

INNER TEMPLE MYSTERY SCHOOL



# THE SACRED SOUL MYSTERY

*with* REBECCA CAMPBELL



A woman with long dark hair, wearing a vibrant red robe, is seen from behind as she walks down a set of stone steps. She is moving through a large, arched stone doorway. The walls on either side of the archway are covered in intricate, ancient-looking carvings or hieroglyphs. The floor is made of large, light-colored stone tiles. At the end of the path, through the archway, is a view of a vast, colorful, and starry sky, resembling a nebula or a galaxy. The overall atmosphere is dreamlike and ethereal. The text is overlaid on the image, centered horizontally and slightly above the woman.

*Your soul had a dream. Your life is it.*





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# INTRODUCTION

*Part One*

# THE SACRED SOUL MYSTERY

## *Welcome*

Welcome to *The Sacred Soul Mystery*. Here we get still and quiet as we drop deeply inwards to explore perhaps the biggest mystery of all: the Soul. If we want to embody the mystical path and truly live a soul-led life, we need to tend to the relationship with our Soul, enter into a direct relationship with it and, ideally, invite it to step forward and lead us. This module is just that: a deep dive into what the Soul is and deepening your relationship with yours and the wisdom it holds.

I believe the Soul is the ancient part of us that chose to be here in this life, in this body, on this planet, at this time. I believe it is connected to the same intelligent Sacred pulse of life that tells the flowers when to bloom and the seasons when to come and go. I believe it is the part of us that is wise beyond our years and is always calling us towards our most-aligned life. I believe the Soul speaks in whispers, dreams, visions, feelings, longings and yearnings.



Once we have developed a deeper relationship with our Soul, you may find that you are able to be in constant communication with it. That your mind, body and soul are in a constant dance. Our life takes on greater purpose and joy when we are living in alignment with the yearnings of our soul.

I'm curious about what you believe. As always, I encourage you to adapt the language to work for you and your belief systems. I'm mindful there are some faith paths and traditions that do not believe in a 'soul' in this way. I trust we can find a shared space of understanding as we move through this module. And if it is a stretch for you, then allow that too to become the practice. Expanding your views and beliefs and opening ourselves up to the Mysteries even more...

In this module we are using your soul (the Soul) as our guide to experience the Sacred in an embodied way. We will be experiencing different practices that serve as gateways for us to return to our own true nature, hear the voice of our soul, explore the unknown and, ultimately, reconnect with the Sacred Intelligent Pulse of Life that is woven through us all.

A mystic at heart, I've chosen to devote my life to living into this great Mystery. To reaching for the part of us that existed before we took our first breath, and will live on after we exhale our last. And the deeper I get in my exploration of the journey of the Soul, the more I'm certain of the Mystery itself.

Truly doing the work to learn and remember who I am from a soul perspective has been the most rewarding, influential and affirming work I've ever done, and continue to do. From understanding my soul gifts to my soul qualities, the process of naming and claiming these gifts and qualities has been fundamental in embodying who I am as a soul having a human experience. It is this work that has allowed me to step into my calling as a writer and teacher, and it is this experience that has helped me to create a life that is truly, authentically mine.



I'm looking forward to going deep with you as we turn inwards and journey around the multifaceted wisdom of your soul. This journey will be deeply personal for each of us, so pause when you need to, ask for help when you need to, listen carefully for when you need support.

My prayer is that you journey through *The Sacred Soul Mystery* feeling truly held and supported and follow your own curiosity and intuition about what medicine, messages and gifts your soul has for you.

# WHAT YOU WILL NEED FOR THIS MODULE

## *Getting organized*

Here is a list of some of the objects that you may need for this module. Always try to source locally and sustainably where possible. We have included items that we know and trust.

- △ **Candle(s) for evocation**
- △ **A stone or crystal for your Soul Altar**
- △ **Altar items of your choosing such as cloth, water, oils, stones or flowers**
- △ **Soul altar item for your *Inner Temple Mystery School* altar**
- △ **Notebook for Dream Journal**
- △ **Glass of water**
- △ **Pen or pencil for *Soul Inquiries***
- △ **Intuitive writing journal/notebook**
- △ **Device or speaker for playing music**
- △ **Photographs, magazines, newspaper clippings, pictures for vision board craft**
- △ **Cork board or large sheet of cardboard, or Blu Tack**
- △ **Water or oil for anointing**
- △ **Oracle Cards**

# THE CALL OF THE SOUL

## *My journey with soul*

While the specifics may vary, most of the world's cultures and religions recognise the presence of the Soul and many believe that our soul incarnates over and over again. Exploring what the Soul truly is and where it comes from has been a living question among mystics, philosophers and theologians for centuries. It shall perhaps remain one of the great Mysteries. I have devoted my life to living these questions and helping others live a soul-led life.

I woke up to the first seeds of my soul's calling relatively young. However, it took me almost twenty years to gather the courage to trust, surrender to and act on this call in a grounded, practical way. And, as is the case for most people, my journey has been anything but straightforward.

I believe we have two parts to us: the human self and the soul self. The human self consists of our mind and body; it's the 'suit' that our soul embodies and uses while we're incarnated on the Earth. The matter in which our soul is planted. I believe that before we're born, our soul consciously chooses the body (which includes within it ancestral patterns, family dynamics, location and DNA) for our soul's growth, karmic history and personal and collective soul missions. Without the human self, the Soul can't experience itself. Without the Soul, the human self ceases to exist. The two are held together with our breath.



The Soul is our inextinguishable, eternal self; the part of us that we carry from lifetime to lifetime and beyond. Everything your soul has experienced adds to who you are as a soul. I believe that as souls we've experienced many lifetimes here on Earth and that many of us have been influenced by experiences in places in the vast Cosmos beyond this planet.

In my late teens, I began working several part-time jobs so that I could afford to train in the intuitive, mystic arts and read as much as possible about the journey of the Soul and our place in the Universe. I didn't see this natural fascination and passion as a legitimate path, but as something that I kept in my personal life. In my twenties, I began stepping out of the spiritual closet by offering sessions in my spare time from my job as a creative director in advertising.



Before long, it became very clear from the people who showed up for these sessions that I was here to support souls who remembered that they'd come here for a reason. As the years passed and I worked with thousands of people all over the world, I began to see a resemblance between people who, although outwardly extremely diverse and from every walk of life, shared similar traits from a soul perspective. I noticed that many had a clear knowing from a very young age that there was something they'd come here to do, and that they felt like time was running out for them to do it.

This knowing seemed to be innate, rather than learned. Many of these people felt isolated or alone in the part of the world in which they'd been planted, and as if they were 'the weird one' in their family, school, suburb or town; they longed deeply for like-souled people to connect with. I so related. The further my work reached and the more people I began working with, the more patterns I began to see emerge. I had a clear vision of these souls being carefully placed and planted in the soil of the world, as if the location, details and timing of their births and upbringings were carefully orchestrated.

Some were born into families who were very different from them from a soul perspective, while others had upbringings that would support their journey more quickly. Each soul with their own personal syllabus, but working together on collective soul missions. Some here to break down archaic systems and structures; some here to clear things ancestrally; some here to birth things anew; some here for karmic reasons; some here to support and midwife; some here to ignite and activate; some here to clear the way for the new souls that are coming.

Remembering who we are as a soul has been some of the most influential work I've done, both personally and professionally. I believe that when we acknowledge the Soul we call in more of our Sacred life force, for I believe that the Soul is itself Life force.

Our soul's unique essence is crafted through all of the experiences it's ever had. Like a multifaceted crystal or a fingerprint, each experience creates a new facet, or a brand new loop, arch or whorl. As the Soul continues its journey, it keeps creating and carrying with it all of these imprints of all of its experiences, from lifetime to lifetime and everything in between.



I believe who we are at a soul level comes in with us when we're born. It transcends our family of origin and can be sensed by those who know how to see the Soul from the moment we take our first breath. In our society we're starved of people who have hearts that can see the Soul. Indeed, all souls have this yearning to be seen. Recognized. A deep, ancient longing to be properly greeted when they arrive Earth-side. To be greeted in a way that tells them that after such an epic journey, it is recognized that they have arrived.

Of course, it isn't just our soul that has qualities and traits. These things evolve as we do in our life. Often, our soul's traits and gifts can be the ones that don't make perfect sense in terms of our human life or the family or conditions we were born into. One certain way of knowing that these are your soul traits and gifts is that there's no other explanation for them. I've come to realize that – from a soul perspective – being different is the whole point. Being different is a clear indication that treasure is there.

While I was growing up, my soul traits and gifts didn't make sense to me, as they were very different from those of the family I was born into. Sides to my personality such as seeker of wisdom, mystic, deep-sea diver and healer didn't make sense to me as a young girl, yet they would lead me into dusty bookshops and working three part-time jobs in the school holidays so I could afford to learn more about them.

When I was young, these unshakable qualities made me feel different and weird when I most wanted to fit in. Now I see them as the keys to who I came here to be and what I came here to spend my time doing.

