

SoulWork

50 Exercises to
Align mind, body
& spirit

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Soul Work: 50 Exercises to align mind-body-spirit by Liara Covert

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Introduction

You are reading this right now because you are mentally-prepared to engage in soul work. This endeavour involves learning to engage more openly in heart-to-heart dialogue with your internal, loving voice. You are willing to take steps to examine self-created thoughts and emotions. You begin to realize that uncovering your true self requires new attention. You also sense a greater awareness is coming forth from inside the self. You choose to connect with your heart centre, that is, a particle of light. This establishes a stronger connection to higher forces and teachers of light wisdom. They exist outside the confines of physical self.

Soul work means different things to people. It invites you to undergo states of self-discovery that bring you to attune to your heart nature, its energy systems and a baseline frequency. Awakening your true being includes realizing that your perception of self and the world is very limited. Light consciousness is unfolding through your thoughts and feelings. You are gradually beginning to recall you are more than you have been led to believe. To receive information through your spiritual side, you are learning how to step outside what you think you know, to move beyond conditioning. You grow open to transitions and new possibilities.

At this moment, the human mind is trained to catalogue strengths, weaknesses, adversity, memories. Options exist at your disposal to review and explore things at your pace. This process awakens you to the insight of authentic self, that part of you encouraging you to examine, reconcile conflict, release what you outgrow and heal what requires attention. You do engage in awakening on many different levels at the same time. What you absorb is what you choose to accept at this moment. You learn to listen and peer more deeply into the heart.

As you create a space to write a journal for this purpose, you will be able to track stages of your own evolution and soul-level awakening. Some individuals also like to record voice answers. You choose the approach to document this stage in your process. Come back to an exercise as often as you decide. Returning to the Table of Contents (TOC) enables you to zero in on areas of particular interest in a given moment. Every exercise enriches self-growth.

To choose to dialogue more openly with your inner self reveals your perception of inner life and external life are undergoing changes. How to measure or ascertain details is up to you.

Exercises

1. Why are you here to be?

The point of doing soul work is defined for you, by you, and in your terms. In essence, you sense that your current level of self-awareness has the potential to shift or change. You begin to detect this in terms of restlessness, discomfort or some impetus to learn more about love.

- a) Start by writing down your reasons for engaging in soul work at this stage in your life.
(What do you hope to gain? What is the mission? What do you already know inside?)
- b) Define these terms; soul, awareness, awakening, and what you feel is happening.
- c) Detail some life situations you currently accept or reject. What do feelings teach you?
- d) How do you know what is true? What does inner knowing feel like? What do you get when you take away five senses (physical sight, hearing, taste, touch). What is left?
- e) Why do you resist living in moment? What prompts you to focus on past & future?

2. How do you understand law of attraction?

Your attention to something invites into your scope of awareness. Life situations draw attention to contrast. This is required for expansion to occur. It is helpful to realize that by experiencing what you do not want, the idea of what you want is formed and clarified. Yet, if you dwell on what you do not want, this creates it and makes it stronger. As you go against the grain to experience negative reality, it actually nurtures more desire for the good. As you awaken to what you are doing, you move negativity into alignment and attract what is good.

- a) When do you use the law of attraction in your life? What do you invite that enables you to feel good? What do you invite that prompts you to dwell on what is not good?
- b) Which mindset, feelings or life choices, keep areas of your life in a state of chaos?
- c) Describe 5 things you can do to eliminate the perceived negativity. Even if you do not initially see effective solutions with clarity, express gratitude for the process now.
- d) How do you create more joy? What of your practical experience is heart-based? If you are not filled with love, you do not attract compassion. What are your mental blocks?

3. How are you a co-creator?

Everything you do contributes to your freedom and creative power or obscures your innate gifts. You choose to access soul and purify mental & emotional forms produced. It evolves through questions you ask the self which slowly and progressively reveal meaning of this life;

- a) Consider emotions you seem to generate more intensely and frequently than others. Write and read them aloud. How do they affect energy vibration and self-awareness?
- b) Write adjectives that come to mind for each one. (i.e.: particular colors, sensations, etc.) Use colored pencils, draw sketches, compose poetry or music if you choose.
- c) Reflect on life situations that evoke each of these emotions. Do you notice patterns?

