

SOUL INTELLIGENCE

Living The Life You Want To Live



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Foreword

I know that my life changed forever when I was taken out of my car by angels that stretched time to save me from a serious accident.

I was driving home from the beach after my morning dog walk and travelling at 80km an hour realised too late that a car had stopped on the highway ... in my lane. I looked behind me to move lanes and as there was no space I said to myself 'God help me'.

Then the peace and calm took over, it was as if in slow motion I saw a blacked out Jeep signal its flash lights at me to cut in front of him. I knew that this was from another dimension as I could hear and feel the words GRACE in the passenger seat next to me and inside my car was filled with white divine mist.

I was so at peace as all of this happened it saved me from a very bad accident. I felt a knowing not to look at the black car as it went past as it would disappear and plus I was so absorbed by this presence of The Divine in my car. This experience was confirmation of my own inner spiritual development and is one of the main triggers for writing this book.

How to get the most out of this book

Each chapter has been divided into subheadings. The book is so simple and easy to read on the train going into work or over a weekend. Or just whenever you need some You Time to regenerate. It asks the important 'I am' questions at the end of each chapter to encourage you to go inside yourself and meditate then reflect on what you are needing in this moment. It is not a substitute for professional help if you are having serious health related problems, please see your doctor if this is the case. Enjoy the work that I have channeled into this book and please give me your feedback if you feel called to do so at thesoulintel@gmail.com

Much light to everyone who will support this work, may it spread ripples of kindness that can be felt by many. If you are called to make a donation please do so at www.soulintelligence.center
Love Sarah.

Chapter 1: Introduction

Life purpose

Many of us have asked what is my purpose? Why am I here? What was I born to do? Along with the fundamental questions about life. We have many great minds in history and currently to thank for the insights so far. We are still on the cusp of so much quantum science on the infinitely small components of matter waiting to be discovered to understand what makes up the universe. We realise that we each have a unique gift. When we were born we had the universe inside us with untapped potential and unconditional love to achieve what is on our hearts knowing from birth. This heart knowledge or 'Soul Intelligence' is the life force guiding us from birth to death. Every insignificant moment and minute decision has led to the butterfly effect that has become our life as we know it. Each one of us is uniquely beautiful and gifted in our own right. We share this beautiful planet filled with life and abundance to bring to fruition what is in our heart story, the music we are born to play in the dance of life. We only do to ourselves what we do to others. We have this store of intelligence in our heart space, the connection to our souls path that is guiding us divinely to make each individual choice in our life.

Our souls journey

When we begin the journey of our Soul, we create momentum in SpaceTime. There is a vibration that I believe we are born with that will attract into our life the lessons that we designed to experience. We have freewill to change something that is not working and that's all part of this amazing unique vibration. When we become our authentic self we are a vibrational match to our Soul Intelligence. We no longer fit into many of the fear structures because we're not living in fear. On the contrary we have lightness, an easiness about our life. Our hearts are filled with a passion that we must act on at all costs. We may go through difficult times to live out our Soul Intelligence or become almost bankrupt, using Elon Musk as an example. When Elon Musk was a child he was severely beaten by bullies that left him nearly unconscious at his school. He left his PHD course to set up PayPal and was then fired from the company that he started. He continued to invest in his dreams and himself to begin the company Space X and Tesla. Elon Musk is now the richest Tech billionaire on the planet at the time of writing this. I would like to explore this further, investing in yourself is not following the crowd, that's too easy and doesn't get results. Oppositely following your passion will lead to a life of fulfilment. All things are possible when you stay in spirit. I believe Elon Musk was connecting to his Soul Intelligence. He knew to never ever give up on his dream.

Depression and anxiety

So what's the problem? It's possible that we've gone so far off our intended souls path that the rate of mental illness in society is the next biggest killer. We all know someone that is battling this disease and we wish them the best possible outcome. How do we become our best and be the change that we would like to see in the world. How can we become a role model for those suffering mental illness and other life challenges. Humanity has become darker at the fringes however it's beauty remains. We need to show children what a happy well adjusted soulful person looks like. They will become the next generation fed a diet of consumerism, greed, violence, hate filled society. We each have a role to play, my life has had tough times, somehow I managed to get back on track using my Soul Intelligence as my inner wisdom. The statistics of depression and anxiety from school age children upwards to adults across every race, religion and gender category. We have allowed the institutions that socialise us from a young age to wither away the connection from our heart space, our true self. Very few individuals, even leaders, spiritual or otherwise are committed to their true self. We're left with a diet of social media and mainstream news that pollutes our mind and distorts the nature of who we truly are. It has been the norm to give our personal power away to the next guru, doctor, leader, government when we do have a choice to go within our heart and connect to our Soul Intelligence. It has been there since birth like a glowing flame, never leaving us for a second. It knows us like no one else and loves us unconditionally. It sees no separation from the all that is. We are one as humanity and can only do good by growing

through all of lives experiences even when we perceive them as negative or less than. We truly are amazing from a biological, social, emotional and spiritual perspective. It's our birthright to be this in our daily life. We did not come here to be separate from our Soul Intelligence. This book is how we can reconnect to our Soul purpose and live the life that we were destined to live.

Chapter 2: Meditation

Going within.

Allowing everything to fall away and going inside yourself. We are all capable of being in this space. It's our birthright and natural state of being. We have a consciousness that is so powerful yet societies belief systems and values are not attuned to what's really happening for us at a metaphysical level. In time this will change, individuals and groups who regularly practice meditation will increase. Many celebrities and successful business people or rock stars already have a strong practice of daily meditation. Meditation can benefit all people from all walks of life including you reading this book. The many benefits of a consistent meditation practice include better mental health by creating space between our thoughts. The space is our consciousness connecting to our life force, Soul Intelligence and the universe.

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. 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.

Old patterns of thinking.

Life is not happening to us, unless we let it so start meditating today and grow your intentions for your best life. You deserve it, your soul doesn't need fixing, it's already in a state of perfection, a part of the superconsciousness grid of reality. Here in this earth reality we may need support for addiction, stress, anger, abuse, anxiety and depression to name a few. We can heal ourselves

from the inside out. It's the heart knowing the solution to many of societies problems. By each individual becoming aware of their own divine self it will slowly shift the planets vibration to further ascension. The old systems and old values will no longer serve us. New values can be felt based on love, compassion, flow, creativity, spirituality, allowing not resisting and wellness. You will feel wellness, health and vitality, prosperity, fewer problems, more self love and kindness. A greater connection to nature less addiction to toxic people and substances, better relationships with family and friends and even coworkers. Finally meditation can be practiced anytime, by anyone, anywhere, even on your commute, before bed, your lunch break, before breakfast. Stay present and focused next close your eyes. Allow thoughts to wander through your mind and release them again on a stream for another time.

Chapter 3: Being Compassionate

Love

Love is in the air we breathe, the skies, the trees, the wind, we are all love. Nothing cannot be love. we are all expressions of source that is love. We are here to navigate life and stay connected to our Soul Intelligence. We can know this love and it can be our power and strength. An exploration of our inner world through meditation allows us to love freely, accept love, give love and be love. The soul is love. Every word is energy and therefore a vibrational frequency every thought is a vibration. The resonance of everything is effected by everything as we are all connected through love. The smallest changes we make to ourself to live the best life possible will be felt by everyone on a subconscious level. The butterfly effect of thoughts and actions change the course of our reality moment by moment. There is no time only now. We can change now by not saying harsh words or thinking negatively. If we're committed to clearing up our negative thinking then we are in a position to attract good experiences into our life to create more joy. When we're in the vibration of joy we attract more joy. We are in the language of the universe that knows our Soul Intelligence, knows itself.

