Your Soul Purpose

Learn How to Access the Light Within

Kim Russo

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Soul Search

WHO ARE YOU?

- 1. Who are you? Don't think too hard—just answer this question with the first words that come to mind.
- 2. In one or two words, how would you describe your role in your primary adult relationships (with your spouse, children, or partner)? Are you the disciplinarian, the cheerleader, the breadwinner? Do you agree with this assessment of you?
- 3. Who are you when you're not with your children, spouse, partner, or any other family member?
- 4. Who are you at your job? How different is this from the person you are when you're not at work?
- 5. In one or two words, how would you identify your role in your family of origin? Were you the difficult one? The black sheep? The ignored one? The misunderstood one? Explain how your family came to cast you in that role and if they were wrong or right in how they saw you.
- 6. Who does your family of origin think you are now? If there are differences between who your family thinks you are and who you think you are, then explain.

- 7. Explain the relationship between your body and who you are. Could you be who you are if you had to hide your body in layers of loose-fitting clothes? Could you be who you are if you had to reveal your body in tight-fitting clothes?
- 8. Who are you when you wake up in the middle of the night and are alone with your thoughts? Is this person different from your public self? Is this person different from the person you are with your spouse or partner?
- 9. Look at a picture of yourself as a small kid. Focus in on that photo and try to remember your feelings at that time. Who were you then?

Light Meditation

Find a quiet space. I recommend doing this exercise while sitting straight up in a chair. Make sure your two feet are touching the ground. With your two palms resting on your lap, pointing upward toward the sky, close your eyes and imagine a brilliant ball of warm, white light descending from the heavens, entering through the top of your head. This is the point where all the negative thought patterns begin. Picture each negative thought, like a piece of Velcro, attaching itself to this light, drawing out any ideas that do not serve your highest good. Some examples of what you may want to eliminate are self-criticism, worries, fears, shame, regret, and anger.

Next, feel this warm, glowing light moving into your throat and into your chest cavity. See this light getting brighter and brighter as it touches your heart center. Picture this light as a special key that has the spiritual code to unlock and open up your heart, allowing it to expand in all directions. Now that your heart is wide open, you can easily invite more and more love into your life. As this light continues to pass through your body, know that its job is to transmute any negative debris and neutralize it into a brilliant, glowing light.

This light has no restrictions—it is anything you need it to be. Try to use it as an energy magnet, able to suck up anything that is not pleasing to your body and doesn't belong there—including any negative emotions or thoughts, toxins that cause illnesses, and anything else that blocks you from the light of your soul.

Feel this light going down your spine and spilling into your belly. Allow this brilliant light to sit there for a moment, clearing out any stored emotions from your past that have weighed you down. You are finally ready to release this energy through your solar plexus—notice how light you feel. Since the purpose of this light is to serve you, allow its power to pass down each leg and journey through the bottom of your feet, pushing out any unwanted hitchhikers deep down into the Earth.

You are now filled with crisp, clean, pure light. Sit still with this light and wait to feel the pulsating power inside you that has been there since the beginning of time. This light, this power, is your authentic self that was buried beneath years of shame and regret. Your soul and your self are one and the same.

If you can't locate this light or feel it yet, don't worry. It will come to you as we work together to find your soul purpose.

SOUL KIT

The first tool in your Soul Kit is the Blower. The Blower is a mental exercise that involves deep breathing and helps you release any unwanted energy weighing you down and keeping you stuck. Picture two openings on the top of your skull, like a whale's blowhole. Breathe in deeply and then breathe out, imagining everything that is blocking you or holding you back being pushed out that blowhole. Release all of the following through your deep inhalations and exhalations:

- Shame, regret, guilt, anger, and fear you've been carrying over the years.
- Labels and identities that others have placed on you.
- The illusion of control over your image.

BONUS TOOL: CHARITY

Volunteer, donate, or help someone less fortunate. **Give away an item that you thought defined you,** perhaps a warm designer sweater, to a person in a senior living facility. Try to part with a pair of rain boots that someone in a homeless shelter could use. Or give away a coat that has been the envy of all your friends. Observe how you feel once you've given your time and favorite items to those in need.

Soul Search Part I

HOW DID I GET HERE?