Your soul qualities and gifts can be unexplainable (i.e. different from your upbringing and life conditions) or they can be encouraged or enhanced by your upbringing and life conditions. The qualities that have emerged for me that are true at a soul level are determined, hardworking, focused and strong-willed. Having worked with the Akashic Records and past lives throughout my twenties I was able to excavate these. They're also qualities that I share with some of my maternal ancestors, such as my mother, her father, her grandfather and so on.



So, often our soul qualities and gifts are misunderstood while we're growing up. However, in adulthood we can begin to name them, claim them and create a life that's in alignment with them. The more we name who we are, the easier it is to claim it. The more we claim who we are, the easier it is to embody it each and every day. The more we embody it each and every day, the more in alignment with Life we become.



If you have seen a body after it has died, you will have seen how the essence has most certainly left. The very thing that made them *them* is gone with the breath and the stopping of the beat of the heart. What is this essence that is so clearly gone? And where is it now? This question fascinates me more than any other.

The same exists upon the other side of life when a new baby enters the world through the waters of the Mother. When you enter the room with a newborn in it, their presence is palpable and big. Who are they? And where were they before?

These questions are perhaps the biggest Mysteries of them all.



## AN INVITATION

My prayer for *The Sacred Soul Mystery* module is that it opens the gates a little to commune with the wisdom of your soul and to plant it in the garden of your body. That it supports you in reaching your roots a little deeper, and that you can find the courage to enjoy the bud, bloom and fruit of your life. Each of us is a seed, and we have the most exquisite rose garden beckoning to be brought forth. May this Mystery Module encourage what's seeded within you to root, bud and bloom.



## THE CALL OF THE SOUL

*Your journey with soul*

Take some time to reflect on your connection and journey with your soul currently. Maybe you have heard the call for many years, or perhaps this is a new beginning for you.

Explain your experience with your soul so far. Do you see it as a Sacred guide? Have you heard its mystical call before or is this something new for you?

What does your soul symbolize to you? How do you describe it?

Have you connected with your soul before?

Is there anyone in your life you feel a soul connection with?



Have you explored past lives before? Describe any experiences below.

What do you know about your soul? Describe any innate soul gifts or qualities of your soul.

With your soul as your guide, is there an area of your life that you would like to work with during *The Sacred Soul Mystery*? Explain below.

Our questions determine our quest. With your soul as your guide, is there a particular question that you would like to explore during *The Sacred Soul Mystery*? Explain below.

# THE SACRED SOUL MYSTERY TEACHINGS

*A background of history, folklore and myth*

Welcome to the *Sacred Soul Mystery Teachings* where we explore what we *do* know or what has been documented about this great Mystery. I want to begin by acknowledging that we are truly jumping in the deep end here with this Soul Mystery. You will see in other Mystery modules such as the Rose, Trees, Waters, Stones and the Cosmos that this Mystery Teachings section really goes deep into the tangible science, folklore and mythology of each of our Mysteries.

Soul is possibly the greatest Mystery of all, and so I offer the following to you as an invitation to ponder, rather than asking you to prescribe to any fixed views or beliefs. I pose some of the biggest questions we can ever ask, and hence attempt to answer them by offering a number of diverse perspectives to support you in your own Inquiry into what feels true for you.

You will hear me say this a lot, but this training is truly about awakening all of our intelligence centers and noticing what chimes true in us, but also what falls flat. There is information in it all if we stay curious enough. To support you in this, you will find *Pause & Reflect* prompts throughout each of the Mystery Teachings sections. I really encourage you to hold space within yourself for further questions to emerge. *Always make space for the questions.* They too can be your greatest teacher. Perhaps the Mysteries can only truly reveal themselves to us through questions. May we keep a loose grip on our fixed views as we continue...



When we scratch the surface of the Mystery of the Soul we find ourselves asking some of the biggest questions of life. What is that presence that exists before our first breath and carries on once we exhale our last? What is that essence that can be sensed when we meet a kindred person for the first time? How can even the smallest of babies have a unique, expansive presence even moments after they are born? What is that part of us that makes us different from others we grew up with? Where did it originate from in the first place? Where do we go once our days are done? What is it that animates us and other living things?



# WHAT IS THE SOUL?

Soul mates. Soul searching. The dark night of the soul. Old souls. To bare your soul. Pour your heart and soul into it. Life and soul of the party. Good for the soul. Eyes as windows to the soul. Lost soul. Don't tell a soul. Sell your soul. Wise old soul. Soul food. Not a soul in sight. Soul music. A kind soul. Soul of the house. Bless my soul. Praying for someone's soul. The passing of a great soul. When we attune our ear, the word 'soul' manifests itself a lot throughout our language and common terms of phrase. It can hold many meanings but mostly speaks of something that is active, sacred, essential or filled with life.

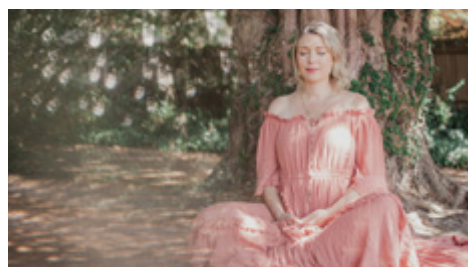
Mystics, theologians, philosophers and poets through the ages have attempted to grapple with words to explain the part of us that exists beyond the physical world. Even the words of the dictionary struggle to truly define what Soul is, and perhaps that is because it is ineffable.

The Merriam-Webster dictionary defines soul as the 'immaterial essence, animating principle or actuating cause of an individual life. The spiritual principle embodied in human beings, all rational and spiritual beings, or the universe.' Something that is 'soulful' can also refer to something that is full of feeling or that evokes depth of emotions.

One of my favorite writers, the late Jungian analyst and teacher Marion Woodman described the Soul as 'embodied essence, when we experience ourselves and others in our full humanity – part animal, part divine. Healing comes through embodiment of the Soul. The Soul in matter is what I think the feminine side of God is all about... The feminine soul is what grounds us; it loves and accepts us in our totality.'

A four letter word that holds perhaps the greatest Mystery of all. Esteemed Jungian psychologist, James Hillman, put it well when he said, 'The soul is a deliberately ambiguous concept, resisting all definition, in the same manner as do all ultimate symbols that provide the root metaphors for the systems of human thought.'

Whilst impossible to define and open to many interpretations, the Soul has been a subject of intrigue for millennia, with evidence stretching back to prehistoric times where even ancient Neanderthals were burying their dead with gifts and supplies for the afterlife.



While the specifics may vary, most of the world's cultures and religions recognise the presence of the Soul. Many cultures share a philosophy of animism (the word 'aima' is the Latin word for the soul), whereby all beings and parts of nature are recognised as having a soul or unique life force.

Australia's indigenous people believe in souls returning to the Dreamtime. Bangerang man, artist and educator, Eddie Kneebone explains, 'An Aboriginal person's soul or spirit continues on after our physical form has passed through death. After the death of an Aboriginal person, their spirit returns to the Dreamtime from where it will return through birth as a human, an animal, a plant or a rock.'

## PAUSE & REFLECT

*Reflecting on nature as ancestors and the notion that the whole world is activated with soul, what feels true for you? What shifts in you if you truly embrace this notion of soul within all living things?*

## ANCIENT SOUL BELIEFS

The Ancient Egyptians saw the Soul as being composed of two parts. The first being *ka* (the breath) and *ba* (the part of the Soul that proceeded to the region of the dead).

The Bible refers to a similar concept of breath (*ka*) when speaking of the Soul in the creation story of Genesis. It describes how God created human beings from the dust of the Earth and then God breathed life into them (soul). The Ancient Chinese shared the Egyptian belief that there are different parts of the Soul. The first part – called *po* – is of the body and ends with death; the *hun* can travel into the afterlife.



*The soul of Osiris (ba) in the form of a human headed bird decorate the court of the eastern Osiris chapels on the roof of the Hathor Temple at Dendera, Egypt*

Professor in the History of Religious Thought, Philip C. Almond, writes, 'The five great world religions – Judaism, Christianity, Islam, Buddhism, and Hinduism – all believe in some version of a "self", variously named, which mostly survives death. But they imagine its origin, journey and destination in some quite different and distinctive ways.' The Abrahamaic faiths, Christianity, Islam and Judaism, all believe there was nothing at all – including souls – until God created the world. It is God who then breathes the Soul into our human existence. Whereas within Hinduism, 'there has never been a time when souls did not exist. All of us have existed into the infinite past' writes Philip C. Almond in his essay 'What do the 5 great religions say about the existence of the soul?'

The Ancient Greeks saw the Soul as the essence of life, the life force, the thing that gives us life as human beings. The Greek philosopher Plato saw the Soul as immortal, that is, the part of us that lives on beyond the time of the death of our human body. That is, the Soul is separate from the human body. This concept was adopted by early Christian philosophers who thus believed the Soul was created by God and infused into the body at conception.