Laws of attraction

The laws of attraction manifest our strongest desires and intentions. There is no judgement as we simply carry the most dominant vibration. If we carry the vibration of love it's the highest level oneself compassion, trust, loyalty and self worth. When we smile at a stranger and say hello with positive body language we are showing loving kindness. We have role models all around us, children especially before they have been culturally conditioned into their native value and belief systems are capable of so much love by being in the moment and not judging. Children and animals even nature live from the inside out. We can turn off the TV and start to grow our family into a stronger more loving one. We can unhook from the addiction of social media and create better friendships. Self trust and acceptance are needed to be of true worth, holding ourself gently and not hurting others with harsh words or actions even when they have given this to us. When we are authentic the people and events that our meant to show up in our life show up. No events can pull us down for long, it too shall pass. We must endeavour to make our life a good one. It isn't very long and we only have this moment. So accept love and give love, live from the inside, look to your children and animals and nature for compassion in action. Create a meaningful and authentic life by connecting to your Soul Intelligence with intent full living.

'I AM' QUESTIONS

Q 1. How can I extend the periods of contentment in my life? or if I can eliminate the behaviours that stop the flow of positive energy, can i learn how to feel great all the time. (ref 2)

Here are some examples continue adding one or two of your own.

I clean my emotional blocks through dance, singing, drawing or self pleasure.

I regularly practice yoga or meditate or experience hands on energy healing to maintain a healthy equilibrium between my mind and spirit.

I regularly look at what I need to let go of in order to grow
I give myself equal time reflecting and doing.
I choose to live in an environment that honours my inner needs.
I try to find compassion for those that offend me, trusting that life will exact its own justice. (ref 1)

Q 2. Can I allow things in my life to go well all of the time? (ref 2)

Here are some examples continue adding one or two of your own.
My natural charm wins people over and I consciously use my gift of persuasive speech and story telling to spread joy, love and laughter.
I value harmony above potential drama, making me a peacemaker committed to resolving disputes by exercising compassion for all concerned.
Having reflected on my own lessons I have great understanding of myself and therefore the human psyche in general.
My imagination, sense of play and fantasy enhances mundane experiences making them special and unforgettable. (ref 1)

Chapter 4: Allowing: Animals and Nature As Teachers

Ego mindset

What do we really mean by allowing? I perceive it to be going with the flow of our Soul Intelligence and universal force and by that I mean not putting myself or others in boxes and attaching labels to them, e.g. too fat, too thin, not educated. In order to allow we need to first think in an expansive way that encompasses an ever changing and expanding set of values and beliefs that have grown according to our experiences and lessons over our lifetime. Therefore 100% effort is needed into everything we are part of so that we stay open to everything while at the same time attached to nothing. The ego which we haven't talked about so far is no longer in the driving seat anymore. The 'I' of the ego that always wants and desires and needs has a breakthrough and is led from a point of geo-centricity instead. Caring for others in a geocentric manner is seen as just as important as caring for ourselves. We care for others and their needs not acting in response to our own self centred and egocentric demands.

Inner Drive

How do we feel when we are doing this? We may feel excited and incredibly happy both internally and externally when others are achieving their dreams. We are focused on living in the moment. If a damaging situation arises that threatens our stability we are able to walk away without hurt feelings that stem from the ego driven mindset. Even better is we can surrender to each situation, even the unfavourable ones and allow them to just be without needing to fix them or the people in them. When we realise that nothing and no one is broken we focus back towards our own Soul Intelligence without becoming self absorbed. We continue to experience and count our blessings letting go of everything we cannot control, which is everything anyway. Having true faith in our Soul Intelligence by believing in something bigger than ourselves whilst co-creating with the laws of universal attraction. As we are already aware that our thoughts are powerful creators of our reality. Then we allow and live beyond the ego then taking care of others is the natural thing to do and we show up in someone's life when it really matters with perfect timing. Allowing can be as simple as agreeing with yourself to say 'Yes' to life. We all have a voice that comes from a place of fear that would see us suffocated and stifled in a non growth pattern of being. We can overcome the negative thought conditioning by saying 'yes' to all the seemingly nonsignificant situations that were brought to us by the Soul Intelligence guiding us to the next lesson and grander design of what our future life is to look like. We know that by allowing the soul to be the driver of our destiny, that connection to higher self can be translated as 'never giving up on yourself'. Look at what is working and evaluate and improve by enjoying the journey one step at a time.

How children manifest

Children have the art of allowing and manifesting down to a fine art. As for adults it's not so straight forward for most of us when we get caught up in the ego and the 'me first' mentality. Therefore by looking at how children allow in their life we too can learn some important lessons. There is no judgement from young children before the cultural and societal expectations have been imprinted on them. Pre school children just allow themselves to be in all of there ego driven existence. They have a strong connection to their Soul Intelligence and know before they are verbal what they came here to do. They enjoy nature for its high frequency as well as the animal kingdom. They are strongly connected to the all that is and how it's manifested on the planet. Children are naturally compassionate and kind, it's not a choice for them, can you imagine a world where it was? They are each created perfectly different, they have no desire to be like anyone else. As they get older and we witness and share their struggles, they teach us so much about ourself and the world. Children are the greatest gift to our community and give everyone hope even on the darkest day. Sadly many adults take the view that somehow they are superior or more knowing. I disagree, children often hold the solution from having a strong connection to their source and super consciousness and therefore do not get stuck in the problem solving process like many adults. Children jump straight in and try all life has to offer as they understand that making mistakes is all part of learning, the are born care free to follow their Souls Intelligence. Childhood wisdom would change the world if we only listened and could see their needs as a flag for what needs to change across all countries and cultures.

Children with additional needs

In particular I would like to focus on children with additional needs that are raising the bar. They are not here to fit in to the boxes that the family or education or employment system has prescribed. They know that the system of how we educate our younger generation needs changing. With help from these children, staying on track with their Soul Intelligence they allow the parents to advocate for them and be their voice for change. They are the latest light workers in creating new systems, more open mindedness and acceptance of diversity in society. We question our own purpose of existence with the help of being challenged by children that do not fit the standard boxes in society and the one size fits all approach to eduction. Some schools in Norway and Finland teach spiritual intuition as part of the curriculum from a young age. In my opinion all children can benefit greatly from knowing that they exist on a physical level as well as a quantum meta physical level with the spiritual energetic body they also have access to. How the child manages their energy field, the aura, as they go through life, can be greatly effective for reducing the steep rise in levels of anxiety and depression that we currently see amongst children. Meditation and yoga in schools is far more common place than ever before. It will take some big shifts to break down the old system to a more soul centred individualistic approach to a learning style based on the child's passion for certain subjects. The child could be his or her own teacher with a facilitator present to guide and inspire learning based on what they truly love doing. Therefore we have many lights of hope in the form of children acting as the seeds for change.

Animals as our teachers

In my opinion animals can teach us so much, not just the ones in our life but the whole animal kingdom across all life no matter how minuscule in size. The ones we life with impact our life daily as perfect companions for adults and children alike. They are the embodiment of allowing as we discussed. The perfection of allowing themselves to be creates no resistance in their life and therefore no suffering is experienced by their own choosing. Every breath for the animal on the planet is a new moment of creation and many animals such as dogs or cats share their excitement and lust for life which is infectious to watch and be around. Each moment is filled with gratitude for what they have. There is no consumerism is the animal kingdom as they have no material needs only instant joy and happiness of being in our human company. They feel belonging to the planet in a way that not many humans experience I believe. They too like us develop friendships, relationships and complex social structures. Maybe they are a pack animal or solitary, they have a need for safety and security offered by the natural world they exist in. The nature they belong to

comprises the air, ocean, plant life and everything we see and feel. We are all part of the same web of life in a perfect symbiosis of beauty that cannot be improved. We can learn to open our minds and treat animals and plants as equals. They teach us about science, art, provide cures for many diseases, innovation for renewable energy. We do not own this planet or anything in it. However we do have the inner guidance of our Soul Intelligence to go within, go slow and just be like the environment that surrounds us.