- Who was the strongest authority in your family of origin? Mother, father, grandparent, foster parent, stepparent?
- 2. Were they unconditional, or did they rule by threats and fear? (If you don't do ____, then you can't have ___!)
- 3. List as many directives given to you by this authority figure as you can remember.
- 4. Were you or your family a part of an organized religion? List the rules to live by that you learned from that organized religion.
- 5. What groups, besides religious, did you and your family associate with? Girl Scouts? Neighborhood block parties? Organic gardening club? List the rules that were handed down to you from the authorities in those groups.
- 6. Was your family part of any ethnic or cultural group? List the rules you learned from this ethnic or cultural group.
- 7. Whose word did you believe at school? Teachers? Most popular kids? Principals? Coaches? List the life rules you followed that you learned from any school figures.
- 8. What messages from the media do you feel you believed or internalized? This can be from movies, TV

shows, magazines, print ads, the internet, billboards, and even product packaging and product placement on the store shelves.

Before we go on to the second part of the quiz, read through these answers very carefully. Take out a separate sheet of paper and organize your answers into four categories:

- 1. Made/makes me feel bad about my actions and deeds.
- 2. Made/makes me feel bad about my body, face, intelligence, or skills.
- 3. Made/makes me feel good about myself.
- 4. I believe it and still live it today.

Note there might be many rules that fit into two categories: They made you feel bad and you are currently living them, or they made you feel good and you are currently living them.

Once the rules are organized into categories, highlight or underline the ones that most dominate your thinking, or dictate how you live your life today.

To make matters easier, Part II of the quiz only pertains to those highlighted answers.

Soul Search Part II

FINDING THE COURAGE TO FACE THE TRUTH

1. Did the rules from any of these so-called authorities lead you on the path to the job or career you're in now?

- 2. Is this the job or career you want?
- 3. Did any of the rules lead you to your current relationship or sexual orientation?
- 4. Is this the relationship or orientation you want?
- 5. Do you live in a geographic area, socialize with certain groups, or belong to certain organizations because of the rules from your authorities?
- 6. Is this where you really want to live? Are these the groups with which you want to spend your time?
- 7. Have you ever bought products, clothes, medicines because you felt that you were not the best you could be without them?

Now look at the answers above and number them 1, 2, 3. Put a 1 by anything that is exactly as you want it: your job, your spouse, your church membership. Put a 2 by anything that is neutral in your life—you could take it or leave it. Put a 3 by anything that is not in line with who you really want to be, or who you feel you are, deep inside. Part III of the quiz pertains to everything you numbered with a 3 and maybe some of the stuff you numbered with a 2.

Soul Search Part III

1. List the ways in which your internal self, your true self, is at odds with each item you've numbered with a 3.

- 2. List the rules you've picked up from the authorities that prevent you from discontinuing the actions that create the items numbered 3.
- 3. Ask yourself what would happen if you ignored their rules, ignored their so-called authority, and instead answered to a Higher Power (the driving force inside your soul that started off as a whisper but has suddenly become a roar)?

Soul Search

FINDING YOUR WAY TO NOTHING

Naybe you're not going to find your way to nothing. Maybe it is something. Everyone knows that prayer is a way of talking to God. Usually it is a one-sided conversation held exclusively by you, asking for God's favor. But what you might not know is that meditation is a way of listening and receiving answers and solutions directly from God. Meditation is so easy you can do it right there, wherever you are. Here is an easy way to start. Read these directives, then set this book down and have a go at it:

- 1. Pick a specific question you'd like answered, or a general topic about which you need to learn more.
- 2. Got it? Now, sit in silence. Let any intrusive thoughts float away—you can see them as images. Let these images drift off like smoke.
- 3. Next, close your eyes and breathe slowly and deeply, in through your nose and out through your mouth. Do this seven times, with all your focus, all your mental energy, only on your breath. If it helps, say in your mind, *I'm breathing in, I'm breathing out*...

Soul Search

YOU GET WHAT YOU EXPECT

hen your soul is aching for change, so much so that you can hardly breathe, instead of forcing change on your current situation, try not to be impulsive by jumping in with two feet. There are a few necessary steps to follow before you proceed (see list on the following page). The best course of action to eliminate the possibility of your ego mucking everything up is to give The Universe ample notice, just as you would give your boss sufficient notice before quitting your job. Chances are thoughts of change have been swirling around you for a while, but you may have not known how to proceed. Always ask The Universe to send changes that are in alignment with the highest good of your soul, as well as for the souls of everyone around you. By implementing the steps listed below, like a powerful magnet, you will attract the best possible energy to activate your much-needed transition:

- Clearly and deliberately set your intentions for what you want, need, or expect. Focus on your expectations, however drop the expectations of how you believe everything should unfold or be delivered.
- 2. Write it down and be very specific and descriptive. This will help you home in on exactly what you want. Similar to when you place an order on the internet for a great pair of shoes you've been wanting, you must be careful to include the

model number, size, color, etc. In other words, The Universe delivers exactly what you ordered. Making a list is a good way to help you brush away the debris of cluttered thinking so you can identify your needs.