Hinduism speaks of the 'breath' (*atman*) as being the eternal universal self of which each individual soul (*jiva* or *jiva-atman*) is part of. The *jiva-atman* is also eternal but is imprisoned in an earthly body at birth. At death the *jiva-atman* progresses to a new place based on *karma*.

The concept of the Soul living on in the afterlife is echoed within many beliefs of the ancients. The Celts shared this belief and are said to have had elaborate tombs, likely demonstrating a belief in the afterlife where they were known to bury their dead with supplies and objects their soul may need on their onward journey to the Otherworld.

Mark Cartwright goes deeper in his article 'Death, Burial & the Afterlife in the Ancient Celtic Religion' stating, 'The wealth of artifacts in these and other tombs have provided us with a unique insight into what the ancient Celts considered necessary to successfully send their loved ones on their journey to the Otherworld. Sacrifices – animal and human – were also offered to the gods in ceremonies presided over by druids, the religious leaders of Celtic communities. There may, too, have been a belief that the Soul left the body only to reappear in another after death.'



We also learn through historic accounts from the Greeks and Romans that the Celts were fiercely unafraid of death in battle, underpinned by their belief that dying was not the end of life, but that the Soul continued on. The journal article entitled 'The Celtic Spirit and the Otherworld' explains, 'For the Celtic peoples, death did not mean annihilation, because the soul did not perish but passed from one body to another. So death was an inevitable part of life and not to be feared because it was, in essence, a rite of passage to the otherworld, the blessed realm of the gods and ancestors and the eternal home of the soul.'



## MODERN SOUL BELIEFS

Whilst recent census data indicates a steep decline in people identifying as 'religious' in many Western countries, the soul-searching for people to make sense of their human life seems to be just that: *soul* searching. Australia's ABC recently reported the findings of a survey of 1,000 people, carried out by McCrindle Research for the Centre for Public Christianity, asking respondents about their openness to the existence of a range of spiritual realities including ghosts, miracles, angels, a higher power/God, the Soul, ultimate meaning or purpose in life and life after death. When asked if they believed in a soul, 'Overall, 69.7% of respondents said they either believed in or were open to the existence of the soul.' Belief in the Soul scored higher than believing in God (57.9%) or even life after death (59.6%).



*The Reunion of Soul and Body* by William Blake, Wikimedia Commons

We see it reflected in Western pop culture with these themes further explored in films like Disney's *Soul* and TV shows like *The Good Place* and *Miracle Workers*, all exploring the concept of the Soul and afterlife in creative ways.

Deepak Chopra puts it well when he says, 'if you no longer abide by religious doctrine, discovering the reality of the Soul means that you must move from belief to experience. The Soul, when stripped to its essence, is an experience that transcends everyday life; it goes beyond reason and logic; it is validated not by facts in evidence but by direct contact. Lots of things, starting with our emotions, are validated the same way. If you haven't experienced anger or love, you know these emotions only abstractly and from the outside.'

## PAUSE & REFLECT

*How would you respond if asked if you believe in the Soul? How does the concept of the Soul fit within your current spiritual or religious beliefs? Do you have doubts or questions about the existence of the Soul? What makes you unsure? What makes you certain? What intrigues you? What bewilders you? Do you have any knowings?*

## THE SPIRIT AND THE SOUL

*My soul is the bridge between spirit and body and, as such, is a uniter of opposites. Without soul at center, I would either transcend into spirit or become mired in matter.*

**Marion Woodman**

Some use the words 'soul' and 'spirit' interchangeably to mean the same sacred essence within living things. The difference between the two words is of course a difficult one to grasp and ponder into. I have felt into this Inquiry a lot and what feels true to me is that the Spirit is the divine Sacred essence or Pulse of Life: the light within it all, the unity or oneness within everything. And the Soul as the part of us that is personal to us, the part of us that has traveled beyond this life and carries with it memories and imprints somehow. It's the thing that makes us, us. I see the spirit as the light that is connected to all and the Soul as the individual essence within us that is eternal and lives on.

## PAUSE & REFLECT

*What are your feelings about the spirit and the Soul? Do you see them as the same thing or as different things? How?*

## PSYCHE: GODDESS OF THE SOUL

In ancient Greek and Roman mythology, Psyche (which means 'soul' in Greek) was a mortal woman, a maiden who turned into the goddess of the Soul. Known for her striking beauty, often compared to that of Aphrodite (Venus) she is often depicted having butterfly wings. Her beauty captured the love of Aphrodite's son, Eros (Cupid), the God of desire who eventually became her husband and together they had a daughter, Hedone (the Goddess of physical joy, and where we get the term 'hedonistic'). The story of Psyche and Eros is possibly one of the most acclaimed love stories in classical mythology. In order for them to be together, Psyche overcomes seemingly impossible tasks, such as collecting water from the Underworld, and collecting some of Persephone's beauty for Aphrodite. As with all mythology, the imagery, symbolism, language and archetypes within the story of Psyche and Eros all interweave to offer insight and reflection. Scholars often describe Psyche's journey as personifying all facets of the human soul guided by love.



*The Abduction of Psyche* by William-Adolphe Bouguereau, via Wikimedia Commons

## WHAT HAPPENS WHEN WE DIE?

Perhaps one of the greatest Mysteries of all time, the Soul seems to straddle this question and the varying beliefs around it. Many of the world's religions believe in an immortal soul that lives on in some form with many faiths suggesting the Soul inevitably goes on to reside in either heaven or hell.



*The Soul hovering over the Body* by William Blake, via Wikimedia Commons

Others believe the Soul can take on different forms and human experiences through the cycles of rebirth and reincarnation. There are also those who do not at all believe in a soul, and believe the human experience is just that: stopping and starting with the breath, or that the Soul dies with the human body.

In 1907, A Massachusetts doctor, Duncan MacDougall, decided to further explore this question through an unusual series of experiments attempting to weigh the human soul. His experiment measured the weight of six terminally ill patients in their final moments, and found a sudden small weight loss at the exact time of death, which he claimed was the weight of 'soul substance' leaving the body. His paper in the 1907 journal *American Medicine* has since drawn both acclaim and criticism and also went on to inspire the 2003 film *21 Grams*, which was the average weight loss recorded throughout his studies.

As a young girl when I realized that all things die, I could not understand why everyone was not completely fascinated by the question, 'What happens when we die and where do we go?' I remember when I was ten watching the gradual and then sudden fading away of the life force of my dog, Dinah, who was by my bassinet when I was born. Then came the sudden passing of my maternal grandfather and paternal grandmother in the same year.



*Soul Carried to Heaven* by William Adolphe Bouguereau, via Wikimedia Commons

Through my teen years I experienced death through the loss of several peers, who left this earthly realm unexpectedly. However, it wasn't until I lost my friend Blair in 2011 that I really came face to face with the essence of what I call the Soul leaving the body. I got the call that he was sick and jumped on a plane from London to Sydney to be at his bedside. There was a moment while in the sky somewhere over the Middle East that I was overcome with his presence and knew his soul had left his body.

A couple of days later I went to see his body. And even though I had deep belief about the Soul even then, it blew my mind seeing his body there without the essence that made him, him. That essence is what I call the Soul. I believe that this essence was the very thing that drew me to him in my first year of university, the thing that made him so familiar to me, even though we had only just met. And through losing Blair I began to deeply explore the possibility of relationships deepening in different ways even once a soul has left their body.



## PAUSE & REFLECT

*Do you have any experiences of noticing the potential presence or absence of the Soul through death? What are your beliefs about what happens after death? What questions do you have about what happens when we die? Where does the Soul go? Have you lost a loved one and felt connected to them after they die? Or have you connected to a soul before they incarnated? Have you ever been to a medium who has connected with someone who has passed over?*

## PAST LIVES + INCARNATIONS

Many of the world's cultures and religions believe that the Soul incarnates over and over again. The notion of 'rebirth' or 'reincarnation' invites us to consider that a soul can exist from one lifetime to the next with each incarnation, and the experiences within it all playing a role in shaping and influencing the Soul's 'karmic impressions': imprinted memories, gifts, vows, contracts and experiences. The Sanskrit word that forms the basis for this karmic theory is *samskara*. The *Monier-Williams Sanskrit-English Dictionary* (1899) defines *samskaras* as 'mental impressions or recollections; impression on the mind of acts done in a former state of existence.'

According to various schools of Indian philosophy, every action, experience or intent by a soul leaves a *samskara*, which is imprinted on the individual. These psychological imprints or impressions are carried with us at a soul level from lifetime to lifetime, and they are then activated through an individual's current life experience. In ancient Indian texts, the theory of *samskara* explains how and why we have past-life memories, and the effects that these memories have on our experience in this life, both in a positive and a negative way.



A common New Age belief is that before incarnating, each soul carefully chooses the physical body, location, parents and even family that would best fit their karmic history, challenges and soul missions (individual and collective). Here, we also choose our life lessons. On the whole, it seems that most of us don't remember our past incarnations (from this world or beyond).

