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Soul Radiance - Bring Your Soul Riches to Life

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Soul Radiance

Bring Your Soul Riches to Life

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(Velvet Springs Press)

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The Soul's Journey is Our Song and Life Is Our Dance

This book is for you--the *you* who has glanced up at the night sky, pitch black and filled with mystery, dusted with stars and moon and magic. When you looked into this vast expanse, your body took a deep breath, a sigh, as if to say, "I know you."

This book is for you, who have walked along a sunlit path out beyond the city, the town or the suburbs as you communed with the sensation in the air that nature itself emanated. Your body drank in that life force with a grateful, "Thank you for being here with me."

This book is for you who have watched eternity in the ocean waves, the mirrored stillness of a lake or a puddle of fresh rainwater, and breathed in a deep wellspring of essential life, as if to say, "Yes. In this I can rest. In this feeling of connection, I can know peace."

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Maybe you are someone who feels bumped around, like a bumper car, in your outer life, and long with every fiber of your being to be able to leave it all behind. Just for a moment, just for a day, perhaps. You have a sense of the home you came from but you don't know the way there.

There *is* a way to experience what your Soul is longing to know and that feels just beyond your reach. You *can* receive the gifts of your Soul and know the joy you are longing to have and hold. These gifts of your Soul abide in your very essence, your Soul-Essence. It is connected to everything, everywhere, and is capable of creating everything you could ever imagine or wish for. It is alive and well deep within you, available to become the full-bodied expression of you. Your Soul's radiance springs from this boundless expanse of all your Soul-Essence is part of. It is the key to opening the door for all your dreams coming into fruition.

Your Soul is connected to all that was you before you were born. Your Soul is infinite and connected to the vastness of the Divine. It is the beloved component of you that is always present, always connected to universal wisdom. Sit back and let your Soul's love for all that you are in this magical human dimension transform you moment by moment and take you where you long to be. You will have abundant means to connect with the treasure of your Soul gifts and the dimensions of your Soul's essence through the pages of this book and the topics of the sessions generously shared here.

Stop for a moment to imagine what you would like your Soul to participate in Manifesting, which goals and dreams in your life. Jot them down and take stock of what is valuable to you. Remember, the Soul dwells in the field of limitless possibilities. Nothing is too big or too unimportant from the perspective of the Soul. Nothing is selfish from the Soul's vantage point. As long as the Soul is involved, you don't have to worry if you are just hearing your ego speaking. Your Soul's job is to connect you continually with all that is of the Divine. Allow it to be present for you so that you can manifest the wealth of life experience you choose for yourself.

You may feel that you are great at imagining what you want, but not so great at

manifesting it. You feel a significant gap between what you want and what you are able to make real in your life. You certainly are not alone! I have heard this quandary expressed by many in the last few years, especially now that we are collectively beginning to see how it is possible we create our reality, and especially since we have opened ourselves to discover the law of attraction that states (From the *Wikipedia Encyclopedia*): “A person's thoughts (conscious and unconscious), emotions and beliefs cause a change in the physical world that attracts positive or negative experiences that correspond to the aforementioned thoughts, with or without the person taking action to attain such experiences. This process has been described as ‘harmonious vibrations of the law of attraction’[1], or ‘You get what you think about; your thoughts determine your experience,’ [2].

What we put our attention on is what we create. And being able to feel what we wish to manifest is very helpful. These are terrific steps that have been identified by many for years. Many people understand these principles and have diligently applied them, but the manifestation part of the equation remains elusive. The question has widely become: How do I manifest something that is beyond the range of my experience? How do I manifest the money or income I want when I have never known what it feels like to have it? How do I feel something I can’t get in touch with like assurance or assertiveness, etc.? How do I attract the love of my life, my Soulmate, and feel what it feels like to have him or her in my life, when I have never known anything remotely close to that?

These questions have been brought to me through the work I have dedicated myself to for 15 years--to help people get in touch with their Soul gifts, strengths and purposes. These questions are what have prompted this book and it will allow you to uncover the answers to these questions for yourself.

Let your Soul take you where you long to be. That is why it is there. *Soul Radiance* is the guide which leads to everything your heart desires. It will assist you to connect with the wealth of your Soul-Essence, your connection to universal wholeness and wisdom, which leads to everything your heart desires.

