

# HOW TO ALIGN TO YOUR Soul vision



*Inner Expressions*  
THE POWER OF CHANGE IS IN YOUR HANDS

*A short guide to connect with your soul  
beyond your ego desires*

BY KAYE DORAN



# Introduction

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Often the greatest influence on the goals we seek to attain, are the ones driven from the subconscious false stories and beliefs. Alternatively, we are influenced by other peoples long standing expectations. These are the goals that many times are hard to attain, because the effort is short lived due to being out of authentic alignment; or, they are unfulfilling once attained.

The goals you truly want to set are the soul fulfilling goals. They already exist deep within you and are aligned with your purpose for being here. These goals can still cover finances, relationships, career, health and well-being. The difference is, they come from your authenticity and are driven by a deeper calling.

What your soul is seeking comes from the soul and not the egoic mind. The following is a short daily practice, that will ignite the inner voice of your 'soul - aligned aspirations'.

“That which my soul is seeking is seeking me.”

# Alignment process

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Sit in a quiet place with your right hand on your heart, apply a little pressure to bring your awareness from your head, to your heart intelligence.

Spend two to three minutes like this while breathing in these words, internally saying these words while holding the breath and again as you release the breath. "That which my soul is seeking, is seeking me."

After the two to three minutes continue to sit quietly or in meditation.

Observe your thoughts and feelings. Some people who have practiced meditation may even receive a vision. Not a vision 'you' have conjured up, this is not a visualization process; a vision, thoughts and feelings that come to you. Trust.

If nothing comes immediately do not worry. The more you do this daily practice of intentionally aligning and listening to the soul, the stronger it will become. Write down what emerges as ideas and aspirations build throughout the days and weeks. Take note of signs and opportunities. Trust this process. It is all about feelings, inspiration and aspirations building as the soul responds

*Kaye Dozan*