- 3. Read what you wrote aloud. This will help you reconfirm your needs to yourself and to The Universe. But most importantly, be open to receiving everything that you have been asking for. Do not let your fears get in the way—especially your fear of change.
- 4. Surrender to time and to the ways of The God Force. When The Universe is getting ready to make good on a delivery, please know that most likely there are many moving parts happening behind the scenes, which first must be rearranged and realigned, some of which you may never learn about. Try to understand, just like a game of chess, each part of the equation has to be carefully manipulated until an open and clear path is made to usher in the new energy that will assist you in obtaining your desired results. Just sit back and wait patiently, as everything happens at the perfect time.

SOUL KIT

Self-Parenting

Now that you know that you can be your own authority, you can apply this authority to any area of your life. As I mentioned, and I can't stress it enough, if you look at the areas where you are most successful, chances are you've already assumed authority there. Now it's time to identify the places in your life where you still feel fear is holding you back from being your own boss. Visualize yourself in the middle of that place/job/world. Now, pretend you are your own parent—not the parent you had as a kid, pretend that *you* are the parent to *you* as your own child. You understand the child inside you pretty well, and you understand the adult inside you, too. And you know everything you have been through.

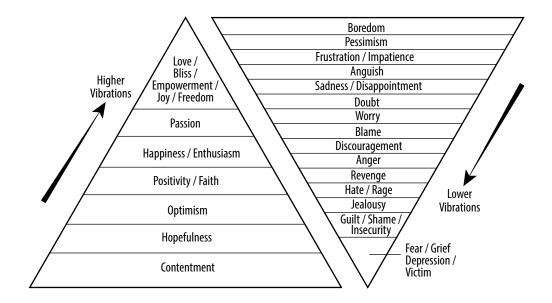
Now shut your eyes and ask yourself what you, the parent-you, should do to direct and help the child-you. Listen to The Divine Intelligence speak through what you think of as your intuition. Let this Divine Intelligence lead you. Be gentle with this child, speaking softly, with compassion and love. Let this child know they are safe no matter what they decide to do. There is no judgment here on either the parent-you or the child-you. Remind the child-you that the only way to fail is to not try. Remind the child-you that what you think of as failure is really just part of the process of growth and development. When a batter hits a home run, remember that he struck out many, many times before that home run.

When you are advising the child-you, stop and make sure that you're not echoing a belief system taught to you by someone you formerly believed to be an authority. You now know better. You know that you and God are the only authorities. After all, no one else on Earth can be your proxy and take the test—the test of your soul—for you.

Don't forget that words and thoughts carry a vibrational frequency and become real things. So choose both your words and thoughts carefully.

Finally, give the child-you permission to let go of the old patterns in order to make changes. The consciousness of God plays by different rules—rules that will work in favor of the child-you as long as those desires don't inflict pain or suffering. Simply put, when a soul has an intention to carry out what is pure and good for all concerned, The Universe conspires to make it happen.

The great thing about the self-parent: They are always accessible. As long as you are there, they're there too. Whenever you're in doubt or feel lost, break out the self-parent within you. Along with your connection to God, the self-parent will always turn you in the right direction. It knows the way!



Here's a short exercise to help you identify whether you are living in a low frequency, in fear, or in a high frequency, in love. Simply seeing where you are will help you let go of your fear so that you can live your life fully washed in the light of The God Force.

Soul Search

LOVE VS. FEAR

- 1. List the five things you most fear and rank them from 1 to 5. Do you dwell in life's fears: poverty, illness, addiction, homelessness, or being alone? Or do you dwell in social fears: parties, dating, public speaking, work performance, job interviews? Or are your fears personally tuned to what you think of as you: elevators, dentist visits, crowded movie theaters?
- 2. Do you often or ever think about death? How do you feel about death? Describe the emotions that come up as you write your answer.
- 3. Draw four concentric circles, one inside the other—a bull's-eye. In the center circle, list the people to whom you are closest, the people you feel you can't live without. On the next circle, put people who don't make it into that closest circle but who you think of as good friends. Work your way out to neighbors or acquaintances.
- 4. To use a familiar metaphor, do you tend to look at the glass as half empty or half full?

Let's look at your answers to these simple questions.

Question 1: Are the fears you listed controlling or influencing your life? Are your moods or actions directly associated with these fears? Next to each fear, write what would happen if you let go of the fear. What in your daily life would change if this fear had no influ-

ence on how you lived your daily life? What would happen if you let go of trying to control your fears and how you respond to them and, instead, put them in the hands of The Universe? Try it for one minute. Then for one hour. See how your mood, your vibrational frequency, changes.