However, there have been many documented cases of children who've remembered details from their prior incarnations and this information being proven to be true. Carol Bowman's groundbreaking book, *Children's Past Lives: How Past Life Memories Affect Your Child*, provides many examples. Bowman began her own Inquiry into this field when her own young son 'described his own past-life death on a Civil War battlefield so accurately it was authenticated by an expert historian.' Inspired by her son's healing, Bowman compiled dozens of cases and wrote up this study, exploring how very young children spontaneously and naturally remember their past lives. Perhaps as babies and young children we do come in knowing, and this veil of remembrance stays open in some while gently fading in others.

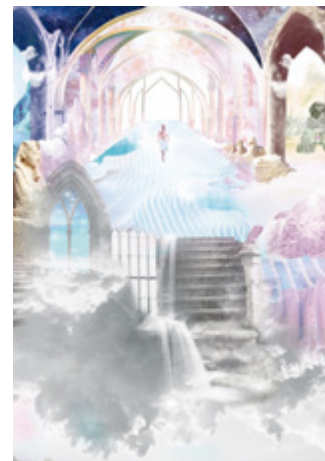
## PAUSE & REFLECT

*How does the notion of past lives sit with you? Have you ever experienced any memories or regressions whereby you have connected with past lives? Have you ever felt like you remember someone from a past life? Have you encountered this with any young children in your life?*

## THE AKASHIC RECORDS

The concept of the Akashic Records, also known as ‘The Book of Life’ or ‘The Great Library’, describes a non-physical, multidimensional collection of every thought and piece of information that ever was, is, or will be. Many ancient traditions refer to the Akashic Records as a great temple or library in the sky, and within this great library we can find our personal soul book, which documents all of our past lives, current realities and even future possibilities. The Akashic Records are referenced in both Western and Eastern mythology. The term ‘akashic’ comes from the Sanskrit word *akasha*, which means ‘boundless time and space’.

In his book *Edgar Cayce on the Akashic Records*, Kevin Todeschi writes that Cayce, a twentieth century American mystic, suggested that ‘information about these Akashic Records – this Book of Life – can be found in folklore, in myth and throughout the Old and New Testaments. It’s traceable at least as far back as the Semitic peoples and includes the Arabs, the Assyrians, the Phoenicians, the Babylonians and the Hebrews. Among each of these peoples was the belief that there is in existence some kind of celestial tablets that contain the history of humankind as well as all manner of spiritual information.’



In working with the concept of the Akashic Records and our own personal soul book, we’re able to access information relating to the history of our soul, our soul in this moment and our soul in the future. While many people in spiritual circles refer to the Akashic Records as existing in the fifth dimension – in Akasha – and say that it’s through journeying to these different dimensions that we can access this information, I personally believe that once we’ve connected with the Akashic Records we can access them at any time, in a way that’s similar to connecting with our intuition.

## THAT SOUL CONNECTION

If we stay with the notion of past lives and soul contracts, it opens us up to explore the concept of Soul Family relationships. ‘Soul Family’ describes people in your current life, with whom you may have incarnated with repeatedly. You’ll likely recognise someone from your Soul Family by the feeling of an instant sense of recognition when you first meet, or perhaps a feeling that may stop you in your tracks as you try to place them; it could be a bit like *déjà vu*. Some Soul Family members can be loving, supportive and positive connections, while others can be more challenging, hurtling us into deep processes of healing and learning. And in many cases they can be both.

Early Celtic Mysticism named this soul connection *Anam Cara*, a term still used widely today and popularized through the work of beloved Irish poet and writer, John O'Donohue. The phrase is an anglicization of the Irish Gaelic word *anamchara*, *anam* meaning 'soul' and *cara* meaning 'friend'.



O'Donohue himself writes, 'In the Celtic tradition, there is a beautiful understanding of love and friendship. One of the fascinating ideas here is the idea of soul-love. This friendship was an act of recognition and belonging. When you had an *anam cara*, your friendship cut across all convention, morality and category. You were joined in an ancient and eternal way with the 'friend of your soul'. The Celtic understanding did not set limitations of space or time on the soul. There is no cage for the soul. The soul is a divine light that flows into you and into your Other. This art of belonging awakened and fostered a deep and special companionship.'

It is believed that Soul Family members are often here to help or support other members in fulfilling their soul missions by playing a particular role in their lives. The relationships with Soul Family members can be lifelong (for example, a mother, sibling, partner or friend) or consist of just being in your life for a short period of time (a romantic relationship or a short-term friend). Members of your Soul Family may feel deeply familiar to you and being with them may give you a sense of being 'home'. Or maybe they make you feel uncomfortable for no logical reason. It all depends on the unique soul history that you and the other soul share.

The chance meeting with a member of your Soul Family could fundamentally change the trajectory of your life. It could hurtle you into deep growth or it could simply offer you some kind of support at a crucial time on your soul's path. Some believe that relationships with your Soul Family members are arranged prior to incarnating in this life.

Meeting a Soul Family member, or *Anam Cara*, usually supports your growth as a human being and as a soul, and helps you to 'check in' with where you're at on your soul's journey. I've had some amazing experiences of recognizing and being recognized by a Soul Family member. How about you?

## PAUSE & REFLECT

*Are there people in your life that you would consider Soul Family? Can you identify some relationships that have deeper roots than others? Who are the people in your life who feel deeply familiar to you? What challenging relationships in your life may have soul contracts involved?*





# JOURNEYING WITH THE SOUL

*Part Two*

# JOURNEYING WITH THE SOUL

*Your soul as your guide*

Here we are at the experiential part of this module. This is where things really come alive. It is here that we invite the Soul to be our teacher and guide. We will be using a selection of practices and tools as gateways to experience the Sacred in an embodied way. The practices are ones that I have found especially supportive in connecting with the Sacred and my soul.

These practices are of course not finite. All of them have been created so that you can do them over and over again as you are called. They are gateways for you to connect and to have a direct experience with the Sacred. This is the mystic way.

Stay open to being surprised and try to let go of expectations. Trust your intuition, be curious and open to the experiences. Maybe you will receive subtle visions, whispers, knowings, feelings, symbols, hunches, smells or tastes. Do not get disheartened if your experience is more subtle or different to others. The way you receive your intuition will be unique. We are not meant to be the same. Embrace your own unique experience.

For every practice and tool, you will find space in this workbook to reflect through *Soul Inquiry*®. *Soul Inquiry* is a form of intuitive writing. Stay open to receiving messages and guidance from your soul as you complete each *Soul Inquiry*.

May the whispers of your soul guide you every step of the way.

Love,

Rebecca



# SOUL EVOCATION

*Calling in your ancient, eternal self*

*The Ancient Soul Evocation* is a practice of connecting to and calling forth your ancient eternal self: the part of you that chose to be here in this life, in this body, at this time. This evocation is to support you in opening the Sacred container to work with this highly personal, unique Mystery.

Light a candle or open Sacred space however you like. Place one hand on your heart and one hand on your belly and connect with the Soul within you. Breathe in deeply and repeat the following evocation out loud:

*In the highest interest of myself,  
my loved ones and the world,  
I begin this evocation.*

*Come, come, eternal soul, come.  
Come, come, ancient soul, come.*

*You who were present before my body took my first breath,  
and you who will continue after I have exhaled my last.  
I call upon my soul to be my ever-present guide.*

*I am open to receiving wisdom as I let you guide me.  
I am ready to unlock any soul wisdom or gifts for the benefit of all.*

*May I find the courage to answer and act on its calls.  
May I call all parts of my ancient self to be fully here.  
May I stay curious and grounded with every step.  
May I take responsibility for my needs.*

*May I return to myself, my body, the Earth and humanity.  
May I plant myself here more deeply than before.*

*May I remember why I chose to come,  
into this body, on this planet at this time.*

*Come, come, eternal soul, come.  
Come, come, ancient soul, come.*





## SOUL EVOCATION

### *Soul Inquiry*

As you begin journeying with your soul as your guide, is there an area of your life or a question you have that you would like to focus on during this module? Explain briefly below.

What does your soul want you to know?

What does your soul want you to remember?

What is your soul calling you to do?

Looking at the above *Soul Inquiry* questions, circle the thing that came through the strongest and then ask yourself: what is one baby step you can do to act on this today to embody this mystical practice?

# MEET YOUR SOUL

## *Soul Journey*

Doing the work to truly meet our soul and align our life with its whispers is a profound way to create flow and purpose in our life. I believe that when we connect to our soul's whispers and let this part of us lead, we find ourselves living in harmony with the rest of life. We find ourselves playing our own unique note in the orchestra of the Cosmos. And there is no greater feeling than that.

I believe your soul is waiting to guide you every moment of every day and is always calling you towards your highest path and purpose. Through listening to its whispers and honoring them, you will live your best, most aligned and happiest life. I believe that by connecting with and expressing who we are at soul level, we also fall into flow with the rest of the Universe and help to harmonize the planet just by being us. It is this quest that I have dedicated my life to.