'I AM' QUESTIONS

Q 1. In relationships can I live in harmony and intimacy all of the time? (ref 2)

Here are some examples continue adding one or two of your own.

I let others see my vulnerability. I have compassion for myself and value my emotional responses as great teachings.

I only surround myself with people who are able to express love for me, even if that means distancing myself from those i want more love from.

My ability to dazzle others is ageless as i know the elixir of life is love.

I create and value sisterly and brotherly friendships that give me emotional intimacy.(ref 1)

Q 2. Can our species live in expanded waves of peace and prosperity free from the pattern of messing things up when they are going well? (ref 2)

Here are some examples continue adding one or two of your own.

I am patient, accepting that lasting results are worth the time and effort.

I provide emotional counselling and spiritual insight for others.

I listen to others and am accepting of their faults.

I take good care of my health and home as the foundation of my life.

I am humble and will sacrifice extraneous wants for both my own and others needs. (ref 1)

Chapter 5: Mindfully Living and Giving

Stress, struggle, shame and blame.

Everyone experiences stress at work, family, life, health issues of one sort or another. Many people I've come across have experienced trauma from emotional or physical abuse. Mental illness is the second biggest killer by 2020 after heart disease. We are each responsible for ourselves and for choosing how we use the 24 hours that are given to us each day. We can live a grateful, joy filled life or choose suffering and self pity. We each have within us everything that we need to succeed and thrive. We are born so wise and somehow life gets in the way and we may start to feel beaten down by it. When we tune into our Soul Intelligence we can begin to understand just what makes us tick as individuals. What unique gifts do we hold? The answer usually lies in the passion of what we enjoy doing the most, as we know from an early age that life is one big party. Even if you're in your 50's, 60's or above it's never too late to do what gives you joy. Your point of focus and attention is your reality constructed by your thoughts and behaviours and the lens through which you will see and experience the rest of the world. The more you see good in your life, the more you will attract it. After a while your focus may shift from yourself to others, such as building a strong community and stable family around you. It's what can change worlds if we all decided to be that change today. There's no joy to be had if small worries get us down on the wonderful journey of life, so live to the full and follow your passion.

Good causes

What is the art of giving back? Helping an old person cross the road? Looking after a sick relative? Donating money or time to a good cause? There are multiple ways to feel connected to others and giving back to others and not getting stuck in the 'all about me' mentality is a great way to start. Firstly if we are to receive the flow of divine guidance we must give for the right reasons, selflessly

and without ego. It should come from our Soul Intelligence. We want to be a vessel for hope for the people that come into our lives through voluntary work. An act of kindness or compassion is never forgotten and energetically exists for eternity, imagine that. Giving a surprise gift to a friend or loved one or random acts of kindness will play out in the recipients life until they die. It has the power to change the way they see the world and how they interact with others. Spreading kindness has a ripple effect felt through all of humanity on an unconscious level.

Rediscovering what brings us joy.

The most powerful and effective way of giving is to align with our talents and passions. For example if we love teaching, discovering new scientific breakthroughs, sewing or playing the piano. They are all equally valid if we love being in these states of focused intention and awareness. We are the most joyful role model when we spread love and kindness through the activity that aligns to our soul path. We can make one small change to our lives and impact many. Small changes are felt too by those in our immediate environment. As we increase our vibration they have theirs lifted also. They cannot stay at a lower frequency when we've tapped into our Soul Intelligence and create our lives from this point of focus. Having faith and belief in our abilities is essential. Staying true to who we are as an authentic soul. Listening to this is another strong aspect of giving back. It's the most readily available yet under-utilised gift. It really is a gift to offer someone, even a complete stranger, your full presence in the moment and give your whole self without the mind wandering to what to cook for dinner. It's my solution that the simple act of listening can reduce someones suffering long term. It can reframe their problem in a way that couldn't have been done alone, with their own thoughts. Let me be clear that it's not about the quality of the advice that's given, the act of listening is doing the work in and of itself. It shows an appreciation of the persons higher self and highest worth by not attempting to 'fix' them or their situation. We can simply reach out with integrity and love them unconditionally in their perfection.

Expanding our horizons outside our comfort zone.

Getting to know a new group of people by joining in a club or community group may be how we give back. We expand ourselves and our consciousness when we connect to others. Being a happy kind hearted person in a new group of people is a form of paying it forward in my opinion. we can listen and share new ideas, support the ideas for continuous learning and growing. When we take small steps to improve the quality of our own life our quality of life increases and overtime our happiness increases and we vibrate closer to the spirit world. When we vibrate higher we connect to our Soul Intelligence and more information can get through to our conscious level and we can see new experiences materialise in our lives. Having no attachment to what has been and staying present acts to reinforce the habit of giving and altruism, whilst being mindful of keeping our thoughts positive.

'I AM' QUESTIONS

Q 1. Am I willing increase the amount of time very day that I will feel good? (ref 2)

Here are some examples continue adding one or two of your own.

I appreciate lives simple pleasures so I always feel blessed and abundant.

I enjoy having my skills so I can turn what I enjoy doing into a marketable commodity.

I believe in my own unique gifts enough to invest time and money nurturing their growth.

I dedicate my career efforts to making a difference, rather than just achieving external status of wealth, power and money.

I value my intuitive wisdom as much as my intellectual knowledge. (ref 1)

Q 2. I am willing increase the amount of time that I feel good that my whole life goes well. (ref 2)

Here are some examples continue adding one or two of your own.

I am flexible enough to change course if my current one is proving counter productive.

I am loyal to my loved ones and consider their feelings.
I trust myself to discern what is best for me then act accordingly.
I use my sense of humour to include and uplift not to exclude and put down.
I don't judge people and their actions as black and white but rather appreciate the complexities of each persons outlook and path. (ref 1)

Chapter 6: Media Beware

Brain drain

Most of us are exposed to TV everyday, the news and negative stories that feed the ancestral part of our brains into a fight, flight or freeze mode. The paralysis adds to our daily unsatisfying lives of commuting to a job that sees us as a number not an individual. The portrayal of media, political, government and business agendas is fed to us 24 hours a day 7 days a week. It creates an atmosphere and breeding ground to excuse ourselves from not living so we turn on the TV as a negative feedback mechanism to escape our own life to see someone who has it worse than we do. However in the long term no ones life is improving on any level if we continue to be suffocated by media agenda that wish us to remain powerless and out of touch with our Soul Intelligence. The violence and anger portrayed in the media we can relate to on various levels in our own observations. We are led to feel better if we categorise and label the people who act like this rather than exploring the underlying causes of the behaviour. It's the perfect model of know your place and don't think for yourself. Furthermore the law enforcement in society and the government are in control, your decisions don't count.

Fear led living.

The media and marketing machines encourage us to take, take, take. To live in fear of not having material possessions. The advertisements for food, leisure, work, every aspect of our life is played out in the media to the lowest common denominator. The unhealthy food that is advertised feeds an unhealthy mind and body and becomes a form of addictive negative behaviours that give us a fix or boost for the short term. The media also encourages us to compare our life to the soap operas and dramas on TV. There is little or no soul or heart connection. Many of us become lost or feel broken inside with feelings ranging from despair and rage that becomes played out in our own life as assault, cruelty, cancer and other life crisis. The graphic images of war and suffering from across the planet shows exactly how society has lost its way. The world is not at peace it has bred into a them versus us form of living. The hierarchies in place that create money for those at the top powered by greed and control versus misfortune for everyone underneath.