4. How do you feel about change?

Most everyone reacts to the prospect of change. This is based on many things, including your emotional perception or attitude within, based on inner knowing and external conditioning.

- a) Which emotions do you stir up inside when you think about change?
- b) How do you respond to change differently in different areas of your life?
- c) What examples of life experience influence how you feel right now about change?
- d) Why are you satisfied or dissatisfied with how you respond to change at this time?
- e) How do you feel about internal revelations? Do you view it as a mystical experience?

5. What do specific objects teach you?

People often underestimate what they can learn about self from objects and the energy of objects. Energy is a topic that people understand on different levels. You examine objects as physical things, as energy forms with unique vibrations, history, associations and labels.

- a) Choose objects and explore a relationship to them. Notice pronouns (like; my own, my mother's, etc.). Touch or smell them. Note how strongly you feel attached or not.
- b) Which emotions come to mind when you hold, hide, lose and find each object?
- c) What are your views on possession, ownership and detachment? Who taught this?
- d) Which belief systems are highlighted by your attachment and detachment to objects?

6. How do you understand 'progress' in soul-work?

There are things you can do step back from how you typically view things. Each experience can be viewed differently. You do not measure spiritual aspects with a physical mindset. The rational mind does not dictate what is. This is a view from inside the energy sphere and cannot sense outside that sphere. Perception is individualistic and collective and can only be truly understood by exploring the laws of the universe. You are beginning to detect vibration in your biology and biology in your vibration. Progress relates to your reference, that is where you perceive the self to be in relation to what you perceive you are becoming.

- a) What are the guides for your current beliefs? Religion? Culture? Government? Other?
- b) Which revelations are triggered? What causes you to notice them? What is the real reason for this question? As you are a creator of reality, what is relevant to you now?
- c) Notice inner indicators of your choices. Each choice evokes emotions of inner peace or something else. To be positive, expansive, and be kind, has specific results. What?

7. When does control exert influence in your life?

Views of certainty and uncertainty guide more thoughts and behaviour than you realize. You may begin by visualizing and brainstorming ideas that clarify your sense of these concepts.

- a) Which areas of your life guarantee absolute certainty? What indicates this to you?
- b) Note where unexpected events and permitting energy to unfold, has benefits for you.
- c) Write about assumptions have not been in your interest. What does this teach you?
- d) Why does exerting control over things matter to you? What does fear show you about vibration? How do feelings of love and appreciation influence your will to control?

8. How does 'release' serve you?

The opposite of control is letting go or release. This is an invitation to draw attention to some of your stubborn and difficult behaviors. Realize nothing has to be as it is unless you choose.

- a) Consider mentors or role models for control and letting go in life. What do you learn?
- b) Reflect on life. In which relationships & situation is 'letting go' good for you? Why?
- c) List words to describe how you feel when you choose to control and shift attention. Note the nature of adjectives you choose to describe state of mind, body and spirit.
- d) Why do some people think release is selfish or narcissistic? What is your own view? Give examples from your own life where you contemplate letting go. Explain why.

9. Where does a sense of entitlement arise?

People are not always aware of their underlying motivations for certain choices. In many cases, ego convinces you to feel better or worse, superior or inferior, adequate or inadequate.

- a) How does your education, socio-economic background, and practical life experience contribute to how much money or what kind of job you believe you deserve?
- b) What if everyone is fundamentally equal? What does this say about tension you feel?
- c) Why create internal/ external conflict based on entitlement? What do you gain? lose?
- d) To be impeccably honest reveals choices. Explore how and why you perpetuate fear.
- e) Your consciousness is reflected in your choices. What layers of inner programming are becoming apparent to you? At this moment, what are you invited to do about it?

10. When does temptation affect you?

Inner guidance flows constantly whether or not you sense you require it. If mind tells you it needs something and heart conflicts with this, then you face a quandary. The sensation you are feeling has symbolic meaning. This enables you to attune to power struggles.