I know for myself and with many others who I've supported with soul work, life gets really hard and complex when we ignore the yearnings of our soul. Life can feel stuck and difficult and painful. Nothing flows. Nothing works. Nothing brings joy. Therefore, tending to the longing of your soul and aligning your life to its whispers is a profoundly powerful way to invite ease and flow into your life. But first we have to do the work to listen.

This practice is an invitation for you to meet and check in with your soul at this point in your life. To gently scan where in your life you feel aligned, and where you do not. In what relationships does your soul come to life? Which relationships do not feed your soul? What is your soul longing for? What does it need more of? What does it need less of? What are you being called to step into?

Be sure to bring a beginner's mind to this practice, even if you've done a lot of soul work before. We are always seeking to work with what is alive *now*. Allow space for your soul to surprise you.



## MEET YOUR SOUL

### *Soul Inquiry*

How did you experience your soul in this meditation? Describe or draw any visuals, symbols or qualities you experienced.

What are your soul gifts that you are currently expressing?

What soul gifts are you being called to step into?



**What areas of your life feel aligned to your soul?**

**What areas of your life feel out of alignment with your soul?**

**What relationships in your life feel supportive and welcoming to your soul?**

**What relationships in your life feel unsupportive for your soul?**

**What does your soul want you to know?**

**What is your soul yearning for?**

**What is your soul calling you to do?**

**What is one baby step you can take in that direction?**

# YOUR SOUL ALTAR

## *Creating Sacred space*

Altar work is at the heart of everything we do in *The Inner Temple Mystery School*. At the beginning of each Mystery, one of our first practices is to create an altar dedicated to our work with that Mystery, in this case your soul.

Altars provide a physical and energetic container for us to focus our prayers, intentions and devotion. They create a physical space for us to be in communication with the Sacred. When we create an altar, we create an altared space. We open a Sacred container both physically and energetically. The more deeply you develop a relationship with your soul, the easier it is to receive guidance from it. Tending to your Soul Altar daily is a beautiful way to also tend to this relationship with your soul.



As explained in the Altar Work video in Foundation Module 2, you will find instructions on how to create, activate and disassemble your altar. For this altar in particular, stay open to being exponentially creative with the items you gather. This should be a process of deep creativity and inner expression. It should feel inspiring when you look at it and invite the unique, multifaceted you to step forward a little bit more each time that you look at it.



As you work with your Soul Altar, you may find that over time its expression is different. That is, as you remember and embody more and more of who you are from a soul perspective, you are able to anchor and physicalise things beyond what you could previously. Give your altar permission to adapt and respond to what you discover throughout this module.

For this Mystery, I recommend gathering a stone or crystal to represent your soul. You can use this on your altar and then we will activate it as part of the ceremony at the end of this module.

Your daily practice once you have created your Soul Altar is to tend to it each day. You can do this by lighting the candles, freshening up any water and spending some time in prayer, meditation or reflection. You could call upon the wisdom of your soul by saying the evocation out loud or shortening it, for example, *'Come, come, Ancient Soul, come.'*

When you are done practicing at your altar, I recommend closing the energy by sharing your gratitude. For example you could simply say, *'Thank you, thank you, thank you'* out loud.

So, now it's time to begin gathering your items, clearing your altar space and building your altar. Don't underestimate the power of this Sacred work. It has the potential to really open up a Sacred energetic container for you to deepen your unique personal connection with your soul as your guide. It also has the potential to help you integrate the wisdom that comes through with this Mystery.



## YOUR SOUL ALTAR

### *Soul Inquiry*

Where did you build your altar and what items did you gather?

Share any reflections on the process of creating your altar and connecting with the energy of your soul below.



# SOUL-LED LIFE

## *The three steps*

So now we've done the work to listen deeply to our soul, I want to share a practice from my spiritual toolkit that I use to ensure I keep an open communication with my soul. I call it *The Three Steps to Living A Soul-Led Life* and it's how I now live my life every single day. The biggest shifts in my life happened when I committed to showing up to listen to and act on the whispers of my soul with consistent regular rhythm and that's what these three steps are all about.



The three steps are:

### STEP 01

CONNECT with your soul through a soulful practice.

01.

### STEP 02

RECEIVE the call of your soul through a practice like *Soul Inquiry*.

02.

### STEP 03

ACT on the whispers of your soul by taking a baby step in that direction.

03.

The three steps don't just connect you with your soul and your intuition. They take it two steps further by inviting your mind and body to be put to work, led by your soul.

## STEP 01: CONNECT WITH YOUR SOUL

Step 1 is all about showing up to a non-negotiable daily practice. This could be anything from meditation to chanting, from dancing to walking in nature, from reading poetry to journaling. Anything that invites your soul to step forward and your mind to step aside.

You know you have made a connection with your soul when you feel time stretch and expand. You drop into the center of your heart and have an increased capacity to listen and feel to the voice within, otherwise known as your intuition. Your daily practice doesn't have to take an hour; ten minutes is great. Consistency is the key. Select the amount of time that you know you can show up to with rhythm. When I decided to show up to an unbroken daily practice, my life began to transform. It's the best decision I ever made.

## STEP 02: RECEIVE THE CALL

As I mentioned earlier, the Soul speaks to us subtly. It does not shout; it whispers and speaks to us in feelings and knowings and visions. I have found that providing a structure to receive a message from your soul is one of the most powerful things you can do. Each day we are bombarded with messages from outside of ourselves. When we take the time to tune in and receive a message from our soul we are tapping into the intelligence of life. When we do this it feels incredible.

The structure that I use is *Soul Inquiry*. *Soul Inquiry* is – simply put – a dialogue with your soul. You ask simple, open questions to allow your soul to step forward and speak. One of the *Soul Inquiry* prompts I use the most is 'My soul is calling me to...' I believe in it so much as a practice, hence it is used so strongly throughout *The Inner Temple Mystery School*.

I recommend doing the *Soul Inquiry* process by writing down your answers. You can fill an entire page or you can write one sentence. When you are writing, trust what comes and try not to overthink it. Begin writing before you know what you are writing. Let your soul guide your hand.

Just like any relationship, the more time you spend listening to your soul, the deeper the relationship gets and the easier it is to differentiate between the voice of your head and the voice of your soul.

## STEP 03: ACT ON THE CALL

All of the intuition in the world is pointless unless we act on it. And that's what step 3 is all about. Receiving intuition is one thing; acting on it is completely different.

Sometimes when we hear the voice of our soul it doesn't always make sense and sometimes it can feel out of reach. For example, I remember when I kept hearing my soul tell me to write books, but I had no idea how to do that. And that's where step 3 comes in...

The key to Step 3 is that it is not a great leap, it is a baby step. It's something you can do today in the direction of the call. So the baby step for me, when I was receiving the guidance to write a book was not to write the first chapter, it was to write for ten minutes that day.

As I was committed to doing the three steps – connecting to my soul through spiritual practice; listening to the call through *Soul Inquiry*; and taking action – day after day I showed up for my writing. Eventually, I had a book outline, then a proposal, then a publishing deal and finally a book.

Don't underestimate the power of step 3. Taking baby steps in the direction of the call will transform your life. You will move from receiving guidance to living a guided life. When you are living a guided life, you find yourself in flow with life. It also feels really good showing up and completing the baby step each day.

Listening and acting on the calls of our soul is not a one-time thing, it is a way of life. It requires that we prioritize the connection, trust the guidance we receive and act on it each and every day.

I really encourage you to embrace this practice daily as you move through this *Soul Mystery* module and beyond.

# SEEING THE SOUL IN OTHERS

*Witnessing the Soul in others*

The greatest gift you can give another is to truly see who is there, behind their eyes. To see the great journey their soul went through to be here, Earth-side. To see the precious seeds planted deep within.

We all just want to be seen, genuinely seen. Not glanced over and noticed, but for someone to take a moment and really witness the authentic light that flickers just beneath the surface. But we go about our lives, bumping into each other and not taking the time to stop and look.

The most intimate experience of my life was with a fifty-year-old Croatian woman I had known for five minutes. I didn't even know her name. We met during a workshop led by Juilliard voice coach Claude Stein. We were mostly a room full of strangers, and he instructed us to turn to the person next to us and look deeply into their eyes. *Really* look into their eyes. And witness the gorgeous soul standing directly in front of us. And at the same time, let that person truly see us. The real us. The deeper us. The us that we hadn't shown anyone before. Before long, and without exchanging a word, my gorgeous partner and I began to sob. Deeply. It was unlike any other experience of my life. Precious. Sacred. A gift. It felt as though I was being truly seen for the first time in my life. I was humbled and overwhelmed by the beauty of the person before me, who until that point I hadn't even paused to notice. We carried on like this for ten minutes. It was one of the best ten minutes of my life. After the exercise was over, we hugged and looked around the room and there wasn't a dry eye in the house.



