

*Soul Purpose Life*

# Soul Journey Guidebook



*Navigate gracefully through transition & change*

## How to use this guidebook...

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Our Soul's journey is one of learning, growth, mastery and change. We are not stagnant or staying the 'same', we are in a continual process of learning & growing, evolving & changing – the sooner we become aware of this and consciously embrace our soul's journey, the sooner we fall into a rhythm and an effortless flow with life.

This guidebook is intended to support you wherever you're at on your journey. It's not about a specific 'time of year' or using it as a tool 'one time' to get you through something; this guidebook is meant to be a resource that you can come back to as often as you wish.

- ✓ You may find it's the perfect tool to prepare, center and focus yourself heading into a New Year.
- ✓ You may find yourself feeling stuck, lost or frustrated with life and turn to the steps contained within this guidebook to re-focus yourself.
- ✓ Or, you may use this 5-step self reflection process when you realize you're coming out of a phase of self mastery to center yourself as you head into the next phase of learning and growth.

Regardless of where you're at right now, trust that you hold all of the answers within you, that your Soul holds the perfect plan and that the Divine is patiently waiting to support & guide you.

To Your Joyful Journey!

*Jackie*

# The Soul's Journey

**I**f we knew the path – if we had a ‘map’ – of our soul’s intended journey through this lifetime, wouldn’t our navigation of life’s challenges, shifts and changes be SO much easier and enjoyable?

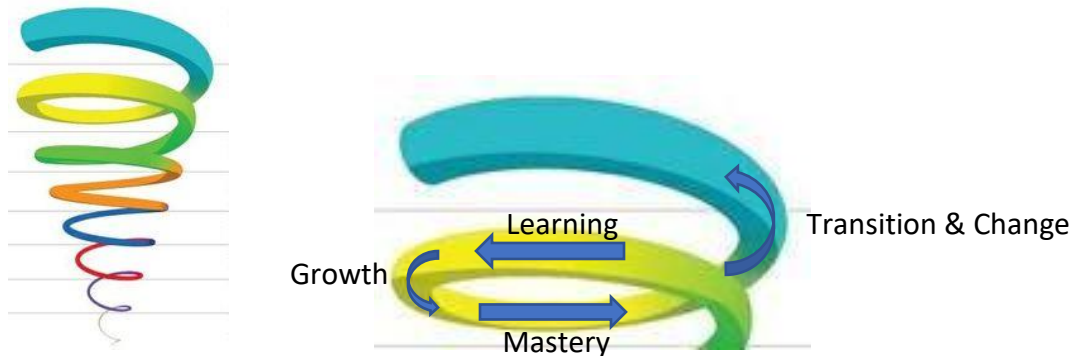
Well, let me tell you, after struggling to figure ‘it’ out for 20+ years, after reading countless books, after spending 3 years in ‘talks’ with the Divine, you have in your hands the ‘Key Code’ for the Soul’s journey.

It seems like the biggest ‘secret’ out there – understanding the point of it all and how to navigate it; but it’s really not as complicated as we all think (or at least as I’d made it out to be)! Our Soul holds a blueprint – a trajectory or plan – for our time here on Earth. And, although our individual paths, lessons and purposes may be different, the **‘patterns’** are similar! The ‘Key Code’ literally lies in understanding *how* to recognize and work with the patterns in our lives.

## The Key Code

From a spiritual perspective, our life centers around 4-5 primary soul lessons (that align with & support our unique long-term soul path). Regardless of where we’re at in life (marriage, career, family, finances, etc), regardless of how well we’ve done, what we’ve learnt and mastered, our primary soul lessons (Ex. Courage, Surrender, Compassion, etc) remain in our life throughout this lifetime.

Each soul lesson progresses similar to an upward spiral pattern – we learn and grow through one level of perspective, understanding and mastery during any a given time period. Once we’ve mastered a level of understanding, we’re presented with an opportunity to ‘up-level’ and master our soul lesson from another perspective or depth of understanding. This ‘opportunity’ typically shows up in our lives as a challenge or a period of transition & change.



**Figure 1.0** The upward spiral of a soul lesson. We progress through learning, growth and mastery to complete a phase then go through a period of transition & change into another perspective or phase of that soul lesson.