- a) Brainstorm symbols of temptation and the origins. Which emotions are evoked?
- b) In which areas of your life are you affected by temptation at present? Why?
- c) When have you chosen not to be tempted? What happens as you detach from results?
- d) What are you learning about value in will power? How can soul transform lessons?
- e) What do you learn about giving into temptation? How has this helped you or not?

11. How many ways are you experiencing where you are?

Every moment, you experience where you are with different parts of your mind, body and spirit. You also selectively ignore levels of experience you choose not to accept right now.

- a) Start with visible worlds. Describe how you are using familiar senses to ingest details about where you are and how you feel right now. How many details do you note?
- b) Consider that for each experience you focus on, other experiences are registered and ignored by the cells and mind. Write down invisible things you detect that affect you.
- c) Reflect on situations that suggest you are not experiencing all there is. Whom or what prompts you to feel there are things you can do to expand your experience?

12. How do you feel about being energy inhabiting form?

At this moment, you are energetically able to sustain existence in a physical body. This fact is not always readily accepted. Ego and spirit offer wisdom and invite you to arrive at conclusions. Suspend disbelief for a moment and consider these questions;

- a) If you resist this, examine possible reasons behind the resistance to another identity than what you have come to accept. What are you learning about ego? A Higher self?
- b) What does your current mind state teach you about surrender? Loneliness? Insecurity?
- c) This is a way you are learning about the chatter of the mind. How do you feel about the prospect of your soul separating from and merging with your physical body?
- d) How does remembering something beyond physical form help you reconnect to soul?

13. How are your encounters bringing clarity?

You have many encounters you register and others you are not consciously ready to know about or accept. You encounter energy in different forms and formless states; human beings, animals, animate and inanimate things, as well as other beings and species beyond your world. Energy is constantly evolving with you, through you, and connecting you to soul.

- a) What do encounters you invite reveal about/ mirror personality? Notice encounters affect raise and lower your energy vibration and expand or limit points of view.
- b) List 5 benefits you sense re: different relationships (platonic, romantic, work, etc.).
- c) Choose to reflect on night and day-dreams. What do dream encounters teach you? Consider monsters, animals, ETs (extra-terrestrials). Which emotions are evoked?
- d) Notice the sorts of people in your life. How do they help you and how do you help them? Consider enemies, friends, lovers, etc. What are the beliefs you engage in?

14. When do you get wrapped up in drama?

You are creating energetic situations with conflicting emotional vibration. As you become more conscious and aware of where you imagine conflict one-on-one and in groups, you have a better sense of where you are headed and choices too. This is an opportunity to learn more. Some people get so involved in a situation, they drain energy and do not see co-dependence.

- a) In which areas of your life do you sense things are falling apart or need clearing?
- b) Describe emotions that draw your attention to drama. How do you work through it?
- c) Why is it important for things to change rather quickly? What does this tell you about what you believe your life to be about? Sacrifice? Care-taking? Stress?
- d) Notice how certain conditions evoke resistance. Why is it helpful? What is to learn?

15. What do you need to focus on now?

Many people forget who they are and why they exist at this moment. Explore the way you are responding to your perception. You exist to recognize contrast in order to move away from what you do not want and create what you do. No experience is more exhilarating than being fully in now. You choose to focus on the now to realize all that you create, visit and why.

- a) How would you describe the true self at this moment? Why do you feel better now?
- b) Why does a stronger soul-level connection enable you to expand?
- c) How does ego energy differ from your view of soul-level choices?
- d) What are 3 of the fabulous feeling thoughts in your mind grounded in the now?
- e) What if you choose to believe everything is a gift? How does this affect your life?

16. How do you understand and reframe mistakes?

It is possible to move to a mental place where you only view things as experience and no longer label this experience as being necessarily good or bad. This is one view of reframing. Blending with who you are means you are merging with the energy of what you are. So long as you focus on what you perceive does not help you, you are distancing from who you are.

- a) What do you view as mistakes? How do they evoke feelings, vision, waves of energy?
- b) Notice when you feel depleted. What can you do to energize/ strengthen inner self?
- c) Choose to notice how perceived mistakes are affected by fear. Then, assume all experience helps you. How are disappointments in your interest? What are blessings?
- d) Consider how you move from belief to hope to knowing. How does each one feel?