There are 20 sessions in this book describing the Soul journeys I have taken people on in our sessions together. These journeys take people to the heart of their Soul-Essence to give them the qualities of Spirit they need to bring forth what they are seeking to have in their daily life. This could relate to life purpose, new career possibilities, greater connection with love and intimacy, a more creative connection to their true power source, more money and abundance for living in larger ways, etc. Limitless possibilities are available from the perspective of the Soul when we reunite with its wealth and gifts. The Soul has all we need to fulfill our longings.

You can take your own journey to your Soul-Essence to reunite with the resources of your Soul, connected to all that truly feeds you. The power of these journeys is demonstrated in the pages that follow. A guided meditation is provided in the Tools section at the end of the book. You can also listen to the meditation on the enclosed CD.

As you “journey” to the space of your Soul-Essence you will connect to and experience the qualities of Spirit that are the building blocks that bring you into divine union with what you are longing to manifest. Whether it is a new car, a better relationship or more fun in your life, what you hold divine union with inside you is naturally reflected in your outer world. This is a universal law at work. What you have created from your Soul-Essence with utter assurance and joy will radiate from you as naturally as the rays

from the sun pour forth every day. Soul radiance is the gift of your finest self to the world. There you are, in all your brilliance and splendor, in love with life itself.

The Soul's Journey

One potent and breathtaking way to experience the magic of reconnection to your Soul gifts and purposes is by taking a journey to your Soul-Essence. With each journey, an exquisitely magical, love-filled, and deeply satisfying resource floods into you, bringing exactly what is needed to manifest what your heart and Soul long to experience in life. The resources come straight from the universe to your heart and every cell in your body. This is the secret of manifestation from the Soul. This is the means for bringing the Soul riches to life. Directly connecting with your Soul's abundance is a practice that brings true aliveness to your sense of self and purpose. Fulfilling your Soul's longings becomes as natural as breathing as you become versed at connecting to the resources that the Soul-Essence, connected to everything, everywhere, has in store for you and your life purpose.

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The following chapters contain sessions I have had with clients, revealing the many ways in which connection to their Soul-Essence has helped them create in very real, practical ways what they wish to manifest in their lives. They have been able to integrate the profound, expanded magic of the gifts of their Soul-Essence into their simple, everyday ways of life. Through their experiences you can see the secret of deep, Soulful, heartfelt manifestation. This depth of manifestation comes from intimate reunion with their Soul gifts and strengths. As you read the sessions, put yourself fully into them so you can also experience the qualities of Spirit being brought forth. Let the experience dwell in you and open you to the gifts of your own Soul-Essence, which is always present to generously give to you. Reading the following sessions will show you the process of journeying to your Soul-Essence. This will set you up to be able to guide your own journeys, so that whenever you have a feeling of lack or longing you can tap into the resources of your Soul.

You might ask, "How can taking a journey to my Soul-Essence help in everyday life?" In a Soul journey the focus is not on fixing problems or getting rid of old patterns. It is on helping to create the Soulful life that is your purpose and joy for being alive. A journey leads to the expansion and fulfillment that you are longing to know in the area of your life that is in need of reconnection to your Soul-Essence.

For instance, if you desire to be a public speaker, you can spend thousands of dollars and hundreds of hours learning how to speak publicly. Or you can spend weeks visualizing how you would look and feel as the public speaker you desire to be.

Or you can reunite with your Soul resources to connect to the qualities of Spirit important to have as a public speaker: confident, charismatic, successful, powerful, viable, passionate, purposeful, etc. As you reach toward those qualities, which your Soul is already holding, and breathe these qualities of Spirit into your cells and your very core, you can be in touch with a knowing of what it is to be a public speaker.

Or, possibly, you wish to know more inner peace. So you practice stilling your mind, possibly for years, hoping that those qualities simply appear. I have spoken with

countless people who have been woefully discouraged by meditations designed simply to still the mind.

Instead of focusing on bringing the mind to stillness in hopes of connecting to more expanded states of being including peace, discover the power inherent in going into your heart and expanding to your Soul-Essence to touch that abundance. Listen to your Soul's voice by placing your attention on the heart, which connects you to your intuition. Following this voice may not feel completely natural at first. But, as you practice, that "still, small" voice will ring with greater clarity and ease within you, and your inner listening ear will increasingly trust its guidance. As you focus on what you value deep in the core of yourself, the less important things, such as mind chatter, will just effortlessly fall away.

