



Module #6

SOUL MASTERY

The Soul Journey. The Clairs. Integration.

Intuitive Being

Learning

The Soul's Journey

One might imagine that the soul's journey is a straight road – that if we simply keep our focus on '*moving forward*' that we'll find our way there...eventually. The Truth is, our soul's journey is an ever-expanding upward spiral filled with many layers, twist and turns and, if we aren't aware of it's various '*purposes*', we may just find ourselves struggling *against* the exact paths that we're meant to travel...finding ourselves frustrated, confused and overwhelmed.

Soul Journey Phases

We set out in life learning, growing and expanding as an individual in the physical world until we come to point where it seems we've done all we can do but, for some reason, we find ourselves feeling slightly unsatisfied or unfulfilled.

It's at this point on our human journey that we begin our *spiritual journey* and the unfolding & revealing of our deeper soul purpose *ignites*.

Once the spiritual journey has ignited, we then move through various phases of soul growth that lead to a deeper and deeper knowing, understanding and clarity around our Soul's ultimate purpose for our life.

Phase 1: Decluttering

Our spiritual journey begins with a decluttering:

- ✓ Decluttering of our beliefs, thought patterns and daily habits to reveal the Truth of who we are (#ourcore)
- ✓ Decluttering of our self awareness to reveal the Truth of what we actually sense, feel and pick up on in our daily lives (which is normally hidden beneath denial, numbing, avoidance and drama)
- ✓ Decluttering of our desires, wants and needs to reveal the *feeling* of what our soul actually craves to experience in this life (vs the surface level 'ego' wants that just keep us searching and searching).

Phase 2: Increasing Awareness & Surrender

Our spiritual journey then enters into a phase of increasing self awareness:

- ✓ Awareness of our own primary 3-5 core soul lessons (that up until now we've tried to just 'figure out' and 'get them over with').
- ✓ Awareness of our soul lessons popping up over and over again in different areas of our life (fun fact: it's not just in one area but they're weaved into ALL of them!)
- ✓ Awareness of our core wounding's craving to be heard, acknowledged and healed before we can move forward

Our primary soul lessons will remain an integral part of our soul's learning, expansion and mastery throughout this lifetime. Once we 'nail down' these soul lessons, the majority of the confusion lifts – as we become suddenly aware of the patterns that repeat for our entire lives and in every area of our life.

Our 'surrender' to our primary soul lessons is akin to lifting a veil. As we let go of our struggle and determination to '*get away*' from the discomfort of our soul lessons, we surrender; and it's in the 'surrendering' that we find peace with our life and a clarity around knowing 'what's to come' – it's a tapping into a precognition or a knowing in advance...a sort of knowing what to expect.

This phase of increasing awareness also leads us to an *ultimate moment of surrender* – a moment where we recognize that the 'thing' we've been trying to run away from, to hide from, to avoid/deny or to resolve so we 'move on' is the *exact thing* that permeates the pinnacle of our Soul Purpose in this life (instead of moving away from it, we're actually moving into it).

Phase 3: Deepening Clarity

Once we've moved through the phases of decluttering, awareness and surrender, we begin honouring and exploring our passions and sense of purpose at a deeper, more serious level.

- ✓ Deepening clarity around our core desired feelings
- ✓ Deepening clarity of our passions, soul 'aches' and our desire to serve humanity
- ✓ Deepening clarity of & fine tuning of our connection with Spirit
- ✓ Deepening clarity & opening up of our spiritual gifts and intuitive abilities

It's during this phase of deepening clarity that we begin to experience what feels like a real sense of our purpose in this life. We catch glimpses of knowing and insight into how we will serve the greater purpose. We experience waves of understanding around our journey and fall

into ease & patience with the struggles and challenges we've been through in our life – knowing exactly how they fit into the bigger puzzle of our life.

Phase 4: Stepping INTO Purpose

It's only once we've cleared the clutter and focused in on our true, core soul desires that we begin to feel we are *truly living our purpose* in life. It's in this final phase that others begin to see and recognize our true purpose and worth in this life – that we begin effortlessly manifesting our heart's desires and impacting the world around us in a deep way.

