



### **Week 3 tasks**

#### **THE SOUL JOURNEY.**

Do the cutting of the cords process every morning and evening.

**Before asking the questions do the hand on heart breathing aligning with the words, I AM soul-full.**

#### **REFLECTIVE QUESTIONS**

**Name them to claim them.**

How would seeing myself as soul first, change my perspective on life?

If soul is a spark of Divine infinite light, and light is love. How do I diminish my light and love?

How do I feel about diminishing my light and love?

How has diminishing my light and love served me?

**Bring love, compassion, understanding and forgiveness to anything that is revealed in connection to yourself or another that might need it. Keep in mind, soul contracts.**

If there are connections you have had with another that was challenging, reflect on what the soul contract may have been.

Why did they play that part **for you**?

#### **POWER QUESTIONS**

**Name them to claim them. Power questions invoke a response.**

What does it feel like when I think, speak, and act from soul connection?

What does it mean to be a spiritual being having a physical experience?

How will integrating this truth change my perspective on my life?

- Do the call back your energy meditation.

### **Breathe and release old emotion.**

Ask yourself, where do I feel the emotion in my body? If for example it is in your chest, take in a deep breath and breathe into the trapped energy in the chest. As you breathe out, drop the jaw, and breathe out that old, trapped energy. Keep breathing into and breathing it out. The energy that was initially in the chest will begin to move. It usually moves upwards. Keep doing this process until it finally lifts.

### **Claiming your discarded aspects.**

I feel you; I see you; I hear you and I love you.

*Remember the way an aspect calls out to you, is via your emotions.*

Ask each day as you read the rules of the game. Am I living each rule?

### **Complete your weekly landscape creation on Sunday.**