17. How does taking responsibility shape your life?

Expansion occurs whether or not you choose to take responsibility. Part of what you notice now or do not relates to responsibility you assume or not. Buddhists say, “be a lamp unto yourself.” You are your own teacher and authority, guided to recall unlimited inner knowing.

- a) How do you take responsibility to live energetically in an uplifting place? How do you project positiveness into environments? What happens when you are fearful?
- b) Specify how taking responsibility helps you feel good in your life?
- c) Share examples where you have avoided responsibility. How did you feel now? What was the outcome? How would you behave differently next time? Why?
- d) As you begin to realize how powerful your choices are, you are empowering self. How are you bringing consciousness to this place? How does it affect your evolution?

18. What makes you think choosing negativity helps you expand?

Negative energy indicates how far away from true self you are and the further away from unconditional, loving that you are. Take a moment to ask, do you fear not being negative? If the urge to be negative was an extension of higher self or soul, you would not be negativity. You would be oriented toward the fulfilment. You move beyond a focus on what you observe to sensing wisdom in how you feel. You move from accepting what is not to sensing what is.

- a) Notice where you are unkind to self. What is the point of whining or complaining? Repeating reinforces beliefs. Choose only positive. What happens to your energy?
- b) Decide to participate in activities that enrich you. Which choices need changing?
- c) Who has told you negativity helps you connect to soul? Why may you see differently?
- d) What are you learning about the power of your own energy? Do you own personal testing. Feel emptiness and fear and ask if you feel filled up or cut off from love.

19. Why does bliss appeal to you?

Creation always manifests in feeling before the experience is manifest. The invisible is where reality is and works in conjunction with soul. Energetic entities to help you sense pure joy and experiences you choose invite this to emerge from within you.

- a) Why do you make choices that are not self-loving? What does undeserving mean?
- b) Any restlessness or negativity is out of phase or dislocated with the energy of bliss. What is your intention in resisting the flow of energy? Why shift direction?
- c) Notice words you use are less important than the vibration you generate with them. Write down examples of where you use a negative word and feel bad or a positive word yet use it this way. How are you creating a wonderful situation? What is it like?

20. How can thought be an expression of soul?

Human beings often forget how powerful they are. You forget how you can change your thoughts and perception every instant. As you are prompted to ask universe for something, it is already done. You feel a difference between living a dream and talking about someday or asking when it will happen. As you focus on past and future, you do not experience what is.

- a) As you move beyond linear, dramatic things, you realize you create as you think. Describe how you can think your way out of a negative moment; learn to reframe it.
- b) Note examples where you see the effects in your life of positive changes of thought.
- c) Take periodic opportunities to separate from negative energy. How can you create opportunities to get more rest? To improve your relationships and other situations?
- d) Make a conscious choice to write down advantages to all negative you experience.

21. Why do you oscillate between abundance and scarcity?

The notion of abundance is often associated with something physical and measurable and scarcity evokes thoughts of lack. A focus on these topics invites you to reflect differently.

- a) How do you understand rational, logical or justified motives to get what you want?
- b) Consider how you create expectations to perpetuate illusions of scarcity. List some.
- c) Brainstorm abundance. Use colours, symbols, create a vision board of cut-out images. What does this mean to you? Do the same thing for scarcity. What are your “needs?”
- d) Why do you permit fear to exert such control? Which external influences nurture fear? What can you do to minimize the influence of fear on your life?
- e) If you suddenly shift perception and beliefs to sense there is enough or everyone, how would this change your understanding of abundance?

22. How can you bring more soulful energy into the physical life?

Soulful energy exhilarates you about everything that resonates with who you are. It is often viewed as something you cannot see with physical eyes, yet you can feel it. As you go through a process, you realize proactive thought or energetic initiatives shift outlook.

- a) What do you understand as ‘soulful energy’? Does it instil fear or love?
- b) You may forget you alter how you think and feel. What do you know of meditation?
- c) How can you draw on life experience to get meaningful lessons out of where you are?