This experience has been etched on my heart ever since, and made me understand that every human on the planet – no matter how soft or how hard, how open or closed – just wants to be seen. Genuinely seen. The greatest gift we can give another person is to truly witness their being here. To see deeply and acknowledge the Sacred soul that dwells within them and is longing to emerge.

After this, I came to realize how pretty much every problematic relationship I'd ever experienced was a result of either not being seen accurately or not seeing the other person accurately.



It brought to light how much of my life I'd spent holding back my biggest, truest, most authentic self, while secretly hoping someone else might see it. Spot it. Name it and call it forward. I'd spent so long keeping my light dimmed, while deep down hoping that someone would acknowledge all of the immense beauty that bubbled just below the surface. It dawned on me that I had spent too many years waiting for acknowledgment and permission for my brightest, most unique self to emerge.

This practice is an invitation to give the people in your life the greatest gift of all. See the ancient soul that blazes behind their eyes. The presence that existed before their body did. Witness the courageous quest of the presence that will journey on and on.

And even better than that, do what you can to show this part of you to the world. To let this part of you – the eternal part of you – be seen from afar. Don't hide it away. Don't wait for those who have eyes to see it to come looking for it. Show it to the world now. Your soul is a beacon. It's your homing device. Let yourself be seen and call your people home to you.

So, for our practice I want to invite you to see the Soul in the people you interact with today. It could be your barista or bus driver, your grandma or your daughter, your partner or your teacher. This can be a really moving experience and a deeply transformative one.

## HOW TO DO THE PRACTICE

### STEP 01

**See it:** As you go about your daily life, take the time and intention to truly see others. Humans, pets, plants... whatever calls to you. In each interaction, really try and identify the Soul light behind their eyes. Really take them in. Hold space for their soul to be present in your company.

01.

### STEP 02

**Speak it:** Offer a verbal affirmation that acknowledges that you have seen them. This may be something as simple as properly making eye contact and genuinely thanking the cashier at the shops. It may be telling a passer by that their style is fabulous. It might be squaring up to a loved one and intimately sharing what you appreciate about their soul.

02.



## SEEING THE SOUL IN OTHERS

### *Soul Inquiry*

What did you notice from your experience of seeing the Soul in others? How did they shift? How did you shift?

Reflect on the people in your life. Who do you feel really 'sees' you? How does this make you feel?

Do you find it easier to see others or be seen yourself?

# DREAM JOURNAL

*Be a dreamer. Embrace the messages from your subconscious*

*The dream is a little hidden door in the innermost and most secret recesses of the soul, opening into that cosmic night...*

**Carl Jung**

The Soul speaks to us in many ways. One powerful way we can all connect to our soul is by tuning into the dreams we experience when asleep. Often it is when our human body rests that our soul is able to communicate and express itself through dream language, flooding our psyche with different colors, textures, symbols, words, metaphors, memories, landscapes, feelings, encounters, experiences and interactions. Listening deeply to our dream language and tracking it from day to day can reveal many hidden insights and messages.

I don't believe that ALL dreams are mystical experiences, but I certainly have had SOME dreams that were mystical experiences. Dreams where I've woken up with a sense of awe, unable to describe what I'd just experienced and received. Dreams that have felt like I'd had activations or transmissions. Dreams where I feel like I'm being shown what my soul is calling me to do next.



I believe we can soul travel when we dream and can also experience the souls of others who may have crossed over, or are waiting to come through. I treasure the dreams I've had of my beloveds who have died. They feel truly Sacred, like a precious visit. I know my mind doesn't remember them in such high-definition Technicolor, and yet in my dreams, these souls are with me as real as they were when alive. The Soul remembers.



Paying close attention to our dreams and plotting daily what is coming through as we sleep can help us identify patterns or prompts that may otherwise go unnoticed. It is important to understand that the objective of this practice is not to try and influence our dreams or become lost in a world of dreams. It is to gather more information about ourselves, so that we can make better decisions and connect with the Sacred in our everyday lives.

If you never remember dreams, or feel you do not dream at all, I still encourage you to attempt this practice and remain open to what may come through for you. Perhaps you could invite a dreamlike, meditative state as you fall asleep and see what comes through for you. The aim of this practice is to create a process that allows you to easily recall your dreams when you wake from resting and capture them into written word.

## HOW TO DO THE PRACTICE

### STEP 01

Set the intention as you prepare for bed that your dreams will be recalled easily and quickly once you wake up.

01.

### STEP 02

Have your workbook, a journal and a pen close to hand for when you wake.

02.

### STEP 03

Prepare a glass of drinking water to have by your bed. Drink half the water before you sleep, asking the water to help you recall your dreams.

03.

### STEP 04

Then upon waking, drink the rest of the water while holding your pen, ready to intuitively write.

04.

### STEP 05

Using the *Dream Journal Reflection Sheet*, write intuitively about what your soul has experienced through the night.

05.

Once you've done the practice for a few weeks, take time to revisit your notes. Look for any patterns or consistencies throughout your dreams. What do they mean for you?

If you wish to explore more about dream analysis and what particular things in your dreams may mean, I recommend [this website](#).





## DREAM JOURNAL

### *Soul Inquiry*

Take a moment to ponder. Have you had any significant dreams in your life? Write any of them that you can remember below...

If you recall more than one, circle one to explore and analyze more deeply now. What symbols or metaphors did you experience?

What was the key feeling?

What was the key message of the dream?

# DREAM JOURNAL

## *Reflection Sheet*

Date

Bed time

Sleep location

Wake time

What visions did you see in your dream? Was anyone with you? What were the key symbols or images?

What was the overall feeling of the dream?

Was there a message included in the dream?

How could the message be turned into action?

# THE VOICE OF YOUR SOUL

## *Intuitive writing*

In order to live a soul-led life, we need to make time to listen to our soul. The most transformative work I have done is in learning to hear and listen to the voice of my soul and differentiate it to the voice of my head. The most powerful practice I know to do this is Intuitive Journaling.

Intuitive Journaling is a form of *Soul Inquiry* where we allow ourselves to write intuitively and invite our soul to speak to us. As a young girl I journaled and wrote intuitively. My journal was my Sacred space where I would let my head, heart and soul speak. Later on in my twenties I learned the practice of Morning Pages, a form of daily intuitive writing conceived by Julia Cameron. For several years I showed up to this practice daily and it was an incredible discipline that helped me differentiate between the voice of my heart, soul and head.



Today, I do a ten-minute intuitive writing practice straight after my morning meditation. I do find that the consistency of showing up to this practice really builds up our intuitive muscles and strengthens our connection to our soul. In my experience of intuitive writing, there comes a point where your soul drops in. You may find that your head is ranting for quite some time and then you feel a subtle calm come over you and your soul steps forward and speaks. This may come in on your first session of intuitive writing or it may take weeks.

Our soul speaks to us all in different ways. Here are some qualities I have observed in the differentiation between the voice of your soul and the voice of the head.

### **MY SOUL'S VOICE...**

- △ Feels deep and calm and steady
- △ Forces nothing
- △ Doesn't always make sense
- △ Is subtle
- △ Is trusting
- △ Sounds old and wise
- △ Feels spacious
- △ Feels generous
- △ Is tapped into a larger intelligence
- △ Is lower in tone
- △ Makes me feel a resonance when I voice it

### MY HEAD'S VOICE...

- △ Often has an ulterior motive
- △ Can be easily rattled
- △ Can feel fast and tight
- △ Will often speak in 'to do' lists
- △ Can feel higher in frequency, more frantic
- △ Can feel rushed and hurried
- △ Can feel young and immature
- △ Can be driven by fear and avoidance
- △ Can feel insular and separate
- △ Tends to be more logical
- △ Is higher in tone

So for this practice, we are going to do three pages of Intuitive Journaling as part of our daily practice. I recommend doing this consistently or at least three times so you can track your journey as you show up each day.

The *Soul Inquiry* I recommend writing to start you off is 'What does my soul want me to know today?' Write that at the top of the page of your journal and begin writing and see what comes through.

### TIPS

- △ Having a dedicated notebook or journal for your Intuitive Writing can help create a clear spiritual container for this practice.
- △ Write with pen and paper rather than typing on a laptop. Often the Soul responds to the slower, more analogue forms.
- △ If you do not know what to write, simply write, 'I do not know what to write' over and over until something else comes. Keep your pen to the page.
- △ If you find your mind leaping in with ideas or actions, have a dedicated space to capture these e.g. I sometimes have a separate notebook or sheet of paper to capture 'to do list'-type items that may come up as I'm writing. Things that I want to capture or remember, but don't need my full attention in that moment. I will jot them down on a separate list, then return to my Intuitive Journaling.
- △ Give yourself a specific question to work with, and number 1–5 down the page. Invite yourself to keep answering the question and see what else comes through.

## HOW TO DO THE PRACTICE

### STEP 01

Agree when you will do your daily ten minutes of Intuitive Writing.

01.

### STEP 02

Write the *Soul Inquiry* prompt at the top of the first page: *What does your soul want you to know today?*

02.