Banishing self limiting thoughts.

Quieten the voice that tells you your to-do list. The one that says you're not good enough or that you're not worthy to have a new job that you love, you don't deserve this or that for something you did in the past. Start to be present and accept that it's our negative fear based programming and not who we truly are at the intelligence of our soul and it's wisdom. If the scientists, artists and great engineers of our planet had not listened to their own voice and gave up when they had set backs we wouldn't have the wealth of knowledge that can send a satellite that orbits a planet for 30 years and travels billion of miles. We need to set the self talk dial to positive encouraging self awareness and remind ourself each day when we wake up that we are love we are worthy with a unique person in this lifetime. No one is above you or beneath you. Your divine birth right to fulfil your life mission so encourage the people into your life you are here to help you learn these lessons. We all have bad days and they will pass. Move on fast or get outside help if you cannot get beyond the negative story in your head. You are the driver of your life at the wheel in charge of every thought that you have. Program your conscious mind to love and not judge, treat yourself well for today and your future self. Banish what others may think, as the majority won't like you for trying to live differently, so do it anyway love and be loved.

Cultural definition.

Modern society with so much access to media has become a breeding ground for comparing our achievements to not just our immediate friends or family but the whole online community across countries and cultures. For teenagers it is a serious mental health check to steer clear of too much time on social media. The statistics are clear that certain apps do cause damage and can be addictive resulting in lower self esteem and further to mental illness. Never before have children had access to so much information. It's not just children that are vulnerable even adults are exposed to the lack of boundaries online and legal framework of what can cause offence. As parents it is our job to modify what children see, hear and experience and not allow the rich celebrities and fake media images of beauty become their belief system of what the world looks like. Some of the pitfalls can be avoided with an early education and close working with the school and parents. Teaching children from a young age about their own intuition versus the ego that always requires to be filled up. Whereas a soulful child feels happy on the inside and with every different person they come in contact with. If we set an example and practice having quiet space for ourself the child learns that we value the inner world, a calm mind leads to action and change.

Being a role model for others.

Starting my own fashion business was one of the most challenging thrilling journeys of my life. I used my Soul Intelligence to guide myself at every step of the decision making of who, what where to go next. There was no hard and fast plan it was organically grown based on my intuition guided by my intelligence within. Everyone has this and access to it through meditation. If you choose to let a failed relationship or whatever it may be keep you from taking action then life will never be what it was meant to be for you. It could be that your souls purpose is to be a wonderful mother or father or to have a satisfying job that serves the community or even inventing the next break through technology. Whatever the dream of your life is the steps to get clarity come from going inside and asking what success looks like to you and listen to your response. Living on purpose and being passionate can only create stability, purpose and great changes in your life. In all areas of your life, home work-life balance or relationships. If you decide that you need to see the world to fulfilled then go and do it. The opportunities will come once you take action usually not after. It's certainly how I began my fashion business, I knew deep down that I could overcome an infinite number of hurdles to allow my soul to express itself. The highlights of my work have been the stuff of dreams and so has the journey in getting there. Your dreams are worth it too, getting started is all it takes.

'I AM' QUESTIONS

Q 1. Are you willing to take the steps to your ultimate level of success in love, money and creative contributions? (ref 2)

Here are some examples continue adding one or two of your own.

I allow myself to discover that love and trust of another special person is a gift and worth exploring.

I connect with and accept my vulnerability, helping me to understand others.

I try to forgive myself and others for making mistakes.

I like to invest energy into a cause that has great meaning and is personally rewarding.

I am resourceful with what I have so always feel abundant.

I am practical and possess a solid understanding of material matters. (ref 1)

Q 2. How much abundance am I willing to allow? (ref 2)

Here are some examples continue adding one or two of your own.

I am prepared to endure short term pain or loss to achieve my career goals.

I can financially provide for myself and those dependent on me.

I exercise self love in all my decisions rather than be manipulated by other peoples emotional needs.

I am flexible to change course if my current one is proving counter productive.
I don't compare my talent with others as I know everyones distinct gifts are needed for the whole plan to work. (ref 1)

Chapter 7: Abundance Of What Matters

What we focus on we become.

My three main areas of focus are health, wealth and happiness. These are very common goals shared by many. Each of us would like to reduce some form of suffering in our life and experience more of the things that we love. By asking ourself in meditation the soul speaks more loudly and becomes part of the everyday conscious mind. I only know what is important in my life right now, it will change overtime. The main aspects of life that give me the most joy are time with family, memories that we make together and that feeling of contentment it gives me. Therefore choosing the joy in life is of equal importance to not choosing to dwell on the suffering. How bad your life has been, being present with every good not bad situation and seeing the silver lining by letting go of the suffering. A negative event can cause us to look at why something unpleasant happened and what did we learn from it? Then move on in a similar way reducing the amount of physical clutter in our life can be cathartic and cleansing to receive more messages from our Soul Intelligence. The popularity of TV makeover programs shows the affect a new space can have on our mindset it can truly change our life by reframing how we live into the present moment. You are not what you own you are your Soul Intelligence.

Letting go.

The only person getting in the way of our life from being a great adventure is ourself. So change your thoughts, change your life and create and reframe creativity as the life force within waiting to be expressed. When we were young we were encouraged to start finger painting, climb a tree, play music all to express the unique soul within. As we got older the school system has it's own agenda of knowledge and the pursuit of intellect as king. Let me offer an alternative that knowledge is wellness when it comes from a place of passion. Being your own teacher in this journey called life is incredibly rewarding. There is no one size fits all education, no hierarchy of best or worst education. The only person that can make the pursuit of knowing come together is you. You are the divine force of your learning for the length of your life on earth.

Moving forwards.

Consistently making one small imperfect move after another you can create worlds with your thoughts and imagination. Everything that you think has a vibration and will be felt by somebody somewhere. Keep your thoughts on making your life as good as it can be and meditate each day or at least have quiet time or take a bath or journal how you are feeling. Get in touch with yourself and stop giving the beauty in your soul to everyone else except yourself. Listen to what sparks your interest day after day. Find the people that will support you and have patience if they don't show up in your life right away. There are no limits as to how we can find inspiration in our life. If you love to run then you could join a running club and maybe someone you meet there could be an important person you were destined to meet. We are connected like a beautiful piece of music, we play a role in everyones life that we meet. A chance encounter or an idea shared with someone may change the course of your life.

Inner communication.

Having an idea is the Souls Intelligence way of giving you a gift. The next steps is doing something with this gift, only you have free will to accept or reject these ideas or feelings or knowings of how you would like the world to look. What world would you like to see your children grow up in? Peaceful filled with love? Or monetary led control, of power and fear based reality? Life is not this

polarised it's to make a point that each day we can choose to get out of bed to explore what makes us happy because we have found what makes us excited for the day to start. The opposite of feeling on track is experiencing anxiety and depression or low negative emotions. In pursuit of your Soul Intelligence there will still be difficult times to go through. The difference is that your work becomes a labour of love, the natural feeling of greatness and hard work. We all make mistakes along the way to fast track our learning. Most days when we say yes to ourselves we are equally saying that opinions other than our own are less valid. Rejecting the negative views of others and judgments of our passion can be a great way to start and build momentum. You will attract the right people even if you don't start off with them around you at the beginning.