23. What can you do to expand on a sense of freedom?

Every human being creates association with terms. As you read it, you already internalize what it is, what it is not, why you experience it, care or do not care. This is conditioning.

- a) How do you, and how can you, connect energetically to who you are?
- b) Notice how limitations imprison the mind. Describe how fear prevents freedom.
- c) Consider who you hold accountable for your freedom or lack of it. Which aspects of your perception are illusions? Examine the process of how you create and can dissolve unmet expectations.

24. What enables you to appreciate doubt?

Each person has the ability to create reality and to doubt that vision (or visions). Notice that if someone causes your expansion, you clarify your thoughts and focus on what you love.

- a) If you offer vibrations that differ from what you want and it promotes self-doubt. This reminds you that personalities and situations transform based on your vibration.
- b) Imagine 'just the way it is' is not the truth. Little by little, you visualize differently. What would it require to change your patterns of belief?
- c) How can you choose to truly care about how you feel?
- d) Tell the story of how you imagine life and the vibrations of the story will manifest.

25. Why do you invite guilt and remorse?

Look at the emotion as the direction of the intellectual way of perceiving a situation. Every thought or feeling brings you closer or further away from the base of love and compassion.

- a) What new conclusions are you drawing based on an exhilarating experience?
- b) How is your ability to focus changing based on what you are and are not feeling?
- c) Those individuals you admire teach you how to get to you your true self. Whom do you admire? Which qualities are these people drawing out of you?

26. What if your perception is not revealing the truth?

This moment has arrived for you to realize all faculties and senses are not yet on your radar screen. They are unfolding. Perseverance, guidance, openness and love are inviting you to consider that mind is purposely blocking certain realities in order you to learn what it means.

- a) What you discern with physical senses translates vibration. Close your physical eyes. How do you perceive silence?
- b) Certain thoughts and activities inspire creativity. What are these? List what feels good and do those. This lines-up what you need to do for the universe to give you.
- c) What do you do to feel to realize you have untapped perception and potential?

27. What is your view on past lives?

Reincarnation evokes emotions and reactions that draw attention to fear and/or pure love. To explore the possibility you may have existed before in a different form or formless state, to learn different lessons can help you to imagine you are given new opportunities to grow now.

- a) How does the idea that you have incarnated before change how you view the now?
- b) What do possible past life scenarios prompt you to recognize behavioural patterns?
- c) What is your understanding of karma? Where do you sense punishment is justified?

- d) Why is karma as a topic helpful to your self-reflection and contemplation?

28. What is your intrinsic value?

Things are always working out for you. You are doing these things because you know what you want, you enjoy the progression of the desire and you harness the power of thought differently. You are in the process of learning why you do not appreciate true positive energy.

- a) Why do you sense your vibrational alignment is useful? What do your emotions tell you? Can you do to bring it into alignment? Can you see advantages where you are?
- b) What you experience and feel tells you whether you line up or move away from. What does this teach you about your discordance, harmony and intrinsic value?
- c) Unconditional love and acceptance underlies everything. Why would you benefit from knowing your value is pure, non-physical, energy? How does it affect you?

29. Why be as miserable as you decide to be?

The level of awareness you have is always bringing you closer to connecting with Higher self more consistently. To be living in perceived misery, invites to raise your vibration. Tell new ways what you do want.

- a) When you are unhappy, and choose to stay that way, then you are not attuned to why. What part of this self-examination takes you inside to realize the eagerness you feel?
- b) To choose to feel miserable still reminds you that you create your own reality for a purpose. You sense the value of contrast. How do you guide self into alignment?
- c) What does this experience teach you about the lesson of getting out of your own way?
- d) How does negative energy empower you to expand and reconnect with who you are?

30. How does altruism guide you?

You constantly do intuitive readings or sense energy even when the mind convinces you that the basis for your action is perceived fact. You are discovering energy has healing properties. Everything is new and exciting. Part of you knows you are perpetually enjoying joyful situation. Everyone is becoming aware of your inner smile as you raise self-awareness.