We experience or see ourselves living our purpose through:

- ✓ Unshakeable knowing of our purpose, path and the reasons for our experiences
- ✓ Effortless sharing of our inner truths, our struggles and our desires with others
- ✓ Feeling like our entire life is *coming together* and effortlessly falls into place
- ✓ Smooth, consistent response to life, situations, relationships and conversations
- ✓ Clear insights and understandings of Spirit in our life and our purpose

Soul purpose builds in layers, expanding, growing and deepening as we go through life; clarifying and focusing the more we acknowledge & honour our soul's calling.

At some point, we step through a doorway – almost unexpectedly – into a knowing, understanding and insight of a soul purpose for this life.



Phase 4

- understanding & clarity around what we all think of as having a BIG purpose in life
- Deepening focus of our purpose & impact

Phase 3

- Deepening clarity & focus. Deepening connection, trust & surrender to Spirit

Phase 2

- Clarifying our desires, passions & callings
- Igniting our intuitive awakening & abilities

Phase 1

- Decluttering of mindsets, beliefs, habits and patterns
- Clearing out the energetic clutter to begin recognizing the voice of our soul

Tool #1

Acknowledge

Where are you at on your soul journey? Use the questions below to reflect and find clarity.

Reflection Questions

1. What is the 'thing' you've been running away from (solve/avoid/deny) for most of your life? What might your 'ultimate moment of surrender' be about?
2. How might this 'thing' be a part of your ultimate 'purpose' in this life?
3. Given the 4 phases of the Soul Journey, where do you see yourself at now? Why?
4. Given where you're at, what is your primary focus moving forward? Where might you need to focus your attention? What might you need to surrender to?

Learning

Intuitive Awakening

Intuitive awakening is a natural igniter for our soul purpose! The more we develop, deepen and ignite our psychic or spiritual abilities and understanding, the more clearly we see, hear, feel, smell, sense and experience our soul purpose (or the path of it!).

Your Intuitive Awakening

Just like our physical experience of life revolves around how we perceive and understand the world, our spiritual life also revolves around how we perceive & understand the spiritual world.

So far, you've been introduced to 5 aspects of understanding the spiritual side of life:

1. Spiritual awakening, reincarnation & the spiritual journey
2. Flowing with the Universe vs fighting against Life
3. Soul fusion & kundalini rising
4. Feng shui & recognizing insights in our physical environment
5. Spiritual Sight

Intuitive development is an ever expanding, ever deepening journey (rather than an 'ignite it' and 'done'). Over the past 6 months, we've been exploring your intuitive abilities through various means and now it's time to bring them all together into a clearer understanding.

When we hold a solid sense of spiritual sight (or of sensing, perceiving and interpreting the spiritual world around us) we create the foundation for our intuitive or psychic senses to be perceived through the lense of Love.

Psychic Centers

Chakras are the interface between the psychic or spiritual body and the physical body: they are the centers where energy force flows from the spiritual realm into the physical realm.

Chakras are seen or visualized as being composed of various energetic flower petals with a stem that extends to connect with specific physical-based nerve ganglia of the autonomic nervous system within the human body (like a lotus flower!).

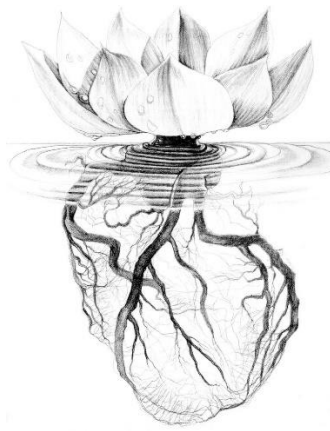


Photo Credit: Unknown

Our intuitive awakening begins with a specific psychic center (contrary to what one might think, we do not need to take in or pick up spiritual information through each individual chakra in order to *perceive* through each chakra).

Psychic insight is like a *progression* – beginning in one center (our primary) and then trickling onward through each of the other psychic centers (like a stream with pools where water circulates and collects before moving on down stream).



Photo Credit: Unknown

We each have a primary or natural intuitive center. This center becomes the main entry point for spiritual or fast-moving information to enter into our awareness. Once received, that psychic information can then be spread through our other chakra centers to be further *interpreted* or *translated*.

Primary Psychic Center

So, how do we go about choosing or designating our primary psychic center? (I'm smiling) There's nothing actually to choose or create here! I promise you, the work of choosing or creating a primary psychic center has already happened in your life (likely without you even knowing it!).

