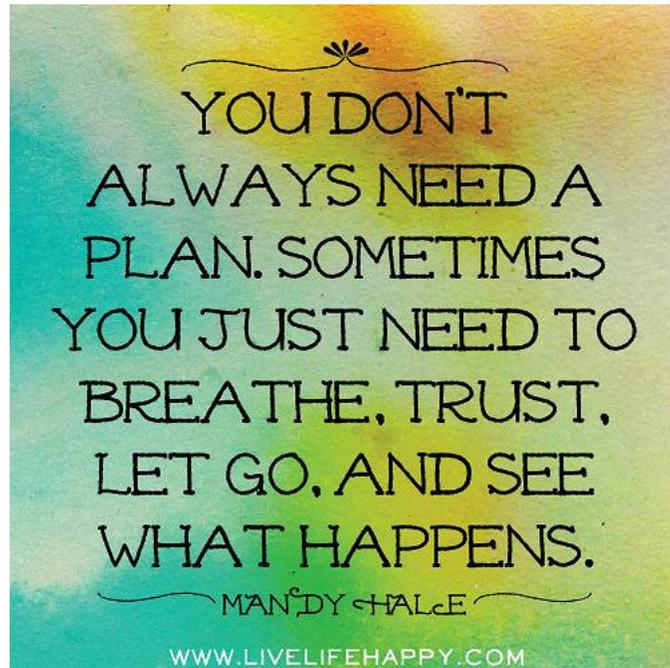
Meditations to Connect & Seek Guidance

Meditating to connect & seek guidance is all about entering the spiritual realm or spiritual 'space' to connect with Guides, Angels, Light Beings, Ascended Masters and our loved ones. We go into this 'space' with clear intentions around why we are entering, inviting certain Beings and seeking to gain answers, clarity or guidance around a particular situation or path.

This form of meditation is all about gaining a higher perspective, deepening and broadening our understanding of the situation or path in front of us and functioning from our upper chakras, love & serving others (vs. lower chakras, fear & serving ourselves/ego).

Key Components: Preparing ahead of time (setting intentions, clarifying our why, purpose & questions), using meditation to guide the Self into a relaxed state of mind, listening deeply, observing and being curious about what comes up.

Core Intentions: to use the mind to access and create spiritual 'space' (round table discussion) with specific Beings that can assist us to gain perspective and understanding around physical or 3rd dimensional life & situations and how to approach from a higher 'Soul' perspective.



Tool #1:

ACKNOWLEDGE & REFLECT

1. What have been your biggest struggles, frustrations or confusions around your meditation practice so far?

****Indicate all that apply**

Actual steps to meditating

Understanding the purpose or intent

Connecting with Angels/Guides

Communicating with Angels/Guides

Getting clear answers/guidance

Understanding how it works

Knowing when to meditate

Understanding why I'm doing it

Other: _____

Please explain your answers from above – tell me more below...

3. What about meditation is now becoming clearer for you?

Tool #2:

PROCESS GUIDE

A central aspect to our spiritual journey is the actual 'practice' and 'implementation' of what we learn. Up until this point, the bulk of your journey has centred around learning, clearing old beliefs & habits and implementing new, more aligned beliefs & habits. Now, we begin the process of exploring and developing your daily spiritual practice.

Step 1: We'll explore, develop and deepen your spiritual practice over the coming 6 months. Let's begin by exploring, trying out and reflecting on the different types of meditation practices.

***Our goal here is to simply try them out, observe the experience and then reflect on the impact/outcomes.*

- ✓ If you haven't already, begin exploring a timeframe & a place that supports you to implement a daily meditation practice.
 - Take note of what timeframes work well & which don't and which places (specific rooms, locations – inside/out; private/group) work well & which don't for YOU.
- ✓ Check in with yourself before the start of each meditation practice and ask yourself:
 - What do I need right now? (centering, exploration, guidance)
- ✓ Based on your insight into what you need, choose a type of meditation
 - Prayer & journaling, centering & breathing, exploring & learning OR connecting & guidance
 - If you need a guided meditation, take a few minutes to explore and find a track that suits the type that you chose (**see my suggestions below for where to find meditation tracks)
- ✓ Complete your meditation then reflect on the experience and the outcomes (the first time you do each type) on the following pages.