For some people it may seem difficult to believe that they can be led to a place where Soul-Essence exists. As you read through the sessions and become familiar with a Soul journey, you will understand how your Soul can open huge doors for your experience, and how you can become more comfortable trying on that experience for yourself. Your conscious mind will feel a cumulative sense of grace in trusting the Soul to open the doors you have not been able to open merely through intention and feeling. Our culture puts very little stock in the value of the invisible world of Spirit, or the idea that our Soul can truly take us where we long to be. These Soul journeys acknowledge this world and its magnificence and provide a way of making it part of our daily lives, just as it has been for most cultures throughout history.

Each chapter is designed to allow you to go deep into an aspect of your Soul-Essence. The Soul is connected to a boundless presence of All That Is. Out of that boundless existence various qualities of Spirit have been birthed that we aspire to carry and hold within our breath. I invite you to connect with the essence that is drawn forth in each section. Your Soul already contains that essence for you to bask in. This is your golden opportunity to reclaim and merge with that essence of yourself that you have longed to hold. These journeys can be experiences that you can follow, providing the essence that supplies the breadth and depth of your Soul's radiance.

Taking a Soul Journey

There is a written meditation referenced with each session that guided the original client from their present state to the deeper, more expanded space of your Soul-Essence. A full version of the meditation is included in the tools chapter and on the CD at the end of the book.

The Process

Your first step is to identify the sense of lack or limitation you are experiencing. You might include identifying where this sensation resides in your body. Feel what you are feeling right now, without judgment. Feeling exactly what is present with you will help you take the next step in this journey of manifesting. As you connect with that feeling, actually be it. Whether you feel fear, anger, lack, helplessness, sadness, confusion, unknowing, take a moment to ponder what it is you truly want to experience that lies beneath the present feeling.

Then ask yourself the question, “What is it I truly want that I don’t believe I am able to get from where I am now?” As you find yourself naming what you want, be as emotionally honest as you can. Really get to the heart of the matter. Find out what qualities of experience you are longing for. Go beyond the feeling of what you don’t want, or are unhappy with, to the longing you have beneath those sensations of lack or limitation. If you still aren’t sure what it is you are going after, don’t worry. Know that your Soul is wise in the matter. Be open to its gifts and they will abundantly be given to you as you journey to reunite with them at the level of your Soul’s radiance.

Sometimes you may have only a vague sense of what you want. You know you want change or expansion. You want to be doing something meaningful but you don’t know what that would look like, so you don’t know where to start. You may want to make a significant contribution in your life, but also want prosperity and freedom. Take a moment to feel how it would be not to have these qualities contradict themselves.

Ask yourself what qualities of Spirit those experiences would give you. Ask your heart and Soul to help you open to that level of understanding. With a bit of practice it shouldn’t take long for your Soul’s voice to start to speak to you at the level you actually want your gifts of Spirit to come from. You will be cued in to thinking in terms of the qualities of Spirit you are wanting rather than what you lack, or what you think you want in the physical world alone.

You may want to find your life purpose, for example. What do you do when you feel you are starting at such a generalized point? The same steps apply. Look at all the wants you have within the framework of what finding your life purpose means to you, and prioritize what matters most to you right now. That will help launch you.

Then follow the meditation, remembering to give those longings and desires to the Divine, or the universe, as you hold your heart open to reunite with your sacred Soul-Essence. Let your Soul and all that you are and the interconnectedness of All That Is take you where you long to go.

You may see metaphors or symbolic pictures, images or colors. The possibilities are infinite. The Soul does not work like your linear brain. It works through your creative imagination. Let whatever is there come in: impressions, sensations, even what you might deem crazy pictures that you may not initially grasp the meaning of. Our intuition is the avenue for the essence of our Soul. Be open at the level of sensing rather than analyzing.

Your linear mind may want to rush in to question your Soul as it works through your heart and creative imagination, just because it is less familiar territory for you to move in. Resist its temptation to take over.