- a) What energy do you detect inside self when you are around people who need help?
- b) When do you offer help to others? Do you do so without asking? Is this ego-based?
- c) Where do you offer solicited and imposed advice? What does Higher self tell you?
- d) Who are some of your mentors for altruistic behaviour? What do they teach you?
- e) What does altruism teach you about the vibrational universe? About your core self?
- f) Imagine someone you know is healed and in perfect health. Do this for self too. Use words to reinforce inner knowing of truth. Send positive, healing thought energy.

31. What does it mean to give what you have?

As you sense connected to all that is happening, then you gain insight into expansion. When you reach further in spirit than you permit self to go, you create tense resistance. What now?

- a) Where do you sense dis-allowing in your life? What are you preventing self to do/go?
- b) When are you choosing to care about how you feel? Why do you deny some feelings?
- c) To create a personal defence shield of energy prevents you from giving all you are. Write reasons you doubt. How do you feel when you do not get immediate results?

32. How is your current life draw attention to invisible energy?

As you are tuned in to what matters, then you perceive, think and behave differently than when you tune out. Energy flows freely, is constricted or otherwise affected by how you choose to sense it. You have the ability to focus on thriving, regardless of what is happening.

- a) Regardless of the circumstances of your birth, you incarnate by choice. From outside your current experience, how do you view benefit from and find value in your process of becoming. From inside the heart and spirit, how do you view your motives?
- b) How do you permit human-perceived time to orient your choices? Where does this help you? As you sense physical and non-physical parts of self, you either align with the good vibrations of Source that is you or, you do not. Why do good vibes help you?
- c) When do you sense lack or negativity? How does this distract you from a closer connection to the invisible Source (high vibration)?

33. When do you sense you are catching up with why you are born?

When you have a physical experience, you have the choice about how to feel about it. Do not permit the self to simply react to physical reality. Amplify expectation. Pretend to feel what you want and it happens.

- a) If you need the physical body to experience something before and emotional response, then you do not claim the vibrational reality.
- b) What is active in your unseen vibration is based on something you imagine rather than you see. How do you understand this in a practical sense?
- c) All thought you have on self is only as real as you believe. What do you believe now?
- d) When you focus on where you are now, how does this connect with purpose or not?

34. Why do you forget your non-physical self in a physical body?

This question assumes energy shifts in its entirety from one form to another all at once. The way consciousness exists, it can be in multiple forms and formless states at once. Bilocation is on example. This idea prompts you to expand perception and redefine selective forgetting.

- a) In truth, higher self always knows you are worthy. The truth is always available in the energy that circulates in emotion. What prompts you to believe what you do and feel?
- b) How do you and can you create new adventures based on your perception?
- c) How does fear affect how you view yourself? Why identify with energy or not?
- d) If you assume you know all, this prevents your expansion. When do you stagnate?

35. How do you come into soul alignment?

Alignment is a concept that means different things to different people. One view is alignment is when thoughts, energy, sensations, and light push and pull in directions, result in balance.

- a) How do you feel about soul work now? How does this align to your mission?
- b) If you do not feel good about where you are standing,
- c) Realize you can focus into and out of alignment. How are you aware you feel good?
- d) When do you gravitate toward something that tells you your guidance is dependable?
- e) How are positive and negative emotions valuable during a journey into greater alignment. If you are not proud of all emotions and aware of how they serve you, then this is one reason you may feel less than balanced, less than who you are right now.

36. What train of thought builds patience and perseverance?

Where you are now, regardless of what you experience, you are given reasons to learn. Beyond energy you sense or tap into, there is always more waiting to be discovered.

- a) What teaches you perseverance? How does this cause you to fixate on struggle?
- b) As truth is only ever perceived as you see it, how do you step outside comfort zone?
- c) Keeping thoughts grounded in what nurtures patience. How do you give attention to things? How does perception of time (past, present and future) shape your life?

37. When can you be sure of being 100%?

The exercise of learning to let go of any sense of better, any impulse to put anyone or yourself down, enables you to activate or vibrate as if you already do the best you can.