Our primary psychic center is often awakened unintentionally during our upbringing. For example, being in an emotionally turbulent household, one might naturally open up, develop and use their sacral chakra (clair sentience) to pick up on and sense slight variations in emotion in order to know what is coming (so they can avoid turbulent situations and protect themselves).

For example, I grew up in a pretty average, normal, well-functioning household and family; however, my Mom occasionally exploded with emotion and almost a rage. It was intense and extremely uncomfortable. Looking back, I can see how I (without even knowing it) would feel into the situations, conversations and moods of my Mom moment to moment to gauge where she was at. It was this ongoing need to feel aware and prepared that caused me to open up and develop my sense of psychic feeling.

When we are seeking to develop our intuitive senses, we want to choose a psychic center as our designated 'place' for picking up on spiritual information. We often make the mistake of trying to use them all at once – thinking more is better – and wind up making slow progress in a bunch of abilities rather than clear, focused development in one area (our easiest to access & understand).

Exercise #1

Setting your Center

***Take a moment to reflect on your natural tendencies to determine which chakra will be your primary psychic center (disclaimer: there is no right/wrong one!).**

I first notice this when I meet someone or walk into a room

- What I see: visual details, colors, styles, arrangement of furniture, hair, clothing, etc
- What I hear: sound of voices, music, tv, appliances/machines running or pets
- What I feel: emotional sense of the room (awkward, easy, excited, nervous, etc)
- What I know: feeling confident, uncomfortable, leery, curious, etc

Based on your answer from above, what do you naturally gravitate towards: sight, sound, feeling, knowing?

Which chakra does this correlate to? (Seeing = 6th or Third Eye Chakra; Hearing = 5th or Throat Chakra; Feeling = 4th or Heart Chakra; knowing = 3rd or Solar Plexus Chakra)

This is your natural psychic center! (Trust me, you can't choose wrong) So, now that you've identified your natural psychic receiving center, let's designate it as such. Go through the steps outlined below to 'set' your primary psychic center.

Step 1: Go through the full trinity meditation

Step 2: Invite your 4 pillars into your sacred space to ground, center and hold this sacred space for you. Invite your 'Gate Keeper' (that being who is dedicated to controlling what is allowed to enter your awareness and energy field) to assist you in opening and protecting your primary psychic center.

Step 3: Imagine going to the chakra that corresponds to your natural psychic center (identified above) and seeing it. Observe that it has a front side and a back side to it (like two satellite

dishes facing each other). Imagine flipping the front satellite dish from convex to concave (so it bulges inwards rather than outwards – allowing information to now be received rather than reflected). Imagine flipping the back satellite dish from convex to concave as well.

Step 4: Place an equal armed cross at the center between the two satellite dishes to designate it as Divine and provide all the protection you need.

Step 5: Take a deep breath and feel the gentle flow of information begin to effortlessly flow into this chakra.

Step 6: Thank your Gate Keeper and your 4 Pillars for guiding, protecting and supporting you today. Ask if they have any messages for you. Thank them. Close out your meditation by breathing yourself back into your body and your awareness.

Translating Psychic Information

With your primary psychic center 'set', you can now begin focusing in on using that chakra center as your 'entry point' for picking up information. Don't worry about anything else – just allow yourself to slip into spiritual awareness through this chakra and any information that it brings up.

For example, if your primary center is your third eye or 6th Chakra, you likely get impressions, images, visuals or pictures quickly. So don't try and force yourself to feel for emotion – start with picking up on the image or visual that comes to mind.

Allow the information to be 'breathed in' through your primary chakra – take note of what's coming through for you. Once you feel that is 'complete', then move to your other chakras one at a time, breathing in through that chakra and observing what you sense, feel, hear, smell, etc.

Our primary psychic center is our easiest point of contact. Use it. Allow it to be easy for yourself. The rest will weave its way into your awareness as your confidence builds!

Tool #4:

RECONNECT

After learning about the Soul's Journey and Psychic Centers, I'm feeling:

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

Relieved

Curious

Clear

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Excited

Other: _____

As a result of understanding more clearly the soul's journey and intuitive perception, 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 _____ on my soul journey & awakening.