



HOW TO RECONNECT WITH YOUR SOUL

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A User's Guide to a Happy Life

You came into this life as a unique and glorious being, a spark of the divine Creator. That radiant spark is a holy light; it is your life force, your eternal life essence and your True Self that we will call the soul.

This Self knows it is completely worthy, loved and cared for by the universe at all times. This Self has nothing to prove and nothing to defend because it is already whole, perfect, conscious, and aware.

At the core of your being, you are complete. This is a very powerful thing to know and understand about yourself. It means that you can live an extraordinary, passionate, purpose-filled, and joyful life if you're willing to stay connected to your soul, the core essence of who you really are.

When you're living your truth, making choices and taking actions that allow you the full, honest expression of your natural talents and abilities, something deeply satisfying unfolds within you. It is the joy of your soul flowing through you and radiating outward from you.

You must see who you are in your divinity, and in order for this to be so, you must see where you hide, where you lie, and where you agree to be less than you truly are. - Paul Selig, The Book of Mastery -

Signs of Disconnection

Here are the most common and revealing signs that you may have lost touch with your soul and are living a limited and incomplete expression of who you really are.

Put a check mark by each sign that you recognize within yourself.
Be sure to do this with curiosity and compassion
and without any self-judgment whatsoever.

- You feel you've forgotten who you really are.
- You have no sense of joyful expansion, growth, or movement, in your life.
- You are emotionally numb in overwhelm or frozen in burnout.
- You feel trapped in your career or in a relationship that is no longer fulfilling.
- You're stuck in unhealed old pain of anger, shame, guilt, regret, or grief.
- You're no longer giving creative expression to your natural talents and gifts.
- You've stopped dreaming a bigger life and prioritizing your own happiness.
- Fear and anxiety dominate your thoughts and direct too many of your decisions.

Now, no matter how many of these signs of disconnection you identified in yourself and no matter how you feel about your answers, hope for a happier, more deeply satisfying life is never lost as long as you're still breathing and are willing to make thoughtful changes wherever they are needed or desired.

You always have the power to choose again. You have everything you need within your soul to create and claim the life conditions, work, relationships, and experiences you most sincerely wish to have. Only remember that you are a gloriously *unlimited* being.

You cannot sell your soul but you can sell your awareness of it.

~ A Course In Miracles ~

Here are five powerful ways to reconnect with your soul:

1. **Get completely honest with yourself about what *is* and *is not* working for you.** Wherever you are stuck or feeling powerless in your life, wherever you have lost your sense of peace and joy, that is a place where you're out of sync with your True Self. This includes relationships, work and career, friendships, neighborhood and home environment, social activities, even day-to-day responsibilities.

When something has lost its meaning for you, it becomes an energy drain; it takes life energy away from you instead of adding to it. Understand that no one else is going to rescue you; you are completely responsible for all of your life choices. Hiding behind excuses, fears, and imagined limitations does not serve your highest good and therefore it cannot serve your soul and your life in this world.

 *In what area/s do you feel trapped by or dissatisfied with your life choices?*

 *What, if anything, are you willing to do to change things?*
Remember that without a willingness to change, everything stays the same.

2. **Decide to stop tolerating the intolerable.** Sometimes we humans fall into a rut in life, a habit of just putting up with things rather than rocking the boat and standing up for ourselves. Tolerating things that annoy you isn't necessarily the right or wrong approach to life; it's just a passive one. Failure to take action to correct or adjust something that bothers you only makes your stress about it last that much longer. You have a right to look out for your own wellbeing and a responsibility to seek solutions that honor you.

 *What is something you've been tolerating in your life, something that irritates you and takes more energy to deal with than you really want to give it?*

 *What behaviors in yourself or in someone else have you put up with that are abusive, harmful, disrespectful, or irritating?*

3. **Raise your level of interest in and respect for your own life.** Each day of life is an amazing and holy gift. But if you're not fully engaged in your life, you're not fully alive. Engagement with your life means to be interested in it; to connect deeply with who you are and who you yet want to be. From this richer self-knowledge you can then more joyfully and generously reach out, give of yourself to others, and find meaning and purpose. To respect your own life means to embrace everything about yourself without reservation – the satisfying, the challenging, the known and the yet unknown and unfolding.

 *Where and how have you been ignoring your own life, your own needs, and your own happiness?*

 *How are you not yet acting in a loving and respectful way toward your body, mind, and spirit?*

 *Have you paid attention to any warning signals such as physical distress or feelings of depression?*

4. **Eliminate the word “should” from your vocabulary.** Remove all the guilt or pressure that goes along with that word. *Should* is a judgment you place on yourself; it makes a demand on you that you must somehow think, act, or respond in a way that is different than what you're doing at the moment or how you'd really prefer to respond. *Should* can feel like a burden and so it's not a true motivator if it doesn't encourage you, lift you up, or give you confidence. It's not a kind word, and so it cannot bring out your best self.

 *In what area(s) of your life are you motivated or driven by “shoulds” or any sense of guilt?*

 *What words could you substitute for “should”? Think of words that reflect **invitation instead of obligation.***

5. **Learn to choose peace above everything else.** There is so much in this earth life that you really have no control over. You cannot control the weather, the choices and actions of others, the government, or what someone else thinks of you. You cannot control what will happen in the next few minutes from life forces outside of yourself. But in the midst of all the things you cannot control, you have the absolute God-given power to choose peace, no matter what happens to you. Choosing peace is:

- a decision to not give your power away
- a mental and emotional shift from worry or fear into inner calm
- a decision to be happy no matter what others do or say
- a resolution to forgive and let go of yesterday's disappointments, regrets, and other pain so you can be fully present in your life today.

 *What baggage from your past is blocking the radiance of today's blessings?*

 *Where in your life do you need more peace and less stress?*

 *Consider who you can talk to about things that disturb your peace of mind. Life is too short and too precious to live it in distress of any kind.*

TRY THIS

A great way to stay connected to your soul, even in the midst of life's most daunting challenges, is to have a **consistent daily spiritual practice**. This can be anything that inspires you, such as meditation, journaling, reading, sitting quietly or walking in nature. The key is to make this an essential part of your daily life.