'I AM' QUESTIONS

Q 1. How am I getting in my own way? (ref 2)

Here are some examples continue adding one or two of your own.

Am I humble?

Am I consistent and persistent in following my dreams?

Can I accept my own faults?

Do I invest in myself?

Do I take good care of my health and relationships?

Am I down to earth in social situations?

Q 2. Did I break the families spoken or unspoken rules to get where I am? (ref 2)

Here are some examples continue adding one or two of your own.

I choose to live in an environment that truly honours my inner needs.

I create and value sisterly and brotherly friendships that give me emotional intimacy.

I am loyal to my loved ones and consider their feelings.

I connect with and accept my vulnerability helping me to understand others.

I try to forgive myself and others for making mistakes. (ref 1)

Chapter 8: Loving Who You Are

Nurturing our soul.

It's become the normal practice in everyday life to talk down our achievements, our passions. When in true connection to our Soul Intelligence, it's not possible to not love yourself. It's the most strong connection to love through your heart space where the soul connects to the body. Modern society with it's social media has created a few celebrities that are allowed to achieve the rest of society is treated as the workers who should not pour love into themselves. Their main pursuit is to chase the material dream of home and car ownership by holding down a mostly unsatisfying corporate career disconnected from their own Souls Intelligence. When we take the time to create enough space in our life to look at ourselves under an objective lens, we see first our personality, our past, present and future desires of the life we wold like to create. What personality traits do we see? How do others see us? Life is always going to be filled with good and not so good experiences. As we get older it offers a perspective that everything is impermanent. Our bodies do not last without change, our health, our family, all are constantly changing in small ways. The relationship we have with ourselves and others at work or in our community is subject to change. When we accept and integrate change as necessary to continue moving forwards on our Souls Intelligence designed journey, we can reach all of our goals with less disruption and cognitive dissonance.

Finding our unique gifts.

We each have our individual talents, uniqueness and Soul Intelligence. When we ask ourselves quality questions of where we would like to go in life and how we will get there. The universe will respond with an answer that is perfect design for each of our lives and what we came here to learn. When an individual is connected to the heart space and the Soul Intelligence that lies within, they too can harness the talents that may have lay dormant up until now to make a difference in the world. When we ourselves feel empowered we can empower others, creating a reality based on love for ourself and everyone we meet. Self compassion and kindness on this journey and never giving up or losing focus of our short term or long term goals. The sky is the limit when we remain connected to our Soul Intelligence. The path of creativity was set out for us and supports us along the way, we can overcome any obstacle that stands in our way of following our souls path. we sail our own ship regardless of what other people in our life may say or do in order to survive and thrive.

Living large.

When we encounter new territory and step outside our comfort zone we become galactic explorers on a quest to discover our meaning for existing. The heart is guided and not led by external forces. We are driving ourselves to our destiny by being the beauty that the world needs, other people will become inspired. It doesn't matter what the physical body has gone through or how bad life got. What matters is now, we may possess an ageing body in need of some work, we can still express our Soul Intelligence from our spiritual and emotional self. It's likely to take a lot of hard work from outside of our comfort zone. That is when the soul grows, if we're not in growth we're in stagnation. As we age the need to compare, to judge others who may not like like us or have what we have or own what we own in life. If we can stay in our own truth staying true to our personal soul story we can maintain a happy, real and joyful existence, full of gratitude, playfulness and a natural inquisitive innocence.

We are unique.

Celebrating what makes us special is another part of Soul Intelligence talking to us through our vibration. When we feel comfortable in our own skin then we are the best version of ourself. The more vibrations we give out the happier our life will become as the law of attractions state the strongest vibration becomes the point of attraction so choosing happiness, a high vibration, over a low vibration such as fear. This can be seen as necessary every day and even in each moment despite what our individual current circumstances might be. When we can fully appreciate that are challenges are indeed our strengths, there is a gift waiting for us of what life has been for us so far. We are this unique gift to ourself. Celebrate each imperfect step forward that we take in life and don't worry what others say, think or do. It won't serve us to please others, only they can please themselves anyway. We have our soul identity that is unlike anyone else's on the planet. Keep doing you by being truthful and real about what we desire from the vibration we align with. Show honour to ourself and loved ones, they will benefit from our integrity to do the right thing not simply choose more wealth, more stuff, more power.

Time is limited.

Life is short so live like it's your last day. Listen to what your heart space is telling you through meditation and how we feel in each moment. When we plant a tree we don't expect it to bare fruit straight away so be gentle with yourself for what you haven't achieved yet. It's easy to become bitter or judge others for what we think is missing in our life. We choose our souls destiny when we are connected to the souls infinite intelligence. Our path may not be easy or ordinary but it is unique to us and life was never meant to be simple. Let's face it if we had everything we desired we would get bored pretty quickly. Sometimes the story of us is what can inspire others to live out the soul journey and chase their dreams. When we break new ground it's easier for the next person who comes along. Love and laughter and connection to oneness is simplicity and following

your dreams. Don't compare yourself to others, stay focused on your work by sticking to your goals and dreaming big. Communicate and share what you dream about achieving with family and friends in order to manifest together. If you don't have like minded people in your family then join a group where they exist. As well as spending time with diverse people to stay open minded, keep living outside of your comfort zone, laugh at yourself and the mistakes you will make while staying humble at whatever achievements you reach along the way of getting your stuff done.

'I AM' QUESTIONS

Q 1. Even though I'm successful did I fail to meet the expectations my parents had of me? (ref 2)

Here are some examples continue adding one or two of your own.

I don't compare myself with others knowing that my talents are needed for the whole plan to work.

I stand up publicly for what I believe in.

I value my intuitive wisdom as much as my intellectual knowledge.

I dedicate my career to making a difference not to external means of power, money and wealth.

I trust myself to discern what is best for me.

I try to forgive myself and others for their mistakes. (ref 1)

Q 2. Is there any action I can take right now to make a positive difference in the world? (ref 2)

Here are some examples continue adding one or two of your own.

I regularly practice yoga or meditate to gain a healthy balance between body, mind and soul.

I regularly look at what I need to let go of in order to grow.

I appreciate simple pleasures.

I listen to others.

I am patient accepting that lasting results are worth the wait.

I stand up publicly for what I believe in.

I am an excellent negotiator who can see both sides of an issue.

I clear my emotional blocks through singing, drawing, self pleasure.

I use humour to uplift others. (ref 1)

Chapter 9: The Gift Of Living As You

Connection to others.

The most authentic people in our life allow us to stay open and connected to our Soul Intelligence. The connection of being authentic in ourself is a precious gift. When we become aligned with who we truly are on a Soul level, we open the door for those around us to do the same. The smallest incremental change towards openness can offer enormous benefits. More passion for living comes into our life as we won't tolerate the situations or people that don't make us feel good anymore. Every precious life is a gift of uniqueness, being authentic can change the world one person at a time. There are no boundaries or barriers when we open ourself up to explore the Soul Intelligence. Diversity is the seed of creation, no one was supposed to be alike on an energetic level so celebrate your own uniqueness and weirdness. There is no separation from the Soul Intelligence, we are the Soul Intelligence living a human existence.

Emotional honesty.