For instance, one client saw a horse. Then she saw herself riding on the horse, and the horse’s breathing got her attention. She then recognized the sensation of breathing as a connection to her own heartbeat. From there, the pieces of the puzzle began to come together for her. If she had stopped herself and questioned why she was seeing a horse, the gift would not have been revealed and might have been lost. When an image appears, ask your heart what that image means to you now.

As with dream interpretation, let yourself *be* with what arises and feel what it means from your heart, not your head. If your heart expands as images come in, you are on track. You do not have to go looking for impressions, allow them to come to you. Trying too hard constricts your Soul’s movement. Simply ask from your heart to connect

and commune with your Soul-Essence and its gift. Stay in a space of openness and wonder, like an explorer exploring the far reaches of space for the first time.

As you reunite with the powerful ingredient of Spirit bringing its treasure to you, bring that image, symbol, feeling or sensation into your heart. You can use your breath to draw this treasure from your sense of expanded awareness into your heart and body. Feel or see the gift you received on your journey and first breathe that image or feeling down into your heart. You can feel it as a stream of energy, or an image surrounded by Light coming into your heart. You can also create a symbol from your experience that personifies what you gained if what you received was abstract or mostly of a feeling nature. The key is having the gift of the journey held in your heart for you to have and hold. This allows the essence of the journey to have an anchor of reality within your heart and, further, into every cell in your body. This is an essential step in allowing your Soul riches into your life. These riches must become part of your very makeup: your cells, your breath, your feeling perception as you walk through life. After you first feel this newfound joy, freedom, power or love, you will begin to own it as yours and see it penetrating your life. Then you will know the profound meaning it has for you.

As you transport the gift from your Soul-Essence into your heart, the transformation process begins. Whatever we hold in our heart radiates into the whole world and beyond into the whole universe. Absorb the implications of that statement for yourself, your life and for the collective community of humanity. Yes, it radiates throughout your entire self and body and at the same time radiates throughout the Earth. You become that essence. You, with your radiant Soul-Essence shining forth, are filled with the Light of all creation, supporting the next step in your life that matters most to you, whether it is about abundance of love, power, money, confidence, peace or quality-of-life experience reflected in material objects.

Next, you will bring the energy of your Soul's gift into your whole body. You can continue to breathe the image, symbol or feeling impression into your abdomen and then throughout your whole body. You can follow the longer meditation in the Tools chapter, or on the CD, to help you include these experiential steps of connecting more deeply with what you have brought from your Soul-Essence to help you manifest your Soul's fulfillment in life.

The next step is vital. Whatever your Soul-Essence has given you on your journey, relish it. Let it exist in your awareness, in your heart, in your core. Hold it near and dear to your core as you breathe its symbol into the cells of your body, and therefore develop the sense of knowing from a deep wellspring within you that this Soul gift is *you*. It may take some deliberate attention, but it's worth it. Anything that you are discovering or learning for the first time takes practice. You are replacing old patterns and habits that can slip back into place by default if you aren't deliberately choosing to engage the new Soul resource throughout your day. Visualize that precious symbol, image or impression within your heart. Walk through your life with the sense that this gift of your Soul is leading the way. Let your Soul, and this essence you have just reunited with, take you where you long to be. You will be rewarded a thousandfold each time you choose your Soul's Light to illuminate your life. You can now live from this new dimension of your expanded, fulfilled self. Then live as you've never allowed yourself to live before! Enjoy not only the journey, but also the magnificent revelation of the brilliance of who you are declaring yourself to be. This process connects you to the secret of manifesting in

alignment with All That Is and your Soul-Essence. It is your birthright to have and hold the abundance of your radiant Soul-Essence to ignite your life!

ANCHORING AND SANCTIFYING YOUR JOURNEY

As you open your heart to the precious nature of your Soul-Essence and its abundant gifts, a vital ingredient to staying aligned with this new aspect you are reuniting with lies in your ability to be a spiritual warrior for your Soul's gifts and truth. To be a spiritual warrior for the resources of your Soul gift that you have just reunited with, you must hold this new treasure sacred. To do this, imagine a picture or impression that can carry the strength of your spiritual warrior aspect. This image you hold in your mind's eye will surround your heart to make sure that what you value is honored and held true. It holds respect as well as love for this Soul gift you have gained to be part of your lifeblood. This spiritual warrior energy is absolutely connected to your Soul and the Divine. This image or energy allows you to release old fears that what you value will not be received or cared for. It is also present to alleviate the need to use protection as your anchor.