Question 2: If you're preoccupied with death, as many people are, ask yourself how these thoughts change your day, or your mood? Do you have questions about death; does it feel unknown and beyond your control? Write down every question you have about death. Hopefully, by the end of this book, those questions will be answered and you will feel more comfortable with the spiritual cycle. Trust that death is not an end point—rather it's a passage.

Question 3: Look at the people in your innermost circle. Do you trust them? Do you feel enveloped in love when you're with them? Ask yourself this of each of the people in each of the circles. When you surround yourself with people you love who love you back, you raise your vibrational frequency toward the light, toward The God Force. When your frequency is raised, you attract others with high frequencies. Likewise, low frequencies attract low-frequency people. This is the Law of Attraction. See if you can arrange your life, and use your time in the three-dimensional world, so that you are mostly surrounded by high-frequency people. Although it's true you can't avoid certain people such as family members or coworkers, try your best not to allow yourself to become the victim of their drama. As I often say, "shut it down," or "pull the plug"—which means eliminate the power that fuels their drama, aka their ego. Walk away or be blunt and tell them it's not your circus and not your monkeys—a fun phrase to remember when trying to lighten the mood. It is also true that low-vibrational people may get angry when they lose their audience, but don't let that bother you for even one second. These people are very capable of quickly finding an entire new crowd to dump their garbage on. When you release low-frequency people, you spring toward the higher vibrations, toward the light where you are surrounded with love. You weren't born to linger in the darkness; you were born to love and to give love. After all, you are love!

Question 4: If you go through the steps outlined in the responses to questions 1, 2, and 3, you might be able to turn your gaze away from darkness and toward the light. I know it's not easy to change habits. And even our moods become habits! But if you've identified yourself as someone who is operating on a low frequency, then you are ready to leave behind your fears and leap toward the relief of a higher frequency. Practice this by flipping your point of view. Each time you see something in the negative, or through the emotion of fear, flip it in your mind and look at it through the lens of love. See what happens when you do this over and over again. Chances are, you'll create a new habit—a better one, you'll raise your vibrational frequency and move closer to the light of God.

SOUL KIT

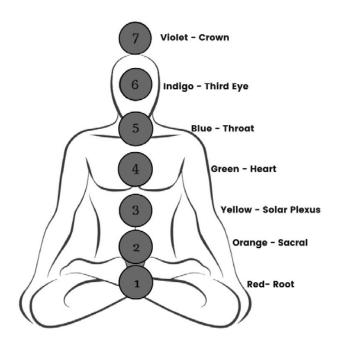
Meditation for Releasing Fear

Here's another meditation. (I can't overstate the value of meditating!) Each time you feel your frequency lowering, or feel yourself turning toward the shadow side or a lower chakra, repeat the following phrase in your mind five times as you breathe in deeply through your nose and out your mouth: *I breathe in love, I breathe out fear. I breathe in love, I breathe out fear.*

Do you remember that soup of vibrational energy that we're all swimming in, the electrical soup that connects us to one another and to The God Force? When you push energy to one place, you eliminate energy from another: That's the Law of Balance in action. When you breathe in love, you open your heart chakra—and an open heart chakra filled with love increases your vibrational frequency. And when you increase your frequency, fear is pushed away. Amazing that you can take care of all this simply by breathing.

There are seven chakras in the human body. Chakras are spinning wheels of energy made up of cosmic light that run up and down your spine from your pelvis to the crown of your head. They are similar to rechargeable batteries and serve as energy portals for the human body; cosmic energy and light are pulled in from the atmosphere, flowing in and out of them connecting the physical body with the spiritual realms. This flow allows each chakra to spin in a certain direction. When one chakra is blocked and out of whack, it affects the spinning motion of the other chakras (the Law of Balance). When these energy centers all spin in alignment, then each chakra is considered to be open (balanced) and healthy. Problems occur when the stresses of life creep in. Stress, along with negative emotions that we refuse to let go of, clog these spinning wheels of light and energy, slowing them down or leaving them stagnant or blocked. When a chakra is blocked, less energy and light are present and we experience the shadow side of its function. This shadow side connects to ideas and actions that can lead us away from our soul purpose. When we push the envelope and ignore the warning signs, ultimately, we live out of the shadow side of our chakras, resulting in many imbalances in our whole system, both physical and emotional.