Integrating this into our life more fully each day, is what some may say is our best self. There is more mindfulness in all that we actively do with our life, more peace, more tranquility. There's a sense of grace about us that others will pick up on as we practice allowing and caring more for others without judgement. Taking more care over maintaining a healthy body and mind we can reduce anxiety and depression in society. As the awareness we have shifts to the soul we understand we have the power to change our present and future self. There's no stigma for struggling as it can steer us back onto the right path. When we make a difference to someone

else's life we don't bow to pressure from external rewards and keep life simple. Be the light in someone else's life giving out hope and without receiving the lower vibrations that can make us feel stuck, consciously send back any ill intended energy with love. Each day on this beautiful planet is a gift, being emotionally real does not excuse non action for not dealing with a situation that is causing us pain. When we become emotionally real the wisdom we have to change life for the better to heal old wounds and thought patterns that no longer serve us. We can love our family and friends without the drama of the small stuff from getting in the way.

'I AM' QUESTIONS

Q 1. Would you be willing to consider that your conflict in your life right now is not what you think it's about? (ref 2)

Here are some examples continue adding one or two of your own.

I appreciate the process of learning through failed attempts, so I don't expect myself or others to be perfect.

I like to invest my energy in that which has a great cause or meaning.

I confront my flaws and my own rage and pain.

I don't judge people by their actions as black and white, but rather appreciate the complexities of each persons outlook.

I make sure that I grasp a concept with its inherent strengths and weaknesses before embarking on its construction.

I connect with and understand my own vulnerability.

I express outrage on behalf of those who are too intimidated to express it themselves. (ref 1)

Q 2. Where do I feel out of integrity with myself? (ref 2)

Here are some examples continue adding one or two of your own.

Think of the following areas: family, relationships, internal needs, career, money, goals, values, external needs, freedom, anxiety, creativity, speaking my truth, intellect versus soul wisdom.

Chapter 10: Creativity and Inspiration

Soul expression.

Creativity can be a channel for the soul to express itself. When we are inspired to create something there are greater forces at work. We can choose anything that we have a passion for doing. Being around creative people often inspires others to take up a new hobby or start a business that they enjoy doing. Once the individual is in a place of creativity the ideas and thoughts flow naturally. Even a hobby or weekend project allows us to get out of our analytical brain of competing and comparing and to go within. To show ourself what we can do or when we work on something how we feel. Some people may just like to read a book to relax that's absolutely fine if it offers an escape from the hum drum of our daily life and connects us to our inner world and imagination.

Getting ideas.

The internet has been a marvellous tool for sharing ideas, especially social media, can indeed be a tool for growth if used for this purpose without the ego getting involved. Anything that is expanding the soul feels good to us as that's why we chose to incarnate in the first place. The crafting of something, whether a business plan for our dream job, playing a musical instrument, solving quantum probability equations, they all feel good to us if it's part of our Soul Intelligence. It's the souls way of saying you are on track and on purpose with your life. Therefore if it feels good we do more of it and this can expand to other areas of our life such as relationships, our bodies and so on. Remember to be gentle with yourself, yet fierce with pursuing your dreams, you are precious and being your best self is being you true soul guided self. Make the world a more beautiful place starting today.

Power individuals.

The worlds most celebrated individuals are often ones that have found their soul purpose and use their talent and passion to do things differently that become leading edge thinking for the rest of us. I would like to say that we all have the ability to think differently and not follow the crowd whether it be in the field of art, science, music and so on. The hardest working and most passionate can become enormous celebrities as we have seen. Some of the greatest known names in history have been on the autism spectrum it would be quite possible to assume. Bill Gates is a proud Aspergers individual who is admired and treated like a guru in his field. Even he had to start somewhere with a thought one day that he would follow his passion and consequently in changed the world and all or our lives today.

Leaders.

Many individuals throughout history have influence the world we live in for generations to come. My focus is to help overcome the road blocks that prevent the majority of people from taking the next step in pursuing their dreams. I believe that society has held a suspicion over those that do dare to be different and have success from it. They think they cannot achieve similar results as they believe that we must compete to exist. Labels are really not what i'm intending to focus on here it's the acceptance of individuals who own their ability to think differently and then channel those special abilities in to their lives by way of living through their passion and becoming extremely good at what they do. There is the benefit of having a brain that is wired toward a special interest over social interaction that connects the person with Aspergers to their unique Soul Intelligence at a much deeper level. My theory is that the evolution of mankind can be fast tracked by these individuals as they have the intense focus and ability to never give up when they apply themselves to whatever it is they love doing. This book is for everyone to take an example of from the Bill Gates of this world and throughout history and start listening to your self and turn off the noise of the outside world. Even if it's only for 10 minutes a day at first with the help of meditation to quieten the mind.

Overcoming struggle.

Entrepreneurs have overcome a lifetime of obstacles and make a career out of doing so. For them, when things don't work out the plan A or B becomes a plan C or D and they will not give up using their creativity to solve what many would put in the too hard basket. Pursuing what you really want often causes change amongst family and friends any change. When we make changes to ourselves we change others. Living out of the box however is so intensely satisfying that those who try it and leave the hum drum job they never enjoyed, can finally breathe. The Soul Intelligence purpose is to express creativity and to inspire those around us to do the same. Imagine a world of satisfied expressed souls. Whatever line of work or change you would like to create can be done, a conscious effort everyday to keep going with our dreams and not listen to society expectations. The individual with a strong connection to their Soul Intelligence may feel, see, hear themselves being directed to continue on their path. Despite how tough the journey gets, following your passion is the fuel from source energy, the field of creation that is infinite and cannot be without an answer to all of our questions. Taking this further if there is no such as time and everything has already existed in infinity, then the answer to societies questions such as zero carbon energy or a cure for all disease can be found.

Resources.

We all live in a world where the majority do not have their basic human needs of food and shelter are met. Apart from the small minority that control the wealth and power in society. It's time for each of us to contribute to the world by being our most authentic self expressed through creativity for whatever it is we have a passion for. If you are reading this asking yourself what is my passion?

Then why not take up that hobby that you've been talking about or think back to your childhood, we all loved to do something. It could be running an organic farm, starting a winery, collecting art or making ice cream for a living it really doesn't matter. We know that life is short so act on it today. The butterfly affect shows that one small action can change your world and everyone else's from the flow of the universal grid of energy that we're all connected to.

Taking the next right step.

My own story of starting a fashion business having no idea at the start and allowing my Souls Intelligence to be my guide. I slowly made one right move after another listening to the wisdom of experts in their field and using this information to make the next move that felt right to my heart and soul. In shorty after two years I was designing and making dresses for International pageants and reality TV show, stocking my dresses in boutiques in the world most liveable city, Melbourne. I have lived outside of my comfort zone. At each stage, my business growth came from personal growth first, stepping up and saying 'yes' to myself. Continuously learning and working hard along the way. I became more interested in spirituality at the start of my business, it was as if my soul intelligence was compelling me to keep going. I can hope that it has created more beauty in the world for others to enjoy. If someone asks me whether to go ahead with their dream of becoming a designer I feel blessed to tell them to go for it or whatever it is they love doing.

'I AM' QUESTIONS

Q 1. What is keeping me from feeling complete and whole? (ref 2)

Here are some examples continue adding one or two of your own.
Think of the following: childhood trauma, abuse or neglect. Career, lack of job fulfilment, poor salary, no holidays, stress, lack of money, lack of security, lack of freedom, relationships, love, family, friends, health, job, environment, stress, anxiety or depression.

Q 2. What important feelings and I not letting into my awareness? (ref 2)

Here are some examples continue adding one or two of your own.
When speaking to people I give them my full attention, appreciating their uniqueness which in turn brings out the best in them.
I embrace change with gratitude trusting that i'm supported by spirit.
I value the process of ageing and own my accrued inner power and wisdom.
I regularly look at what i need to let go of in order to let grow.
I know my life experience is invaluable to others.
I value my insights by recording them in a journal. (ref 1)

Chapter 11: Living Your Passion And Purpose

No regrets.