- a) When have you felt weakness and vulnerability or being less than 100%? What are you involved in as you feel good? Why do you choose things that do not evoke joy?
- b) As you channel your hope for the future to create how you feel now, this brings a feeling of reality into your radar screen. How do you allow the future to unfold?
- c) Notice when you feel anything other than 100%. What influences your feelings? Attitude, particular people, etc. How do you act to rectify the vibration difference?
- d) To assume the universe is already cooperating energetically, this opens your senses. Where do you foresee your path appearing? What are the stepping stones?

38. How do your views of decline, decay and disintegration affect you?

Many people become focused and tense on the state of the physical body; aging, illness, decay or perceived external change. It is like being stuck somewhere rather than becoming.

- a) Describe what the physical manifestation (illness or physical decay) feels like. How do you sense related vibrations? What messages are you receiving from Higher self?
- b) How does the state of your physical body reflect a state of alignment or dis-alignment with what you are? What does it say about self-image? When do you not feel eager?
- c) What is the intent of your physical body in getting your attention? Which principles guide you? When do you notice choices and perceptions you outgrow?
- d) Where in life do you detect vibrational discord? The physical condition or symptom of discomfort is pointing out something you have not been ready to acknowledge?
- e) How is your physical experience an extension of how you feel inside?

39. What do your choices and energies tell you about alignment?

Alignment draws attention to what you truly desire to do. What is going on vibrationally, is teaching you through reactions or how you ignore it.

- a) How do you feel about your choices where it matters? Lost? Found? Confused? Etc?
- b) What does it require to attune differently to who you are? This is not about a physical symptom. What is it that tells you to have more faith in your own inner guidance?
- c) Which experiences are drawing attention to your lack of alignment?
- d) What kind of energy do you keep putting out there? Describe your mindset?

40. How do you learn about surrender in dream states?

Sleep is not what you think. Who you are and how you are allowing yourself to live are not completely aligned with Source energy or you would not be alive in a physical body now. Sleep enables you to drop conscious resistance, denial and selective ignorance in order to realign with who you are. The better you feel as you go to sleep, the less you want to sleep.

- a) Why do people feel most creative in morning? What does this say about awakening?
- b) When do you recall dreams? What do dreams reveal about feelings, core vibrations?
- c) How do dreams help you? What do they teach you about perception and resistance?
- d) Start a dream journal or pay more attention to one you are already keeping. Decide to learn at least one thing about yourself from every dream. Visit blog for recall tips.

41. How do you learn to hold grace within the soul?

Notice that how you feel inside and what your core soul knows is not always the same as what the conscious you believes. Pay closer attention to how often you lie to the self and others. Notice how others are feeling and how you feel inside. To hold grace within the soul requires you learn to think and behave with integrity. Soul responds to Source energy within.

- a) What experience teaches you what it feels like to love what you do?
- b) How can you choose to feel the power and value of your own ideas?
- c) Write 10 affirmations to draw attention to traits you associate with integrity.
- d) Tune in to your inspiration as it flows. What can you do to empower self and inspire?

42. What do perceived external worlds tell you about your inner self?

When what you are feeling no longer feels like the future, it manifests. You tune in at will. To focus on hidden motives for choices helps you realize you align with what you want.

- a) What happens when you realize you interpret the vibration of the present reality? What do you notice? What does the external world teach you about yourself?
- b) Why do you feel like a harmonious match for the desires in your heart? Or not? What happens when you focus your thoughts on them and notice people who are uplifting?
- c) How are you sensitized to the best feeling experiences or desensitized from them?

43. How do you consistently feel good?

Every experience you invite into your scope of awareness offers you unlimited ways to grow. Without intending to, you shift your focus from internal serenity and give away your inner power to feel good. Part of you gets confused. You are on your way back to what you know.

- a) What if you permit your emotions to shift your vibrations? What empowers you?
- b) Notice your bias and superstitions. What are you doing to understand and get free?
- c) How are your choices building your character? What would create more balance?
- d) You may be conditioned to assume goodness is always rewarded with goodness. Note at least one situation where this is not your experience. What do you learn about love?
- e) If you do not feel and create joy as you can, you are not expanding as you could be. What are you doing to manifest reasons for joy in your life?

