



ABOUT THE AUTHOR

Sarah Glover, designer and owner of Spirit Bird fashion label in Melbourne, Australia. Originally from the UK and who is influenced by her experiences living in the UK and other major fashion capitals such as Milan, Seoul, London and now Melbourne, following a degree in Management Science (BSc) at Manchester Business School. Inspired by each travel experience and the women she has met along the way who balance a career, their family and busy social life in a modern world. For more information see www.spiritbirdboutique.com

SOUL INTELLIGENCE

LIVING THE LIFE YOU WANT TO LIVE

BOOK EXTRACT

Our soul creates our reality.

The Soul Intelligence when we define it is not a term most of us are familiar with and something I feel describes our natural state of being. The source of all knowledge and existence we are born with is the soul. It's the Director of the thing we call life and reality. We are always connected to our soul through our heart in the physical world. That's why the emotional centre is often referred to as the heart. When we feel pain it's from the heart. Our soul directs our life to what feels good and to create more joy in our lives. No one is here to choose suffering. We can increase the connection of the soul up into Soul Intelligence to experience more joy, the life force of us as humans is our soul. We often don't give credit to the beauty and divine intelligence that's already inside us. Too often we give our power away to those around us or to the institutions we belong to as part of our social and cultural conditioning such as the education or religious ones. I'm not saying that

societies structures are wrong however they have not encouraged our soul alignment with our higher selves, the clear thinking, all knowing, magnetic part of ourselves that connects all living things to the love that we are all made of. Without love being experienced in our life we become lost. Today's rate of social media usage, along with long working hours and a lack of work-life balance means we are out of sync. The Souls Intelligence did not come here to experience a mortgage, a job, a car, it came here to love, be love and spread love. So breathe in the love that's all around us. When life becomes filled with obstacles to love there is a need for compassion, to set us back on the path to love. Our Soul Intelligence was never disconnected from it's prime source of infinite love. We just feel disconnected when the going gets tough. We need to practice keeping a disciplined mind that stays in touch with its Soul Intelligence. The art of meditation can do this. 10 minutes a day is all that's needed for better mental health. To increase

productivity, give our brains a boost of serotonin, to allow what may be happening in the world to be processed and released. We don't need to hook into every negative story that we see in the media. As soon as we are subjective and feel what the person is experiencing we bring that lower vibration into our own life. It's like drinking a toxic drink. We don't need it, it serves to muddy our energetic waters. We are far better off staying objective in line with our Soul Intelligence. Be an observer when exposed to a negative event and send compassion then move on by staying focused on how you can make your own life filled with more joy. The ripple effect from working on yourself through meditation will be felt at a superconscious level. We all benefit from the changes you are making. Nothing is insignificant as you realise that you are a powerful creative being. We simply should give 10 minutes a day to our Soul Intelligence by meditating.