If you imagine yourself lying on your deathbed what regrets would you have, if any? If you found out that you only had three months left to live what would you do? These trigger questions can be a way of drilling down to the soul self, the non-thinking intuition that connects to our higher self consciousness. Often when we think back to our childhood whether it was good or not so good there would be activities that made our heart sing. For example science, drawing, music to name a few. What did you love doing where time stood still for you? Or that you could escape to as a safe haven from your environment? There is no time like the present to explore all of these pathways as life is such a short periods for all of us. Our health may deteriorate at any time so it is uncertain. We can only be sure that taking action today will create momentum and that satisfaction of moving forwards with our life will create more momentum.

Choosing to live.

What steps could you take today to set you on a new path, to explore alternative realities and write the story of your life the way you want it to read. Booking yourself onto a course, perhaps a Diploma will open new doors. How about joining a new club or community group. There really are no excuses to be unhappy even when life is terrible there is always a chink of light breaking through the dark clouds. When we choose our Soul Intelligence to move beyond the hard times we can start our dream job or improve our health or relationships today. If you can dream something then you can make it a reality. Change your model of decision making towards a 'can do' attitude rather than fear based 'what if' scenario way of living. There is so much career guidance available to research a new career and allow that identity of your dream job to be who you are today. One day you will have made it but the first step is seeing yourself in that role and how great it makes you feel.

Lasting changes.

Quite often we tell ourselves we have to be the best at something or not do it at all. Alternatively we can choose to recognise that our journey is different from anyone else's journey because we came into this life for unique reasons belonging to our Souls Intelligence. Of course, friends, family and strangers will pass judgement as part of human nature. We must not listen to judgement it's not their path it's yours, so own it from the start. Alternatively don't tell people about an idea unless you know you can count on their support. I know from my own experiences that a wonderful life can be created despite the tough lessons we learn along the way. I call it 'living from the inside out' and becoming the change we want to see in the world. When we share our changes that have created a wonderful life for ourselves others will want to know how you did it and follow your example. It doesn't matter what personality you have, introvert or extrovert, your actions truly matter, they speak of who are at a Soul level. This can create the biggest impact and the longer lasting changes in our life.

Passion and drive.

My passion at present is to create dresses, the space for this came about by following the process outlined so far. I knew that I came here to express my souls beauty through the art of dress making. I believe that more beauty in the world change an individual on a small scale which then feeds into our culture and how society functions as a whole. If you're not doing what your Soul came here to do then why not? How can you align to your higher self to find out what the intelligence of your soul is telling you all the time. When you do follow it you become a channel of light and raise the vibration of those around you. Therefore show gratitude for everything that shows up in your life, you are being guided by something greater than the intellect. Making the world a better place does start with the individual I believe.

Growing a seed for change.

Being on our souls journey impacts everyone and teaches others that loving ourself and accepting their soul journey does not create suffering, it ends it. We become active co-creators fro the view point of our soul and not controlled by our limiting intellect. Being present in this knowledge can create a good life for ourself and family. Once the learning begins, new opportunities will arise sometimes incredibly fast. Create a network of broad minded, diverse people so that we can invest in others as well as ourself. The more we invest the more we gain knowledge and insight to develop a business or a lifestyle. Being a pioneer may be necessary, as in staying strong it helps to have a clear vision and mission to help achieve our goals. When we decide that we can be the ones to raise the bar, then we start to live fully. As well as giving back our own cups remain full. There is abundance in everything we do. Planting a small seed inside our minds and watch it grow. See how we feel, how we change, most importantly continue to believe in yourself and not what others say. Keep moving forward and achieving in you own field of work that matters to you. It's your definition of success that counts. When others cant see it, respond with patience, compassion and

understanding. When we champion our soul journey we become infinite problem solvers too. So stay open minded to everything and let the world work for you.

'I AM' QUESTIONS

Q 1. Where in my life am I not telling the truth? (ref 2)

Here are some examples continue adding one or two of your own.

Mind: Am i doing what I love dong?

Body: How is my health?

Soul: Do I use my inner wisdom?

Q 2: Where in my life have I not kept promises? (ref 2)

Here are some examples continue adding one or two of your own.

Love, career, hobby, passion, health, wealth, abundance.

Chapter 12: Owning Your Unique Self

Love yourself first.

Celebrating what makes us special, when we feel comfortable in our own skin then we are the best version of ourself. The vibrations we give out determine the happier our life will become as the law of attractions state the strongest vibration becomes the point of attraction so choosing happiness, a high vibration, over a low vibration such as fear. This can be seen as necessary every day and even in each moment despite what our individual current circumstances might be. When we can fully appreciate that are challenges are indeed are strengths, there is a gift waiting for us of what life has been for us so far. We are this unique gift to ourself. Celebrate each imperfect step forward that we take in life and don't worry what others say, think or do. It won't serve us to please others, only they can please themselves anyway. We have our soul identity that is unlike anyone else's on the planet. Keep doing you by being truthful and real about what we desire from the vibration we align with. Show honour to ourself and loved ones, they will benefit from our integrity to do the right thing not simply choose more wealth, more stuff, more power.

Oneness.

Life is short so live like it's your last day. Listen to what your heart space is telling you through meditation and how we feel in each moment. When we plant a tree we don't expect it to bare fruit straight away so be gentle with yourself for what you haven't achieved yet. It's easy to become bitter or judge others for what we think is missing in our life. We choose or souls destiny when we are connected to the souls infinite intelligence. Our path may not be easy or ordinary but it is unique to us and life was never meant to be simple. Let's face it if we had everything we desired we would get bored pretty quickly. Sometimes the story of us is what can inspire others to live out the soul journey and chase their dreams. When we break new ground it's easier for the next person who comes along. Love and laughter and connection to oneness is simplicity and following your dreams. Don't compare yourself to others, stay focused on your work by sticking to your goals and dreaming big. Communicate and share what you dream about achieving with family and

friends in order to manifest together. If you don't have like minded people in your family then join a group where they exist. As well as spending time with diverse people to stay open minded, keep living outside of your comfort zone, laugh at yourself and the mistakes you will make while staying humble at whatever achievements you reach along the way of getting your stuff done.

'I AM' QUESTIONS

Here are some examples continue adding one or two of your own.

Q 1. In my relation ship with _____ what do I need to say to feel complete and whole?
(ref 2)

Q 2. What is my genius? (ref 2)

Here are some examples continue adding one or two of your own.

I open myself to understanding new dimensions of being.

I know my life experience is valuable to others.

I offer guidance when asked.

I listen to others and accept their faults and my own.

I clear emotional blockages and allow more light and wisdom.

My natural charm wins people over and I consistently use my gift of persuasive speech and story telling to spread love, joy and laughter. (ref 1)

Chapter 13: Honouring The Divine You

Positive network.

When we become out of touch with our Soul Intelligence we feel like we have lost control and may become anxious or depressed, reacting to others and may feel that life is happening to us that leads to more perceived powerlessness. On the contrary when we start living our dreams through connection to the soul we stay true to our life purpose and humble at all the magnificent things we can achieve. Meditating and strengthening the connection to our Soul Intelligence allows us to co-create reality and believe in more than our day-to-day struggles. It prevents us from being a victim or from making excuses as to why life isn't working out the way we had planned. Aim to celebrate your success at being you. Surround yourself with great people who don't put limits on life and who share your mission and vision. To attract abundance stay away from the media and negative thought programming. Be your own role model as your soul is unique to you and it's intelligence is your truth.

Support.