The chakras below the heart are called lower chakras; these chakras are where the underdeveloped ego dwells and is connected to the three-dimensional world. As we learned, if not tamed, the ego could wreak havoc in our lives by convincing us of many lies rooted in fear. The chakras that sit at the heart and above are called the higher chakras and are connected to The Divine, or love. These higher chakras connect to the higher or heavenly realms where we are able to connect to the Ascended Masters and God. Each chakra has a color that it emits, creating an aura that surrounds your body. Starting with your first chakra, red is located at the bottom or your pelvis, and is connected to your root. The second chakra is orange, and is located directly below your navel and is called your sacral chakra. The third chakra is yellow, and is located right above your navel and is called your solar plexus. The fourth chakra is green and is located in the center of your chest right where your heart is and is called your heart chakra. The fifth chakra is blue or turquoise, and is located at your throat area and likewise it is known as the throat chakra. The sixth chakra is the color indigo (a combination of blue and red) and is located in the center of your forehead; this chakra is called the third eye, or the brow chakra. And finally, the seventh chakra is violet, often mixed with white, and is located at the top of your head, connected to your crown ,and is called the crown chakra. See diagram below:



Soul Search

WHAT'S YOUR VIBE?

- 1. If pure love is at level 1 and pure fear is at level 22, where would your average daily vibration be?
- 2. List the people in your inner circle. What number would you give their average frequency?
- 3. In a crisis, what is the role you assume? Leader? Calm one? Hysterical one? Or the inner child who needs to be cared for?
- 4. Explain how you'd handle the following situation. (Rework the dynamics if you must, but try to keep the scenario as high-stress as this one.) Your sister's getting married in California. You, your spouse, and your kids plan to fly out there a day early from New York to help her get ready. When you get to the airport, you find that your flight has been delayed for three hours. By the end of that time, your kids and husband are bored, grouchy, hungry, and whiny. Just when you think it's time to board, the flight is canceled altogether and you're told the next flight they can get you on is two days later, which means you'll miss your sister's wedding. Note: You are unable to find another airline to accommodate your needs. Explain exactly how you'd react.

Soul Work Day One

- 1. Explain this chapter to three or more people who are in your daily life. (Choose people who do not know you intimately, like your boss or a neighbor.) Ask them to rank you on a scale of 1 to 22.
- 2. Ask them to say what they think you'd do in the airport scenario.
- 3. Keep a notebook for 24 hours and make periodic notes of what you're feeling and what you think your vibe is on the scale of 1 to 22. Don't judge yourself or make excuses, just take note.

After you've completed the homework and the quiz, do the following:

- 1. Compare how you see yourself to how others see you. Do they match up? Are you vibrating at a lower frequency than you'd like to be? Are you surrounded by people who are also vibrating at a lower frequency? (Remember the Law of Attraction.)
- 2. Write the name of the chakra next to each emotion you noted in your journal. Indicate whether you think it was the shadow side of the chakra or you were turning toward the light, The God Force. What would you say your average frequency was for the day?

Soul Work Day Two

Keep a journal as you did the day before. This time, each time you notice yourself acting or *thinking thoughts* that vibrate from a lower chakra, or the shadow side of a chakra, say aloud the word *CANCEL*. Visualize the chakra as a ball of energy you can hold in your hand. Imagine yourself turning it so you are looking at the light side, The God Force side, the side that vibrates at a higher frequency. Learn to match a high vibration emotion to the beautiful, glowing chakra ball. I'll give you a hint. Think of a funny memory that, even to this day, puts a smile on your face. Hold this memory for a few seconds. Take a deep breath and release. There, I see you smiling. After practicing this all day, examine yourself in a meditation, then see where your vibrational frequency now lands on the chart.

SOUL KIT

As I mentioned earlier, in order to banish fear, we must bring more love into our lives. The heart chakra is responsible for our ability to love. In order to open this magnificent gateway, we must also experience sorrow and disappointment—which is different from fear. Obviously, this is not what we try to manifest, but it's part of the duality of the heart chakra—we need to feel both sides. Here are a few tips the spirit world has given me to help you to open your heart:

- Cry. Many people are taught to be brave or strong and not to cry; it is often labeled as a sign of weakness. Crying cleanses our soul and helps us release stored old emotions that weigh us down. It helps open one's heart center. Try watching a sad love story to get the tears flowing.
- Adopt a pet. Having love for a pet connects us to our hearts. Studies have shown that just taking care of and petting our animals releases feel-good hormones. Also, when you give love to your trusty new friend, they return it unconditionally.
- Become more charitable. Give more than you receive. Giving whatever we can to someone less fortunate not only allows us to have more empathy and compassion, which helps open the heart, but also helps us to feel good about ourselves, knowing we are doing our part to help in some small way. Go to a homeless shelter, animal shelter, or even a nursing home for a short visit. Just a visit or a smile can go a long way.
- Love yourself more. Loving yourself the way God loves you is one of the most powerful tools you can carry. Stop believing the lies you were taught about sacrificing your happiness in order to please others. Be true to yourself and don't have lunch with the low-frequency neighbor when you really want to work on that blanket you're knitting for your soon-to-be-born grandchild. Work your way to saying no to people and activities that bring down your vibrational frequency—instead, say yes to people and activities that are swimming in the high frequency love of The God Force.