### STEP 03

Write for three pages or ten minutes continuously.

03.



## THE VOICE OF YOUR SOUL

*Soul Inquiry*

Reflect on how this practice has been for you.



**Did you receive any guidance from your soul?**

**What is your soul calling you to do?**

**What is one baby step you can do to act on this today to embody this mystical practice?**

# CHANTING WITH YOUR SOUL

*Letting your soul sing you*

Devotional chanting is the practice of singing divine names in repetition. It is a form of vibrational healing, as the sound current reverberates through your physical body, bringing it back into harmony.

Chants are more than just songs; they are invocations. We can direct them at specific Gods and Goddesses, or in our case, the Mysteries we will be working with. All you need in order to call in their support is to put your intention into your singing. To invite their guidance, their presence. To open up and receive them connecting with you, holding you, loving you and supporting you.



The repetition of chanting causes our minds to get bored and rest, allowing another voice, our true voice, our soul's voice, to sing through us. You can refer to the video in Module 2 on Devotional Chanting if you would like to refresh your memory on the basics of chanting.

In this module we will be chanting with your soul. So quite literally giving your soul a voice. Inviting your soul to sing through you and to you. You may choose to do this chant every day while you are working through this module. You may even choose to sing this chant each morning while tending to your altar. As you are singing, notice if your voice changes slightly as your soul steps more and more forward through the chant.

Traditionally, chanting prepares us for meditation. And so I recommend doing your chant, basking in the vibrational field that has been created around you, and then completing the *Soul Inquiry* on the next page.



## CHANTING WITH YOUR SOUL

### *Soul Inquiry*

Do the *Chanting with your Soul* practice and then intuitively answer the following *Soul Inquiry* prompts below.

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

Did you receive any guidance from your soul?

**What is your soul calling you to do?**

**What is one baby step you can do to act on this today to embody this mystical practice?**

# EMBODY YOUR SOUL

## *Sacred Dance*

All of the mystical experiences in the world are pointless unless we can integrate them, ground them, anchor them, embody them. Sacred Dance is a wonderful way to embody the Sacred and to let it move you.

When we are doing Sacred Dance we invite our soul to move us. As we let ourselves be moved we are trusting the intelligence of nature (of our bodies and of Life) to work with us. Inviting your soul to truly embody your body is a powerful practice. Experiment with calling in different parts of your soul to lead the movement. Perhaps dance into some of the questions and answers that have come through in previous *Soul Inquiries*. How deeply can you allow your soul to experience the physical?



I have created a playlist for you to use for the *Embody Your Soul* practice. If you have the time I recommend moving to several of the songs, but if you don't then you can choose one or two songs to do your *Sacred Dance* practice to.

## HOW TO DO THE PRACTICE

### STEP 01

Open Sacred space in a way that feels good to you e.g. lighting a candle or anointing yourself with water or oil.

01.

### STEP 02

Begin playing the music.

02.

### STEP 03

In the center of your heart, imagine a flower with a light in the center of it. This is your soul, your ancient self. Invite it to step forward and move you now.

03.



## STEP 04

Invoke your ancient Soul to be here now and to move through you, to guide you through this Sacred Dance practice by saying,

*Come, come, Ancient Soul come.  
Move through me. Dance through me now.  
Come, come, Ancient Soul come.*

04.

## STEP 05

Let your Soul and the music move you. If you feel like moving a particular part of your body, do it. If you feel like staying still, do that. If you feel like turning, do that. Trust how your body wants to move and let yourself be danced. You may like to close your eyes as you move and draw your attention deep within. Don't worry what you look like; trust the intelligence of the movement.

05.

## STEP 06

Notice how you feel when your soul moves you. Notice what your soul is expressing through you. Notice what movements feel most nourishing and expansive. Notice what your soul wants to express.

06.

## STEP 07

When the music or playlist is complete, offer your gratitude to your soul and yourself for showing up by saying,

*Thank you, thank you, thank you.*

07.

## STEP 08

Journal about your experience by answering the *Soul Inquiry* prompts on the next page.

08.

## STEP 09

Once complete, close the Sacred space in a way that feels aligned and if you lit a candle, blow it out to end the practice.

09.



## EMBODY YOUR SOUL

### *Soul Inquiry*

How did you feel during and after the practice?

Describe your experience. What was it like for you? Describe or draw anything you experienced (saw, felt, heard, knew etc) below.

# SOUL VISION BOARD

*Express who you are*

This practice is a joyous invitation to creatively, playfully and colorfully create a visual representation of your soul. I first did this practice many years ago as a creative exercise on a fluro-pink piece of cardboard. I gathered old magazines and coloured paper and created a collage of all the things that felt innately me, lit me up and made me come alive. I then had it up in my office and it was an anchorpoint in my life as I stepped into my calling as a teacher and writer. Perhaps your Soul Vision Board will guide you into the next phase of your life as we journey through the training.

I really encourage you to have fun with this. And to experiment with what colors, textures, landscapes, objects and items express your soul? This is your chance to authentically express who you really are. Be as honest as you can be. There is no right or wrong: own it. Go there.

## HOW TO DO THE PRACTICE

### STEP 01

Gather photographs, magazines, newspaper clippings or print pictures (you could also do this digitally via a Pinterest board etc).

01.

### STEP 02

Gather items or objects, things you find in nature that speak to your soul.

02.

### STEP 03

Collate them on a large sheet of cardboard, or pin them to a cork board, or Blu Tack them to a window or wall. Somewhere you can see and enjoy it daily.

03.

### STEP 04

Allow it to build. Keep it alive.

04.



## SOUL VISION BOARD

*Soul Inquiry*

Looking at your vision board, does anything surprise you?

What themes do you see emerging?

What colors are most prominent?

Is there a consistent symbol or thread?

How does it feel to share, for other people to see it?

How can you embrace even more of who you are?



**What is your soul calling you to do more of?**

**What is your soul calling you to do less of?**

**What is one baby step you can take in that direction today?**



# CEREMONY

*Part Three*

# THE SACRED SOUL CEREMONY

## *Activation*

You have made it to the end of the Sacred Soul Mystery. Now it is time to really anchor the energies we have been working with, to honor the connection you have made with your Soul and to activate both yourself and the altar item you have collected for the Sacred Soul Mystery.

### FOR THIS CEREMONY YOU WILL NEED

- △ **Your Sacred altar item to represent your Soul. Your object should be something that is relatively small and durable as it will be part of your *Inner Temple Mystery School* altar. It should also represent the Mystery, in this case the Soul.**
- △ **A candle**
- △ **Water or oil for anointing**

This ceremony honors the journey you have been on with your Soul as your guide. As we do this ceremony we will be activating ourselves with this energy as well as our altar item.

### HOW TO DO THE SACRED SOUL CEREMONY

#### STEP 01

Open Sacred space in a way that feels good to you.

01.

#### STEP 02

Light a candle.

02.

## STEP 03

Call upon your Soul,

*Come, come, Ancient Soul come.*

*I call all multi-faceted, unique, expansive parts of me to be fully here now.*

*Come, come, Ancient Soul come.*

03.

## STEP 04

Take your object and hold it to your heart.

04.

## STEP 05

Imagine a multi-faceted crystal spinning at the center of your heart. Imagine a light in the center and as it spins rainbows of light that reflect all around the room expressing your unique expanded self.

05.

## STEP 06

Breathe deeply and feel yourself receiving and expanding into this full, multifaceted, expanded self. As you breathe in deeply, invite the multifaceted crystal to activate all of your cells and your object.

06.

## STEP 07

Reflect on all of the practices you have done with your ancient soul as your guide. Reflect on the insights, wisdom, changes, healing, knowings and experiences that have come up for you while working with your soul.

07.

## STEP 08

Connect with your soul and say the following out loud, acknowledging the journey you have been on,

08.

*I have evoked my soul.  
I have listened to my soul.  
I have journeyed with my soul.  
I have anchored my soul.*

*I have connected with my soul.  
I have witnessed the Soul in others.  
I have received messages from my soul.  
I have been sung by my soul.*

*I have danced with my soul.  
I have expressed my soul.  
I have experienced the Sacred with my soul as my guide.*

*Thank you ancient soul for being my guide. I now infuse this Sacred object  
with wisdom, beauty, healing, guidance and grace.*

## STEP 09

Take a moment now to whisper any learnings or insights you have received from your soul into the object now. Or you can simply blow into it three times to transmit the transformations and teachings now.

09.

## STEP 10

Take a deep breath and anoint your third eye and anywhere else on your body with the water.

10.

## STEP 11

Take another deep breath and anoint your Sacred object with the water or oil now too.

11.



## STEP 12

To close, let's offer a final gratitude to your ancient soul that has supported us while holding your object.

12.

Place your hands towards the heavens and say,

*I give thanks to the Sacred above me.*

Place your hands on your heart,

*I give thanks to the Sacred within me.*

Place your hands towards the earth,

*I give thanks to the Sacred below me.*

## STEP 13

Place your item on your altar or in your *Inner Temple Mystery School* altar cloth, box or bag.