When you are connected to your Soul and its gifts, strengths and purposes, you no longer need to protect what dwells in your heart. Protection denotes fear. If you have to protect yourself, it is because you are afraid. If you feel you need to protect your heart or your Soul's gifts, it is because you believe there is something of greater power outside yourself that has the capacity to harm what you hold near and dear. If you surround what you love with a quality of sacred honor and respect, the fear and need for protection falls away. This way allows you to be clear that you will not allow in anything disrespectful or out of alignment with your heart and Soul, but you do not do it out of fear. You do it from a place of the power of true divine connection anchoring and sanctifying what you value.

Another step you may wish to take in anchoring the new resources of your Soul comes through creating an energetic umbilical cord between the expanded space of your Soul-Essence, holding the new treasures of your expanded sense of self and your very body. It is good to bring those resources not only to your heart, but also to what I call your womb space for creation. This is your abdomen, which includes your bellybutton, and for women, this also includes your uterus. This is your womb space for the power of all you create from your Soul. As you build this cord in your mind's eye, it allows you to reestablish your life source coming from a spiritual dimension rather than merely a physical dimension. This reconnection can feel very refreshing, renewing and profound.

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Susann: Take your time and make sure that Light surrounds you at all times as you journey. Make sure you give yourself this support of Light holding sacred all that you are as you travel. Know that as Light surrounds you, it is the only energy that can accompany you on your mission now. What's that like for you in that space as you exist in that dimension?

Rita: I'm looking at a lighthouse. That's the type of picture I see. Like darkness but a lot of Light pointing and showing some type of direction.

Susann: Does it feel like there are one or two places that you feel directed or compelled to go to in this Light?

Rita: I can see one direction showing itself to me. Yes, I can go there. It's like coming out of the darkness, or coming out of a tunnel.

Susann: Yes!

Rita: I see more variety of colors now. Okay, I'm going into a framelike structure. It's almost like I'm going above the clouds, but I'm beyond the clouds. Ahhh! Good. I'm still ascending to something, I don't know--a kind of a temple, house. It's a sense I have of merging with a sacred space. It's giving me a sense of calm. It's almost like I'm going into a classroom.

Susann: Wonderful.

Rita: The sense that I have is as if I'm being fed with new information in the classroom. I am merging with a new piece of information at a deeper level.

Susann: This is something you can remember to do when you are asking for clarity and direction about something in your daily life. You can ask to connect to this classroom space so you can be given a new piece of information that you aren't getting at this level.

Rita: Yes, good. My other sense is that there is a cleanup happening. It's almost like I lift up a kind of layer of energy that doesn't serve me. There's kind of a cleanup scene. I can see this clearing of an old layer occurring. Probably fear. Oh, wow! I see colors now. I can see the classroom space extending. Good. My, my. Wow. Even in my physical state I feel the energy expanding around my space in the room.

Susann: It feels like what is occurring is the re-creation of this space that is meant to be the space for your Soul.

Rita: Yes. True. It's getting quiet. Almost like an adjustment to this new state with the vibration of movement. Now it's become more like one space, so even my physical body became quiet. It's almost like I'm trying to blend water with oil. The mixing was shaky and now it's become calm.

Susann: So it was a feeling like your old vibration and this new vibration didn't quite meld, but then it opened up to be able to merge.

Rita: Yes, exactly. It's like being in a crystal of colors inside. There's not just one color. It's like being in a space of colors, but they don't really move. That's what I see. This space of colors is my space. I created it. It is the space around me, like a womb space for my Soul. Wow! I get to have it and it feels like a reunion. Remember in *The Wizard of Oz* how the tin man got his heart back and the lion got his courage? I feel like that. I feel like an essential part of me has returned. Ah! This is good.

Susann: How does it make you feel to be there?

Rita: I feel surrounded in this crystal of colors and it makes me feel strong. Like I have a home and place of support.

Susann: Feel that crystal of colors coming into your heart. Let yourself take this strength of connection to your Soul space into yourself. First, through your heart and then breathe it into the rest of your body, like we did in the meditation. Let your breath carry the crystal of colors to all your cells, so this connection can flood in, as all of you is now open to trust it and receive it.