SOUL KIT

Finding Your Team

When my spirit guides instructed me to teach my first psychic development class, I was very obliging, but I wondered where I would get the students with the proper credentials to be in my class. I had no idea that there was an internet group called Meetup. When I asked my spirit guides where I would get the students for my class, I coincidentally came across this website. Of course, we all know that there is no such thing as coincidence. What I later found out was that only one student who came from the Meetup internet site was meant to be in my class, though at least eight people from that advertisement came and interviewed with me. The student from the Meetup group has flourished like a beautiful flower and she is now my good friend and an amazing reader of the Akashic Records.

What I also learned was, just by having blind faith and agreeing to teach this class at the directive of my spirit guides, they were the very same beings that took control in helping me connect the rest of the dots. Before I knew it, my clients were all asking me how they could further develop their psychic gifts. Word of mouth spread, and before long I had enough people to teach many classes.

My advice to you, then, is to take that first step: Take a leap of faith to find the right team for you and decide what type of group you would like to participate in. Use your gifts and talents to teach others what you've learned—or become the student and join a class of like-minded individuals who share similar interests and passions. Here is what I recommend: Make a list of your five favorite activities. Number them in order, with 1 as your most favorite.

- 1. Next to each activity, write a list of the places where other people do this activity. It doesn't matter if it's a solitary activity like reading or watching TV; there are places where those things are still done.
- 2. Get on the internet and Google groups that regularly engage in that activity, even if it's something done alone, like reading. There are always several different Meetup groups or other types of groups on the internet consisting of people who have the same interests as you. Write down the groups next to each of the five activities.
- 3. Make a list of other people you know who you think may enjoy the same activities. Write down their names next to each item on your list.
- 4. Devote one month to trying out a group for each activity. If it's something like reading, you might go to a book club. If it's something like gardening, you might join a horticulture society. Side note: One of my sons recently relocated to a new state and he loves to bowl, so he decided to join a bowling league. He has made friends who share his interest. I am so happy he feels more like he belongs in his new surroundings.

Soul Search

FINDING TRUE FREEDOM THROUGH THE COURAGEOUS ACT OF SURRENDERING

- 1. Do you often see yourself as the victim and blame others for your unfortunate circumstances?
- 2. Do you ever say, If only [blank] would happen, then [blank] would happen?
- 3. Are you impatient and expect immediate results for your desired outcome?
- 4. Do you believe your way of doing things is the only correct way?
- 5. Do you judge others who don't share your opinions or values?
- 6. Do you believe it's a dog-eat-dog world and the only way to survive is by outsmarting others?
- 7. Do you make decisions or change plans according to fear?

If you answered yes to any of the questions above, you need to practice detachment and surrender.

When you cast yourself in the role of the victim, you are surrendering to fear and not to God. When you think all good things are conditional on other things, you are ignoring the powers of The Universe.

When you are impatient for results, you are stuck in the simple linear time of the three-dimensional body. When you believe that you are more right than God and The Universe, you are deceiving yourself into thinking you have control. When you judge others who don't share your opinions and values, or think you have to outsmart others to get ahead, you are disregarding the fact that we are all connected through The God Force—we are all one and the same. And when you make decisions from fear-based thinking, you are turning away from love and God.

To act out of fear is to pull yourself away from The Divine. You already know that fear is the opposite of love, but I'll say it again! Each time you are afraid, turn the situation around and find the love. True freedom can only be achieved by letting go of your outdated, programmed belief system. I pray you open your mind, heart, and soul to alternative paths that will lead to your predetermined end. I pray you aren't waiting to become a disembodied spirit in order to live out your soul purpose. You can start living your best life, with passion and purpose, right here, right now, on Earth. I have, and if I can do it, so can you. Let go and surrender to the plan of your soul. Allow the energy of The Universe to be your best collaborator. It knows you inside and out; it remembers why you came here. And, just like the navigation system Waze, it knows the most efficient and quickest route to get your soul to its final destination.

SOUL KIT

Surrender Prayer

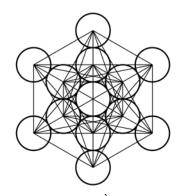
Each time you have difficulty surrendering to The Universe, repeat this prayer:

Thank you, Universe, for all that you see and understand. I surrender to your infinite wisdom and endless possibilities

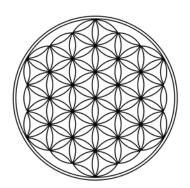
in helping me achieve my soul purpose. Please assist me in opening up my heart and allowing the emotion of love to flow through me. This will help me to eliminate all my fear-based thoughts and replace them with loving and safe thoughts. Allow me to view the world with spiritual eyes rather than human eyes, which I know will only limit and restrict my path. Please provide me with strength, grace, and patience.