Keep away from negative people too. Look for people who are on track with their dreams. There is a nice feeling that a new house or car may provide us with but it doesn't last. The goal is internal growth, so be mindful of everything you consume. Each of us is linked to the planet, if it wasn't for the intricate web of life we wouldn't be here. Choosing to look after a healthy body and living the healthiest you is connecting to nature and it's interconnection to our super consciousness. The person you may not like is a mirror to the things you do not like about yourself so use this awareness to change it. Be brave in creating change and fight for your dreams, there is no easy path to follow so follow your own light.

No time like the present.

Many of us are waiting for the glory days of our retirement and sticking with what we know that continues to make us unhappy or stay trapped in a relationship, job, house that no longer serves our highest good or is aligned to our soul intelligence. In contrast when we feed the emotional soul self we are connecting to the all that is, universal wisdom or the field as some people describe it.

The spirit each of us has is unique so is the map that guides us that has the program from birth of what it is we came here to experience. It's our birth right to feel love and even when alone we're connected to universe love, no matter how unworthy we may feel from time-to-time. Making time for yourself is so important, to connect to our friends and family. When we feel a sense of well being we know that we're on the right path with our life. A new hobby may open up opportunities to explore avenues about ourselves we never thought we had. It could be getting our hands dirty in nature by doing the garden, listening or playing music, creating a piece of art, visiting the theatre. Any activity we enjoy doing creates space between our analytical thinking brain and strengthens the connection to our Soul Intelligence. As a result more wisdom can come into our everyday life on a conscious level.

One way ticket.

We should remember that life is a one way ticket, we never know when a loved one or ourselves may leave the planet. We came here with nothing other than our Soul Intelligence. It's necessary to stay away from the busyness of life and stay grounded spiritually by looking after yourself and your needs. As we discussed in Chapter 2 meditation is a great way to begin the journey of going within to restore and revitalise in order to co-create our life with the universe. Each time we meditate we become mindful of the sensory messages that we receive. We all receive differently it could be words, pictures, a knowing, a movie in the mind. By staying grounded when moving along our spiritual pathway we are looking after ourselves at the highest level. The soul's path can play out without resistance that could otherwise lead to struggling with our path and suffering along the way.

Setting goals.

Each of us can develop a plan to set our goals and intentions for our life, to explore oneself at all levels of existence. To just be in the moment and quietly remain still is the inner guidance towards external growth that teaches us how to block out external noise. This is powerful stuff when we go within and refuse to give away our power to the media or other agencies of thought control. When we take the driving seat in our life, new thought patterns will replace the old out-of-date ones that led us to a place of fear and resistance. Now we are a powerful co-creator of our Soul Intelligence we have more control over our thoughts, actions and behaviours. It's a powerful connection to Source and the spirit world. We become more joyful at the little things as we find new meaning from what's important in our life. Life becomes filled with contentment from within regardless of our personal circumstances. We treat ourselves and others gently and savour each moment of stillness, the feeling is relaxed yet highly productive as each action we take is from the internal not from the external needs, wants and desires.

'I AM' QUESTIONS

Q 1. How do I bring forth my genius in ways that benefit others and myself at the same time? (ref 2)

Here are some examples continue adding one or two of your own.

My active imagination, sense of play and fantasy enhances mundane experiences making them special and unforgettable.

I am ageless and able to dazzle based on love and not looks.

When speaking to people I give them my full attention.

I love and appreciate my unique body and features.

I don't feel the need to constantly try to attain the perfect look.

I let others see my vulnerability.

I have compassion for myself and others.

I enjoy beautifying my environment. Using beauty to heal and uplift. (ref 1)

Q 2. What do I love to do and doesn't feel like work? (I can do it for long stretches of time without getting bored).

Chapter 14: Being A Role Model

Open to all possibilities.

Taking all opportunities that come our way without complaining about the 'have nots' or hardships that have come from our past or present circumstances. As we create the most authentic version of ourself by being open and honest about our struggles, we can always see the good in others without shadows coming out from our past. Instead treat everyone we encounter with compassion, seeing the highest good and greatest potential in all situations, more importantly without holding negative feelings of what did not work out. It was again our Souls Intelligence guiding us back to the right path for our own unique existence. Perhaps we needed to make amends for something we said or did, in order to move forwards. Setting clear boundaries to protect our energy and strengthening our connection to soul. Not tolerating bullies and being strong and purposeful in our actions. Having an open mind committed to having faith with our souls path and what shall be, like the example of Elon Musk at the start, where he never gave up on his dream to build rockets and is now the owner of Space X.

Guiding others.

If our experience shows us that a person really is not for our highest good in their actions towards us it is important to go and meditate within and remove their energy from the heart space and send it back to them with love. There is no need to be a victim of their thoughts and actions, simply let their energy go. You may be doing them a favour by helping them get back on their souls path, leading by example is what's going to be the most benefit to family and friends and even strangers. Giving to ourself is like giving to others. If we need to study to follow a new souls path then we can see it as a form of self love and others will love what we are doing too. Loving and grounding to get through all of this helps to stay away from the drama and madness the world sometimes feels like. A light worker is within all of us, to make the world a better place one person at a time. There is no need to label or judge what stage of soul development we are at as all is in perfect harmony from the universal perspective. Instead look at how we can support others, introducing them to meditation so they can go on find their own unique way to meet the intelligence of their soul.

'I AM' QUESTIONS

Q 1. In my work what produces the highest rate of satisfaction by time spent? (ref 2)

Q 2. What is my unique ability that if used can benefit the organisation I serve? (ref 2)

Chapter 15: Weathering Storms

Life hurts.

Yes bad things do happen to good people for many the terrible moments have been fleeting or in some cases the bad times seem to never end. It's often the resisting of leaving the bad relationship or job that we no longer find satisfying that keep us stuck in the cycle of continuous negative events and emotions. In contrast acceptance and integration of what is and that this storm won't last for ever if we focus on ourself by listening to our inner guidance system that is telling us to leave the abusive relationship or stay away from certain negative people in our life. To support the change we can practice daily meditation and self compassion to top up our wellness levels and ease the changes that we need to make into our life until we find our balance again. Not everything on life that feels bad needs to feel bad if we take charge of our thoughts and emotions and listen to our Soul Intelligence.

Lessons.

Our hearts know what we came to earth to do here and experience as well as the lessons to learn. Sometimes if we can sit back and enjoy the ride when possible and if that cannot be done talk to a professional psychologist or life coach. However don't take on problems alone as we all need social and emotional support to get through life. When we feel supported we can recognise how damaged some people who commit terrible crimes really are and they themselves are in need in of much healing on their physical and emotional level. We can send them love energetically and get away from them physically as much as possible. Stay at peace with yourself and never stop pursuing your passion or your dreams. When someone is trying to take your dreams away from you they're already beneath you so remember your worth.

'I AM' QUESTIONS

Q 1. Where in my life am I not taking ownership? (ref 2)

Q 2. What will I change and how? (ref 2)

Chapter 16: Conclusion

Being authentic.

Those who become their real selves know it's worth it. To live an authentic Soul Intelligent life is what they must do and they do it well. There is no in between. Faith has replaced all doubt in everything that needs to get done. Clear knowing of the next steps, when a person comes into your life for the exact reason you are looking for. When you have found your true soul path the intelligence of the soul will guide you and bring forth everything that is needed to create your desired reality.

Dreaming big.

Whatever you choose in life make it happen from listening to you soul commitment, the one before you came into this body. It was your destiny to be a scientist, engineer, artist, fashion designer, healer. It doesn't matter what it is. You must simply LOVE what you do. Your passion and all of your choices has brought you to this moment to say Yes to yourself, to follow your hearts desire.

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

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