Tool #3:

Meditation Guide

A) Meditating to Clear the Mind

1. Set a timer

- ✓ Choose a timeframe that feels good to you (3min/11min/22min)
- ✓ Setting a timer will allow you to relax into your practice without worry of going too long/missing something

2. Sit or lie quietly

- ✓ You may listen to a piece of relaxing music (instrumental, nature sounds or other) or just Be in silence.

3. Close your eyes & bring your awareness into yourself

- ✓ Notice any worries, to-do's or anxieties and imagine placing them up onto a shelf beside you until later.
- ✓ Next, notice how you could be 10% more comfortable and shift or adjust your body to be more comfortable.

4. Use your breathing to deepen your focus

- ✓ Allow whatever thoughts or emotions that come up to arise, notice them, then allow them to simply float by your awareness.
- ✓ Bring your attention back to observing your breath going into, through and then back out of your body.

Self Reflection - Clearing the Mind Meditation

**Once you've completed this practice, jot down your insights below. Your insights only need to be recorded once – subsequent practices require no written reflection here!

Why did you choose this centering practice today?

How was this meditation practice for you today (tough/easy/okay)? What made it this way?

What realizations or awareness are developing? What are you experiencing physically as a result of your practice?

B) Meditating to Explore & Learn

1. Choose a type of exploration

- ✓ Past Life Regression/Self Exploration/Other
- ✓ What is it that you're wanting to understand about yourself, your past, your insecurities or your abilities? Getting clear on this will lead you to the meditation best suited for you.

2. Get centered

- ✓ Find a comfortable, private space where you won't be disturbed
- ✓ Be sure to grab a blanket so you stay warm during the meditation
- ✓ Be sure to set a piece of paper/journal and a pen next to you so you can jot down insights immediately after the meditation

3. Explore the meditation

- ✓ Follow the instructions as guided on the meditation
- ✓ Allow yourself to simply be aware, observing any emotions, feelings, sensations, visuals, knowings, smells or sounds that develop for you
- ✓ Explorative meditations can feel a bit like we're 'making shit up' – but just trust yourself and go with whatever your imagination generates *our imagination is the link between our physical self and our spiritual self

Self Reflection – Meditating to Explore & Learn

**Once you've completed this practice, jot down your insights below. Your insights only need to be recorded once – subsequent practices require no written reflection here! (although you will want to reflect for yourself)

Why did you choose this explorative practice today?

How was this meditation practice for you today (tough/easy/okay)? What made it this way?

What realizations or awareness are developing? What are you experiencing physically as a result of your practice?

C) Meditating to Connect & Receive Guidance

1. Get Clear

- ✓ What is it that you'd like to get clearer on today (action steps, serving others, other)?
- ✓ What have you been doing? What's not working? What is? What's the frustration, need or concern?
- ✓ Who (what Beings) might you be seeking guidance from? Ex. Specific Angels/ Ascended Masters/ Guides/ Other – get clear now so you know who you're inviting into sacred space

2. Get Prepared

- ✓ Be sure to set a piece of paper/journal and a pen next to you so you can jot down insights immediately after/during the meditation
- ✓ Follow the steps from the 'Centering Meditation' to center and deepen your awareness

3. Create Your Sacred Space

- ✓ Imagine stepping into a pyramid of clear, white light/energy with a round table at the center of it and chairs around it.
- ✓ Imagine creating a pillar of glowing white light/energy that reaches from deep within the Earth all the way up into the Heavens at each of the four corners of your 3D pyramid.
- ✓ Imagine filling this sacred space with your intentions. My intentions always include unconditional love, clarity & truth. From there I may add in additional intentions such as transformation, healing, insight, etc.

4. Invite Beings into Your Space for Guidance

- ✓ Call upon your Higher Self & your Soul Guide to enter this sacred space
- ✓ Call upon any Beings who love you unconditionally to enter this sacred space (or if you know who you'd like to invite, formally invite specific Archangels, Ascended Masters, Light Beings, Loved Ones, Specific Guides – Love/Finance/Career/Etc)

5. State Your Intentions

- ✓ Lay the framework: let them know why you're here and why you've invited them. Mentally review your intentions, purpose, questions, frustrations, desires, etc. Part of the awareness that comes to you and builds will stem from your being clear about your intentions.
- ✓ Ask for their assistance. Ask what would they have you know or understand? What would it take to bring about the highest outcomes for all involved for this session?