I surrender any attachments and expected outcomes and humbly surrender to the unseen energy that will allow me to receive the best possible outcome for all concerned. I surrender to your will and I am open to any and all signs you are willing to provide to light the way and pave the road, which will ultimately lead my soul to its highest purpose. I understand that time is an illusion, and what may seem like a lifetime on the Earthly plane may be the blink of an eye in the world in which my soul originated. I am grateful for this opportunity to grow and learn, and I am willing to have blind faith until the end. I thank you for granting me the favor of grace as I struggle to remember the plan of my soul. I humbly thank you in advance.

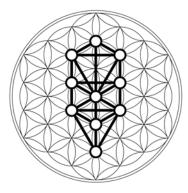
And so it is, Amen!



METATRON'S CUBE



THE FLOWER OF LIFE



THE TREE OF LIFE

 THREE-DOOR GATE OF CHIBAGUA Red **Purple** Fame Pink Fire Wealth Relationships Abundance Marriage Wood Earth Yellow White Green Family Children Earth Past Creativity Wood Metal Center Blue/Green Gray Knowledge Helpful People Black Travel Spirituality Career Water Metal Water

SOUL KIT

Entrance

Entrance

Entrance

Making Room for New Energy

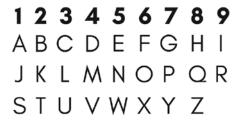
The art of feng shui encourages a harmonious flow of energy (chi) moving through all objects in your environment. As humans, we tend to get attached to items we've acquired, and very rarely do we part with our favorite collections. Whether

or not you realize it, we do the same with unfavorable emotions that we carry around inside us, holding us hostage on a subconscious level. We carry these emotions around like an old, worn-out suitcase that we forgot to unpack. It has been said that your outer world is like a mirror that reflects your inner world. By following these three easy steps, you will open up blockages and declutter your environment, creating sacred space on the outside as well as on the inside.

- 1. Start by cleaning out one room in your home that you spend the most time in, such as your bedroom. Begin by cleaning out small drawers. Make three piles: One pile should consist of items that you haven't used in six months—label this pile *DONATIONS*. Try to keep in mind that your trash may become someone else's treasures. Once you realize that these items will make someone else happy, it won't be too difficult to let go of them. The second pile should consist of any items that are no longer useful to anyone—label this pile TRASH. Try to remember a time in your life when these items were useful to you and brought you joy. Honor the memories and release them to make room for new items that will bring you more joy. The third pile should consist of items that you do use and plan to keep—label this pile *KEEP*.
- 2. Once you are done sorting through the piles, make sure you organize the items labeled *KEEP* and neatly place them back in their respective drawers. Quickly pack up the items from the other two piles and make arrangements to dispose of them as soon as possible. You will feel lighter in no time. You will quickly feel motivated to tackle cleaning out the rest of your room, and finally the rest of your home. In doing so, make

- the same three piles and follow through accordingly. Ahhh—doesn't that feel good?
- 3. Take a look around your bedroom. Make sure there is nothing blocking the door into your room. If you have big, bulky pieces of furniture that are too big for the space, try to find another home for them. Remember, less is more. Place your bed against the wall that is diagonal from your bedroom door. If this is not possible, pick a wall that will accommodate a good solid headboard (for grounding) and a nightstand placed on each side of the bed to balance the energy. Try not to store items under your bed, since it blocks energy flow. Add a pretty, colored rug under or around your bed for further grounding.
- 4. Feng shui works hand in hand with the **Law of Attraction.** Create a vision board and fill it with pictures of what you intend to attract into your life. For example: If you would like to attract a partner to spend your life with, look for a picture in a magazine of a happy couple who are kissing in front of the Eiffel Tower. (You get the idea.) Place the picture on your vision board and hang it where you can see it frequently.
- 5. Also hang pictures of items that make you happy and that are pleasing to the eye—preferably items that connect to the elements of the Earth that can energize you. Also, you may want to add plants, rocks, crystals, or candles. Bring in the element of water with a fountain, one that circulates water with a small pump. The sound of the water can help you relax as your drift off to sleep.

To begin, look at the chart below: It gives a numerical value for each letter in the alphabet. Take your first, middle, and last name (given to you at birth), and add up the numeric values of the vowels in each. *Do this for each name separately, reducing them to a single digit.* When you are finished gathering the numeric value of each name, add them all together. Once you have the sum of each name, reduce the number to a single digit. *That*, my friends, is your Heart's Desire Number. It was with you at birth and it will be with you to the end. Look closely and see how and when that number appears to you; how and when it leads you to your heart's desire and your soul purpose.