Rita: The energy came in a spiral and the word that came up was unity. So it's kind of from above going down to my entire energy field or this whole body.

Susann: Nice. So if you want to bring in just a few words that describes what it's like to have that sacred union again with your Soul-Essence, and have union with the Divine Love that exists everywhere and in all things, what would that be?

Rita: Very powerful. I do feel I am in command of my life. I feel in charge of how I use my energy field and who comes into it. Very, very good.

Susann: Can you feel your ability now to declare this space as your own? Can you declare that you do not want to betray this connection no matter how much pain another is in?

Rita: Ah. I have to say that I'm receiving so much and it's so, so, so beautiful. I have to say that it kind of touched the space in me of deserving to receive. Wow, at the same time, yes, I want to receive this.

Susann: Wonderful. This is your heart song. "This is what I wish to receive. This is what feeds me." Well, it feels like we want to add to this declaration, "Yes, and this is what gives me life!"

Rita: Hmmm. That feels real.

Susann: Consider that this space is what helps to create the space of knowing what gives you life rather than thinking that helping someone else is going to give you life.

Rita: Okay, yeah. I see that. If I have life others can reach to life, rather than me giving my space, my life, to them.

Susann: Consider that universal life opened the door for you to create this sacred Soul space for yourself. It is so beautiful and such a powerful gift you carry. Do you not want to live this same way? You hold this sacred vibration and it opens the door for those around you to create their own space of life, out of pain.

Rita: Ahhh! It seems that I'm coming back. Seems like what I was seeing was communion with that energy, and now the picture is that I'm coming back into this world without needing anything.

Susann: Yes, you are bringing this sacred Soul space with you this time, without creating separation from it in order to be here. You are a unique Soul with an individual expression but you aren't separate from the larger energy field that birthed you. You are in communication with it.

So now take a moment, when you're ready, to feel yourself primarily in this existence. And feel what it would feel like to be with another, either in a healing context or in the context of relationship, and see how you would relate to them while in this sacred space.

Rita: I feel like staying connected to this sacred space is all that matters. Wow! I like feeling in charge again. I like feeling like I matter. Others do too, and I am happy to help them, but not at my expense. Okay! I like this power of pure Love I feel.

Susann: Wonderful. This is what your Soul is asking you to do. It is asking you to merge with this sacred space. And it helps you with that feeling of not being afraid of any energy that another might carry. You can hold that Divine Love that you are, no matter what. So you are truly in command of your life. Well done.

Rita: This is excellent! Look out world - here I come.

Acknowledging the Power to Be Myself

This session is with a woman I have worked with a number of times. She is, therefore, quite adept at the journey part of our session. A vital part of this session for her is to link the abusive situation she endured in her childhood to the wound of separation from Spirit or Soul, and realize that very wound created the abusive situation for her. This separation created a weakness that drew the abuser, hungry to take advantage of her need to be reconnected to a power source she wasn't feeling within herself. We help her reconnect to the only true source of power, which is what I call universal Light, so she can bring that back into her body and feel the strength of connection within herself that did not need the external power source that, in this case, the abuser provided.

When there has been an abusive situation, there are a myriad of ways that one's spirit has been broken. This session and the one entitled "Freedom to Create" cover two facets of the core of the pattern of abuse, addressed at a Soul level.

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Jane: When I was four years old, my abuser kept blaming me and saying, "It's all your fault. You are such a cute little girl." So what I put together when I was recalling this is the belief that if I am fully who I am, I will attract these awful people and they will abuse me. If I am a wisp of myself then I won't be attractive to others. I have a memory of feeling that I can't trust anyone, and that I have to become less of myself to survive. I'm barely anything and it's still dangerous. Then I realized that since I didn't trust anyone I had to become the responsible one, working hard to keep myself together.

Susann: So, in essence, you had to work hard to stay responsible for your own life, your own sense of self, so no one would take it.

Jane: Yes, and I realized that if I was my bright self, I would be abused for that. So it was smart not to be so bright a Light. I remember being very bright as a baby, but it wasn't okay to maintain that brilliance, and so it was better to shut it down. My source of brightness came from my connection to Source, so I'd better cut that off. That seems to be what happened, I believe.

Susann: That feels very accurate. This is the root of so many scenarios of abuse, which reminds me, once again, that the core of every wound is the wound of separation from Spirit or Soul.