44. What do you do trigger deeper mindfulness?

Mindfulness is nurtured through different means. A flash of inspiration is a thing you do to stop doing what you were doing to prevent self from feeling how you do not desire to feel. You have unlimited opportunities to expand. Mindfulness is developed to turn you inward.

- a) How do you understand mindfulness as a concept? What contributes to this view?
- b) Write 10 reasons to feel grateful right now. What causes you to feel lonely?
- c) Explore different kinds of meditation. Read about it. What do you learn in practice?

45. What is the impact of self-betrayal?

You are setting self up to learn why you resist listening to soul. This process has implications on your learning curve. You move beyond focusing the mind and learn how to empty it.

- a) How are you interacting in your daily relationships? What feels right and what does not? Where do you notice conflict? How do you separate or cut self off from others?
- b) List 15 situations when you blame others, hold grudges, create pain or notice missed opportunities in your life. What are the advantages of these experiences? What prevents you from forgiving more openly and fully?
- c) Create an affirmation to remind self how wonderful, talented and loving you are. You could also read aloud poems or mantras that open the power of the heart.

46. How do you attune to lessons in humility?

Memory continues to show you that you exist in someone else's scope of perception until you enter another vantage point. You exist to gain insight into how you relate to all facets of life. Let the contrast of energy that you discern help you to define what you want and feel that.

- a) What does humility mean to you? When have you felt this in your existence?
- b) Reflect on situations where you have known humiliation? What do you learn?
- c) What motivates you to fix what is broken? How do you decide is broken, is embarrassing or evoking discomfort, this is helping you to create a vibration that fits.
- d) If it had not been for "that," you would not have wisdom you have. Describe "that."

47. What enables you to be grounded?

Throughout your inner transformation, from time-to-time, the urge exists to throw your arms up in the air and express certain emotions. As you attune to what makes sense to you now, you realize you move past certain thoughts and feelings while certain energy still obscures your level of understanding. Learn to examine your thoughts and ask whether you are loving.

- a) What does feeling grounded mean for you? How does self-love affect your choices?
- b) When do you notice negativity inside? How do you repress or temper it? What do you learn from this process? How is your mind used in life? Is the mind a servant to soul?
- c) Why does the motion of certain thought or feeling energy remain stagnant? When do you transmute energy (hold back thoughts and feelings)?
- d) What do you make of the echo in the back of your mind that says, "I told you so."
- e) How can you connect with inner child to bring love to parts of you that are scared?

48. How can you be more aware on what your guidance system offers?

Discord is energetic and turns into physical distortion. This is out-of-alignment state. In this physical time-space reality, every revelation about self is valuable.

- a) Notice the individuals in your entourage. Are they visual, auditory, or tactile types? How do people take in information you offer. Think about
- b) Describe situations where the universe mirrors your inner reality. What does this say?
- c) All of your ideas are fantastic. Write 5 powerful ideas that are shaping your evolution.
- d) How do you define your inner purpose and outer purpose? How are they related?

49. Why make an extending commitment?

As you feel the energy that flows through your breath, your thoughts and feelings, you go deeper within the self and reconnect with the core of Soul consciousness. In order to do this more consistently and effectively to develop awareness, it is meaningful to commit to evolve.

- a) Why give your body, mind and spirit new kinds of attention? How does it help you?
- b) How can you move your physical features according to desire?
- c) Which mental and spiritual qualities would you like your body to have? All this is a choice. They become part of your recreated self. You are what you come to believe.
- d) What benefits do you see in freeing yourself from genetic programming?

50. What are soul contracts?

One perspective is human beings are aware of soul contracts before birth in a physical body. You are born with unconscious intent to learn certain lessons before soul essence returns to Source. From this view, you encounter people and situations in physical worlds to learn to recognize a mirror of lessons you have chosen to learn.. At different stages of your existence and soul awakening, you are reminded of contracts buried deep inside of soul.

- a) What do you notice about state of your values and principles? Who or what draws you attention to them? What is your state of self-love? What would make it unconditional?
- b) How are you choosing to revise or give up certain behaviours? Why resist others?
- c) Which lessons do you sense you exist to learn? What does experience teach you?
- d) Which revelations do you conclude about your relationship to soul right now?