There is no specific 'length of time' associated with each level or phase of our learning & growth; we may struggle with a specific phase of our growth over multiple lifetimes or we may suddenly 'get it' and progress through multiple layers over a few years. There is no right or wrong, good or bad – it just is what it is. We don't run out of 'time' nor are we compared to another's soul journey – we have all the time we need/want.

Our journey is limitless.

So, with the 'fear' and constraints out of the way, now that we understand the Key Code or 'pattern' that our Soul progresses through, the 'issue' or challenge then becomes *how* to recognize, embrace and flow *with* transition & change.

## How to Recognize Transition & Change:

(& to know to use this Guidebook)

### ➤ **Coming out of a period of self mastery**

**How to know:** When we're coming out of a period of self mastery, we often catch ourselves resisting and struggling against change (& clinging to the feelings of mastery, confidence and comfort).

Our resistance results in a slow decline of our sense of mastery, confidence and clarity. If we resist change, change forces itself upon us.

### ➤ **Feeling 'stuck' in learning and challenges**

**How to know:** Sometime, when we're in the midst of a period of learning & challenge, we find ourselves flailing around, confused, frustrated, lost and trying to figure out what to do to move forward.

We're past the change but confused about what we're supposed to be learning, so the learning shows up in more and more ways (often resulting in feelings of overwhelm and deepening confusion).

### ➤ **Entering into a New Year**

Aside from specific 'times' when we might need to use the guidebook process, we can create a habit or ritual of going through the guidebook at the end/start of each year.

Use this guidebook as a way of pressing 'pause' or 'reset': to review and appreciate the growth and change you've progressed through in the previous year, to reflect and gain insight into your strengths, challenges and passions and to celebrate and refresh as you head into a New Year.

## How to Make a Graceful Transition:

(Hint: Use this guidebook!)

Life always supports us to recognize the path ahead with signs, symbols and synchronicities – the key is to stop long enough to notice! Regardless of where we're at in our 'transition' (even if we've missed all of the signs!), we can make the process a whole lot more comfortable and enjoyable by taking time to self reflect and review.

Navigating our way through life isn't so much 'knowing' exactly what will happen and when but, rather, it's about learning how to strategically 'step out of life' for a moment, to go through a process of acknowledging & review so that we can 'step back in' feeling clear & confident, knowing our 'direction', and understanding where our focus is.

### 5 Steps to a Graceful Transition:

#### 1. Acknowledge

What has been going on in our life? Where is it that we've been – what has happened & changed? When we take the time to get it all down on paper so we can visually 'see it', it's like time slows and we begin to truly see the phase we're coming out of for all that it has been (think slow motion – time & space to take it all in!).

#### 2. Celebrate

There's a reason 'gratitude' is taught in most religions and practices – it really is the foundation to release, surrender, healing and forgiveness. The moment we find true gratitude for all that we've been through, all that we've created, all that we've experienced, is the moment we open the floodgates to the possibilities that are waiting for us. It's the *magic* ingredient in any part of life.

Steps 1 & 2, Acknowledge & Celebrate, are like figuring out the 'good stuff', the things that fit, the things we love, the things we want to keep! Next, we need to figure out what we're letting go of – those things that we've been ignoring and hanging onto for far – too – long!!

#### 3. Identify

What are the 'stories' we've been living? Are we living a story of struggle, not enough or scarcity? Are we living a life of shame, guilt and hiding? What are the stories? Once these are 'out on the table', we can create space to let them go – and to create space for things that will honour, nurture and celebrate who we truly are!

**4. Clear & Release**

Once we've gotten 'clear' on our limiting stories, we walk ourselves through a verbal 'releasing' of it all in order to mentally wipe the slate clean!

**5. Affirm & Bless**

Finally, we 'set the stage' to begin creating new, beautiful experiences in our life by identifying and affirming our deepest desires and blessing them into our life.

On the following pages, you'll find my 5-step process containing a series of questions to guide you in self reflecting and exploring. Set aside 30-40 min to work through these steps.

# Acknowledge

\*\*The irony of life is that it's actually not the destination at all – but the journey that is the 'gem' or the 'gift'. It's so, so important to press 'pause' regularly to acknowledge where we've been and what's been going on. Life's biggest clues and celebrations often lie hidden in where we've already been!

## I am coming out of a phase of...

- What has this (phase/past year) been all about?
  
  
  
  
  
  
  
  
  
  
- What has the central focus been?
  
  
  
  
  
  
  
  
  
  
- What was the major challenge?