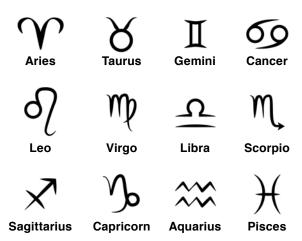


SOUL KIT

Keeping Track of Numbers

Carry a journal with you for seven days. Whenever you get a free moment, write down the numbers that have appeared to you, in any form, throughout the day. When you are stopped at a traffic light in your car you may notice the license plate in front of you has numbers that match your birthday. Or perhaps you are waking up at the same time every night and realize that the time on the clock matches the time your loving grandmother departed from this world. Yes, this is indeed a message from your grandma. Keep looking around for numbers that pop out and grab your attention, and at the end of the week, look for patterns and repetitions. What are the numbers that most often appeared over the week?

If you worked out the formulas for your Life Path Number and your Soul Urge Number, see how many times these numbers appeared in your space over the course of the week. If you keep seeing the same numbers in different places, especially in your dream state, perhaps you may want to try your luck and buy a Lotto ticket and pick these numbers to win. The Universe is on your side and is abundant enough to reward you. Different numbers will come to you at different times in your life. Using the information in this chapter, try to decipher what messages these numbers are holding for you.



SOUL KIT

Activate Your Light Body

In this Soul Kit I am asking you to surrender the unhealthy parts of your ego: the parts that are keeping you from the wonderful gifts that are yours for the taking. Our egos tell us the biggest lies and keep us from realizing our fullest potential. Try practicing the following techniques when your ego rears its ugly head.

- 1. Let Go of Negative Emotions Through Forgiveness: Think of a negative emotion (pride, anger, fear, jealousy) that is keeping you separate from what you truly enjoy. For example: Your father called you hurtful names when you were young, and you just can't seem to forgive him. Pride and anger are causing you to hold a grudge and are keeping you from attending family gatherings with people whose company you love and enjoy. Try to understand that at one time your father was a child too, and most likely an adult called him unfavorable names. He is only repeating a cycle that was created for him. Realize that people who are hurting usually hurt other people. This often makes them a perpetual bully. Do not take his name-calling personally; rather, try to find it in your heart to forgive and release the emotional baggage that is weighing you down. Practicing forgiveness and humility can work wonders in releasing the shadow side of our egos.
- 2. Practice Gratitude Through the Law of Polarity: We all know that what goes up must come down. Be grateful for every person and situation in your life—both the good and the bad. Every negative experience brings an opportunity to appreciate the positive when

it arrives. The Universe wants to provide us with every desire of our heart, but only if it is for the highest good of all concerned (balance). You may be on top of the world one day but fall flat on your face the next. Experience is the best teacher.

To practice gratitude, get out your journal and take five minutes to make a gratitude list. Think about all your blessings, big and small, good and bad, obvious and obscure. Here's one: Every time I walk down the street, I feel grateful that I have two working legs. And because I walk down a lot of streets, this one thing can keep me thankful throughout the day! After you've written your list, look back at whatever was making you feel bad earlier. Chances are, what you thought was a sticky situation, one in which you couldn't imagine a favorable outcome, is not half as bad as you thought.

3. Have an Open Mind, Surrender, and Go with the Flow: Ego has a tendency to make us believe it knows best in any given situation. Life is constantly sending us messages to release control and surrender to a higher wisdom. For example: Let's say you have your heart set on going to Mexico for an upcoming holiday. You research flights, only to see the prices are triple what you normally pay for the same trip. You look at the weather report for Mexico and see that the five-day forecast is calling for rain. You ignore it because you know that rain lasts for a shorter time there—you're prepared to take your chances.

Then you find out that your boss is going to be out of the office that same week, leaving no one to man the office. Your boss asks you if you can go to Mexico the following week, but you refuse. Your boss begins to view you differently, treating you with less

respect—plus you wind up paying top dollar to fly to Mexico, and you come home with food poisoning. To top it all off, it rained the entire week of your trip. This became the worst vacation you had ever taken.

Never assume that you always know best. Next time, read the signs that are in front of you and surrender to the circumstances. When I need an answer from The Universe, I usually ask for three signs to point me in the right direction. In our hypothetical Mexico trip, the inflated airline prices was the first sign to stay home. The boss asking you to move your plans to the following week was the second sign. And the rainy forecast was the third sign. Understand that the big Eye in the Sky knows the outcome of every situation and has the best solution for all concerned.