6. Observe & Listen

- ✓ **Now breathe**...let go of any expectations to experience a full-on apparition, movie, conversation, or other. Breathe....deepen your awareness – allow your body to sink deeper and deeper into your breath and awareness.
- ✓ **Observe**...just observe and notice anything that comes into your awareness. Guidance may come in the form of a word, a feeling or an emotion, it may come in the form of a sudden knowing of 3 steps or an understanding of what's truly going on in your life situation, it may come in the form

'Intuitive Awakening' Mentoring with Jackie Harray

of symbols that appear behind your eyelids, a wave of sparkling, colored energy or a faint memory of an experience, it may come in the form of a distinct and sudden smell or a sound that reminds you of something/someone...or you may find yourself full-on in the midst of a vivid life experience (almost like a movie) from another life/time/world. Just observe.

- ✓ **Get Curious**...whatever comes up – no matter how seemingly insignificant or profound – get curious about it. Ask a simple question (stay out of complicated). Who does this relate to? How does this relate to my/question? Etc.
- ✓ **Acknowledge & Thank**...when you feel satisfied or 'full' of knowing, acknowledge the Beings who have assisted you. Thank them for their presence and their loving guidance.

7. Reflect & Review

- ✓ *This may be the most important part!* Don't self edit or judge or think – write down/draw whatever comes to mind. Point form. Don't worry about pretty or organized, just start allowing whatever is building in your awareness/knowing to flow out of you and onto the paper.
- ✓ Once the 'flow' has slowed/stopped, reflect back over what you've written and your initial desires & questions. *What is becoming clearer?*
- ✓ Note in your 'Intuition Journal' the way in which guidance came through for you (symbols, smells, feelings, drawings, visuals, etc). Take note of 'who' showed up and how they came through or communicated with you. *Your notes will become reference for future sessions!*

Self Reflection – Meditating to Connect & Receive Guidance

****Once you've completed this practice, jot down your insights below. Your insights only need to be recorded once – subsequent practices require no written reflection here!**

Why did you choose this explorative practice today? What was your goal/intention?

How was this meditation practice for you today (tough/easy/okay)? What made it this way?

Note any outcomes, realizations, awareness and/or physical effects as a result of your practice.

Tool #4:

RESOURCE LIST

Where to find meditation tracks (for free!):

1. Websites

- www.doyogawithme.com
 - ✓ Yoga Nidra with Jennifer Piercy 'The Hollows' (38 min)
 - Use to expand your sense of 'awareness' or ability to be outside or 'other than' your physical body

2. 'Insight Timer' (free app on your phone)

- Instrumental & Nature Meditations
 - ✓ Divine Essence (25 min)
 - ✓ Bird of the Soul by Praful (13 min)
 - ✓ Theta Dimensions 10" by Binaural Music (10 min)
 - Follow the sound in your head as you listen to this meditation!
- Guided Meditations
 - ✓ Loving & Listening to Yourself by Sarah Blondin (13 min)
 - Any meditation track of Sarah's is great for falling deeper into your own self awareness and self acceptance. When you find yourself struggling to move forward or accept something, this is the perfect place to start.
 - ✓ Moon Connection by Jason McGrice (12 min)
 - Beautiful guided visuals for releasing and centering (especially at the end of the day!)
 - ✓ Animal Spirit Journey from Inner Divinity by Mara Bishop (10 min)
 - Great starting point for journeying & meeting guides
 - ✓ Rise of the Phoenix by Dakota Earth Cloud (30 min)
 - One of my favourite teachers for journeying in a way that feels real, grounded and effortless.

****Suggestion:** Listen to your needs – do a check in with yourself before meditating. When you feel 'ready' to explore meditation beyond centering & clearing the mind, resist the urge to 'do them all at once!'. Stick to choosing one type (ex. past life). Reflect. Observe your awareness and your understanding of the experience as it grows in the hours (& sometimes days) after completing it. If one is 'enough', then just do one (you may only do one every few months!

Tool #5:

RECONNECT

After learning about & exploring different types of meditations, I'm feeling:

****Circle all of the words that apply to you**

Relieved

Excited

Surprised

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Fascinated

As a result of understanding more clearly about Meditation, I am:

****Fill in the blanks**

Curious to learn more about _____

Excited to implement _____

Going to change this _____

This Week's Daily Affirmation:

I am embracing _____ and letting go of _____

so that I may experience _____ in/as a result of my spiritual practice.