Jane: So, by being less of myself, I was being even more susceptible because I was disconnected from my true power source, which made me like a weakened prey or the runt of the litter.

Susann: Yet you thought you were helping yourself out by dimming your Light.

Jane: I did think I was helping myself out. But now I don't want to dim my Light anymore. I want to feel the strength of being fully alive. I have missed giving myself permission to do that. When I think of being fully alive I feel my four-year-old self getting very scared because I couldn't stop the abuser. I need help in remembering how to feel fully alive and safe to be

myself. I feel helplessness taking over, and “Why me?” and “Why didn’t God or the universe help me?”

Susann: You couldn’t imagine how you could have placed yourself in this situation. The key is replacing the sense of helplessness and hopelessness that makes you collapse.

Jane: Right now I can’t imagine digging myself out of that hole in relationship to the abuse.

Susann: That is why we want to draw on your Soul resources to dig you out and give you a higher perspective, so that your Soul can help you reunite with the inherent strength and courage your Soul’s connection to Light naturally gives you. I will remind you that the Light is too hot to handle, so to speak. Abusers will find the weakness in you and go after it, not the strength. When you hold that unwavering connection to the source of your inherent strength, you feel infallible, not helpless. When you are in love, you feel that nothing can harm you. You are filled with the strength of your heart’s openness and radiance

Jane: I’m not sure why I can’t get in touch with my anger around all of this.

Susann: Often we equate showing our anger with having to show up more fully in the situation that makes us uncomfortable to start with. If you get angry, you are moving out of your “wisp of self” smallness that says, “Don’t look at me.” Anger can be used as a means of moving out of helplessness into regaining your inherent sense of power. For you it is a way to reclaim yourself and the fact that your life matters. “You cannot have my lifeblood,” is a way of declaring that you are in command of your natural power. Your fear of giving your lifeblood expression, which might show up as your fear of being angry, stems from your fear of shining brightly. Also, those who abuse you are misusing their power. So you don’t develop a very healthy association with power.

Jane: I certainly didn’t want to be anything like them.

Susann: That’s true. So you had another reason, as you perceived it from the vantage point of a small child, not to trust power and therefore not to give it expression yourself.

Jane: So my thoughts are going back to this realization I had that if I remain less connected to Source and my Soul-Essence, then I will be less attractive and they will leave me alone. How do I reclaim my connection to Source and my Soul without being terrified it will just be taken from me again?

Susann: I understand the feeling you carried from a child’s perspective that it doesn’t matter how strong your connection is, the physical, adult power of the abuser is always stronger. What we want to help you remember is that to be connected means the power is with you. You and your Soul are connected to an infinite field of power, wisdom, community, support and foundational love. It isn’t just “little girl you” against “big man abuser.” Remember, the abuser’s radar is on your weakness, and the weakness stems from the disconnection you hold. When you are solidly connected in your Soul and self you aren’t a viable target.

Jane: Another problem I have is that I am not inspired to create anything because I don’t feel connected to a larger field of purpose for creating. I don’t feel supported or inspired.

Susann: If you aren't feeling the joy of being connected to a sense of larger support and purpose, all you have left is a superficial reason to do something. For you, this is not enough of a reason to create. Also, when you only have a superficial reason to do something, or to just live, you will often have the tendency to buy into someone else's purposes. Those purposes result in that person using you to get their need for power met. They take advantage of you in order to feel a sense of power over you so they can consume your life force. As a child you had lots of that!

Jane: I remember my abuser giving me attention, first and foremost. I was hungry for attention and the feeling of being taken care of. To feed off my attention made them feel powerful. Wow! Then the game is on. We are equals on the playing field of need. Yuck. How do I get off that playing field for good?

Susann: Here we go! We want to allow you to reclaim the true sense of power that comes from absolute connection to universal Light, and thus the feeling of great aliveness coursing through your body, and your sense of creativity. This is the feeling of adventure you were seeking when you encountered those who wanted to take advantage of your aliveness. Your Soul holds that true sense of the adventure of life you can carry within yourself, so you don't have to get in trouble seeking it through others. I have no doubt that you can feel and reunite with that sense of freedom to create again.

Jane: That would be such a relief.

Susann: The joy of adventure is synonymous with experiencing connection to your true self and having the confidence to live from that unique self.