13.

## STEP 14

Close the space in a way that feels right for you and then blow out the candle.

14.



# INTEGRATION + REFLECTIONS

*Part Four*

# INTEGRATION + REFLECTIONS

## *Activation*

We have made it to the end of *The Soul Mystery* module.

I'm a big believer in taking the time to integrate our mystical experiences through reflection. I recommend taking a moment now to reflect on your personal journey with your soul as your guide. You will find the *Soul Inquiries* on the next page.

See this as an opportunity to ponder on how you have changed through working with your ancient soul as your guide, where you are being called to take this work. It might also support you in developing language to speak about your experiences and journey with your soul.

You will also find a reading sheet to do a two-card reading to complete your work with your soul.

Don't skip over this integration and reflections section. Make yourself a cup of tea and light a candle and as you complete it, imagine those roots becoming deeper and deeper as you integrate your journey mentally.



## INTEGRATION + REFLECTIONS

### *Soul Inquiry*

Reflect back on your time working with your soul. Did you have an area of your life that you were working with? If so, what was it?

What was the main message that you received working with your soul?

How has working with your soul changed you?

What surprised you the most about working with your soul?

**What challenged you the most about working with your soul?**

**What has delighted you the most working with your soul?**

**What practice resonated with you most deeply and why?**

**What has your work with the Soul taught you about others, the planet and humanity?**

**What was the biggest lesson you learned working with your soul?**

**What practical thing do you want to integrate into your life from working with your soul?**

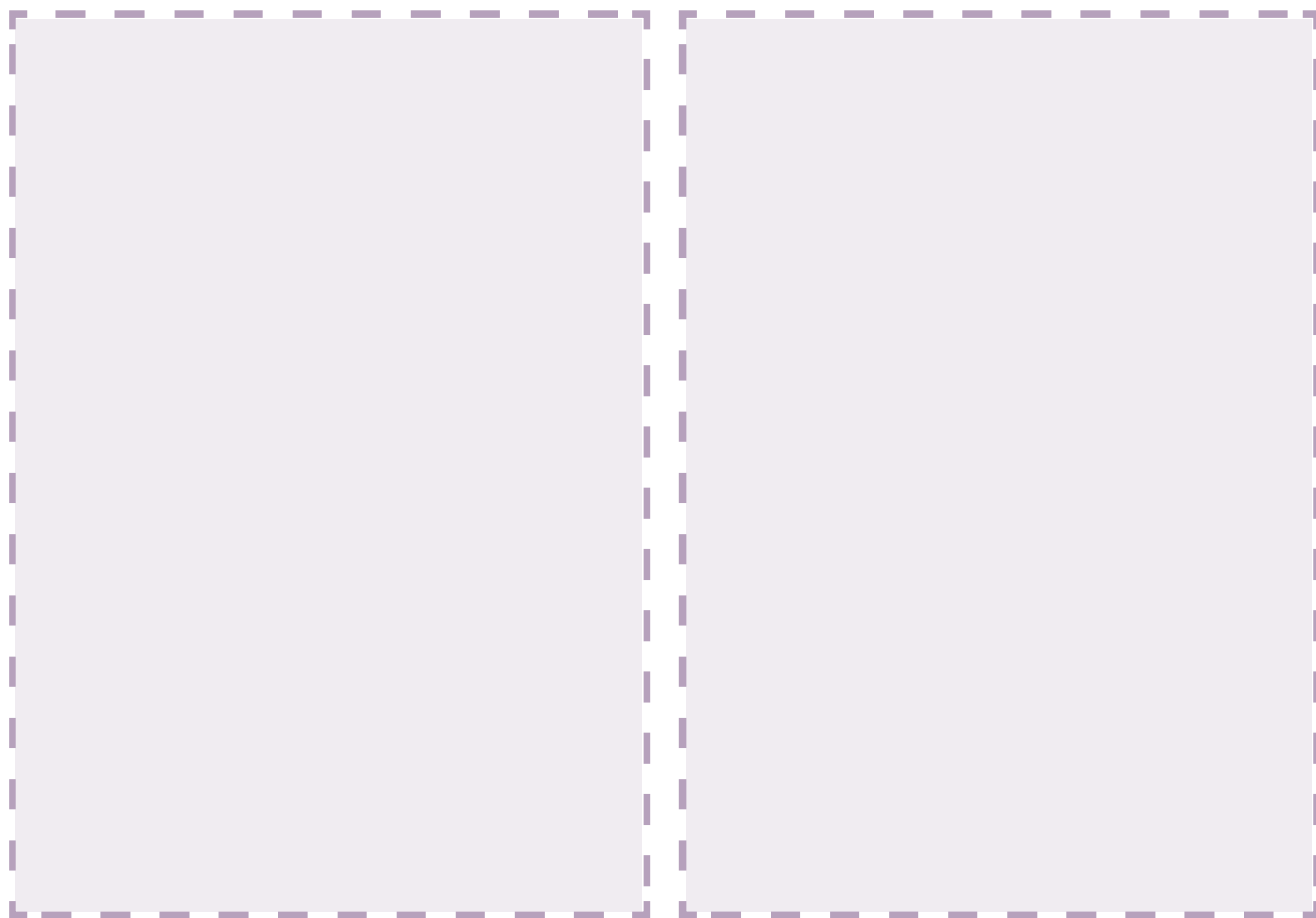
**In one word, how would you describe the *Sacred Soul Mystery*?**



# ORACLE CARD READING

## *Your Soul Whispers Two-card Spread*

This is a wonderful, quick reading to give you some perspective on a particular area of your life, your relationships or a project that you are working on. It offers you a glimpse of a possible outcome as well as clarity on where you are in this moment.



*Position 1: The soul whisper: what your soul  
is yearning for.*

*Position 2: The grounded action: what your soul  
is calling you to do.*



## SOUL INQUIRY

What symbols, colors or words are providing meaning for your soul?

What is the meaning?

What baby step can you take in the direction of your soul's calling?



# GOING DEEPER

*Part Five*



## GOING DEEPER

### *Resources and further reading*

#### BOOKS

- △ ***Letters to a Starseed: Messages and Activations for Remembering Who You Are and Why You Came Here*** by Rebecca Campbell, 2021, Hay House
- △ ***Journey of Souls: Case Studies of Life Between Lives*** by Michael Newton, 1994, Llewellyn
- △ ***Destiny of Souls: New Case Studies of Life Between Lives*** by Michael Newton, 2000, Llewellyn
- △ ***Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient and the Past-Life Therapy that Changed Both Their Lives*** by Brian Weiss, 1994, Piatkus
- △ ***Soul Lessons and Soul Purpose: A Channeled Guide to Why You Are Here*** by Sonia Choquette, 2008, Hay House
- △ ***Courageous Dreaming: How Shamans Dream the World into Being*** by Alberto Villoldo, 2008, Hay House
- △ ***Intuitive Thinking as a Spiritual Path*** by Rudolf Steiner, 1995, Anthroposophic Press
- △ ***Mending the Past and Healing the Future with Soul Retrieval*** by Alberto Villoldo, 2005, Hay House
- △ ***The Artist's Way: A Spiritual Path to Higher Creativity*** by Julia Cameron, 2020, Souvenir Press
- △ ***Edgar Cayce on the Akashic Records*** by Kevin Todeschi, 1998, A.R.E. Press
- △ ***Children's Past Lives: How Past Life Memories Affect Your Child*** by Carol Bowman, 1998, Bantam
- △ ***Anam Cara: A Book of Celtic Wisdom*** by John O'Donohue, 1998, Harper Perennial

#### JOURNALS + ARTICLES

- △ **'Death, Burial & the Afterlife in the Ancient Celtic Religion'** by Mark Cartwright
- △ **'The Celtic Spirit and the Otherworld'** by Grace Clunie and Tess Maginess

- △ **'Concept of Soul among North American Indians'** by Oksana Y. Danchevskaya,  
Moscow State Pedagogical University

## COURSES

- △ **Discover Your Cosmic Blueprint Online Course**
- △ **Soul Realignment Practitioner Training Level 1 & 2 with Andreea Hess**

## ORACLES

- △ ***The Starseed Oracle*** by Rebecca Campbell, 2020, Hay House

## FILMS

- △ ***Soul*** by Walt Disney Pictures, Pixar Animation Studios, 2020



A woman with long dark hair, wearing a vibrant red robe, is seen from behind as she walks down a set of stone steps. She is moving through a large, arched stone doorway. The walls on either side of the archway are covered in intricate, ancient-looking carvings. The floor is made of large, light-colored stone tiles. At the end of the path, through the archway, is a view of a vast, colorful galaxy or nebula in space, filled with stars and swirling clouds of purple, blue, and orange. The woman's shadow is cast long and dark on the stone floor in front of her.

*Your soul is always calling, every moment  
of everyday. The more time you spend with it,  
the clearer those calls become.*