## If I were to acknowledge the highlights of this phase/year, the highlights or key points would be:

- Where did you start?









## What (old) story have I been living?

- If you are honest with yourself, what is the story(ies) you've been clinging to during this phase/past year (Ex. Hardship, struggle, hiding, unworthiness, not good enough, fear, waiting, hoping, scarcity, self doubt, perfection, do-it-myself, unfair, etc)?
  
- Where have you been playing out 'survival' stories? Weight, money, relationships, health or other? How has this been showing up for you?
  
- How have you been denying, hiding or numbing this survival story for yourself (alcohol, internet surfing, tv, food, blame, excuses, busyness, etc)?
  
- If you had cleared out this survival pattern and embraced creating change in this area of your life, what might you have been experiencing now?

# Release & Clear

**\*\*Contrary to popular belief, it IS actually pretty simple and easy to clear out old beliefs! This process may seem 'hokey', too simple or unimportant, but trust me, by speaking these statements out loud we are literally speaking to our 'brain' and telling ourselves our intentions 'out loud'. We clear to reset, then we begin taking actions daily to support the creating of new, more supportive beliefs and habits!**

## Instructions:

Review your answers and notes from the previous steps then say the statement below out loud to yourself. Each piece of this statement speaks to an aspect of our brain that tries to 'keep' or hang onto our current belief systems or patterns.

Several of the words are simply abbreviations or short form for longer statements (ex. POC = point of creation; POD = point of destruction; All 9 = the nine layers deep that our thinking goes around a belief; shorts = short version of what's meaningful about this, etc; boys = nucleated spheres, like the onion that we peel to get to the core of our beliefs/fears/etc).

**\*\*If you'd like more information around this process and similar energetic belief work, look up 'Access Consciousness' on the internet.**

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**Statement:** Everything that these beliefs, statements, patterns, mindsets and habits are and everything that they bring up, I destroy and un-create them all times a Godzillion, right & wrong, good & bad, pock & pod, all 9, shorts, boys and beyonds.

# Create Your Intention

\*\*Now that we've acknowledged & celebrated where we've been, identified and released our old, limiting beliefs and patterns, it's time to figure out our deepest desires and affirm them into our lives.

## Instructions:

Complete each of the steps below to 'build' your personal intention for the coming phase/new year/cycle. Print/write out this statement and post it somewhere where you will be reminded often to affirm it in your life over the coming phase (or where you can tweak & adjust it as your path shifts).

## Acknowledge your deepest desires...

If you could experience anything in life, what is it that you desire? What real-world, physical, external things, experiences or desires are at the top of your list? (refer back to where you've been playing out survival patterns – these will hold clues for you)

## How do you want to experience life?

\*We have little to no control over the specific events that happen in our life; however, we do have control over how we choose to experience them. The key to our appreciation and enjoyment in life is found within how we approach life's circumstances and events (rather than what circumstances and events actually happen!).

- We often focus on 'outcomes', goals and achievements in life but it's the 'how' of what we experience that we truly crave. Given that, *how* do you want to experience this next phase (ease, joy, delight, confidence, clarity, surrender, trust, acceptance, etc)?
  
- When you look back over the previous phase, if you could, what is it that you'd go back and experience through a different perspective (even if it was the exact same circumstances or events)? How would you change your approach?
  
- With 20/20 hindsight, what questions would you have asked yourself to refocus/redirect yourself and create momentum, acceptance or enjoyment of what you were experiencing?

## Build Your Intention

Our intention is much like an 'affirmation' but with a twist! The problem with typical affirmations & resolutions is that we try to super-impose something into our life that just isn't true for us right now (& our brain knows it!!). So, instead of an 'affirmation', we adjust our approach slightly from 'affirmation' to a progressive statement or intention to provide the space to *work towards* our desired outcome.

### What is the approach that you would like to use as you progress towards your desired outcomes and feelings?

- As you move towards your desires, what approach do you intend to use? Is it learning, embracing, discovering, accepting, surrendering (something else) that you will use as a process along the way to creating this change in your life?

### My Daily Progressive Statement & Intention:

I am \_\_\_\_\_ to \_\_\_\_\_  
(insert your approach: learning, embracing, other) (insert 'how' you want to experience life ex surrender)

and let go of \_\_\_\_\_  
(insert your realizations from what you've previously tried to control/force)

so that I experience \_\_\_\_\_  
(insert your deepest desires)

in my life, relationships and activities.