Jane: It's like having Source come through you and then choosing what you want to create from that powerful, assured place.

Susann: That's what we want you to experience again in your life now. It is your divine legacy.

At this point Susann leads her client in a guided meditation to journey to their Soul-Essence. To follow the meditation for yourself, go to page (INSERT PAGE NUMBER) at the end of the book.

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Susann: Fill yourself from the top of your head to the tips of your toes with that abundant universal Light source.

Jane: As I filled myself with Light and tried to connect it to the feeling of the joy of creation, I got stuck because I had the feeling that I knew I would get hurt if I tried to do that anymore.

Susann: As you surround yourself with Light, hold that awareness of what you were just describing. Now feel your fear of being hurt. Let the Light surround that feeling of fear within you as well.

Jane: Okay. I can do that now. That's better.

Susann: So, as you travel as Light to the place of your Soul-Essence, allow yourself to open to seeing, sensing, feeling and knowing in yourself what is happening in that space around you and within you.

Jane: I see myself surrounded in a brilliant, soft, warm light, and see many angelic beings with me.

Susann: Sense what the angelic presence is for you. Why has it come in to be with you?

Jane: It feels like that presence is there to support me in my connection to Source and my Soul. It's strength, actually.

Susann: Let yourself breathe in that support and feel how it does strengthen you, in fact.

Jane: Okay...I like that. I didn't mention it before, but when the Light and angels were present there was also darkness in the background that I was aware of. As I breathed in the Light and support and I got larger, the dark, which looks black, got smaller. The sense of community is there, which I like.

Susann: Excellent, Jane. You're doing great.

Jane: Now I feel a hesitancy to create. I'm not sure about creating and I'm not sure who I am. I'm tentative. I want to feel more confidence that this is where I need to be. Do I belong here? Do I have the power to be myself, freely?

Susann: Let's go back to that moment that you said you got larger. Ask yourself what allowed you to get larger.

Jane: I was in that place of the power of creation. Yeah. And I let myself be there so it could keep growing.

Susann: You were fueled by the connection. Is that true?

Jane: Yes. I grew because I knew I was in the right place. Then I got funny about what I wanted to create. Sort of like going into my head to figure out the best thing to create, rather than just staying connected and let that fuel what gets created. I get that. I'll try that right now.

Susann: As you are connected and breathing in that Source connection, your Soul cocreates with Source. There is no blind trust involved. Blind trust opens the door to trust people who aren't aligned with Source to come into your creative field. Only those who are on your wavelength can be with you.

Jane: I want to bottle this connection so I don't lose it.

Susann: Okay. I would be happy to describe to you how to create that. First, bring your awareness to that sense of connection you felt to the brilliant, warm, soft Light surrounding you, accompanied by the presence of the angels as you felt it. Now put all your attention on your breath. Then go back to putting attention on the presence of Light. Then put all your attention on your breath. As you go back and forth with this, you will be drawing that awareness into your breath that goes deeper each time, allowing you to fill your body with that Light presence. Keep going until you feel that essence in yourself. You have bottled it. You are the genie of Light in the bottle of your body.

Jane: This allows me to feel joy and adventure in my body. I am not looking outward for adventure and joy, but my inner flame of connection fuels it.

Susann: This is your genuine means of holding power that no one can take from you. You aren't unconsciously asking someone to hold a source of power and adventure for you because you are feeling empty and helpless to know how to fill that emptiness, without knowing why. Or without understanding why you would attract someone who misuses power.

Jane: I feel so relieved to have a new way of operating. I can get the connection and support I have been looking for and breathe that in and not be afraid I will be hurt for it, or it will be taken from me. Amazing.

Susann: You could say that your Soul is happy to be present with you more fully to fill those places that were empty before, and to give you "food" that you can really trust. True Soul food. This is much better than getting candy from a stranger or attention from someone who isn't part of your support structure.

Jane: As you were speaking, I was breathing my Soul's happiness in and I feel tears of joy for the reunion. I also feel a resolve around those abusive situations from my childhood that I never felt before. And we didn't even have to go back to those horrible times to relive and rectify them.

Susann: Your Soul has the wisdom to give you what you were truly hungering for. Enjoy the banquet!

Jane: I am! Thank you!

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