

AWAKEN TO YOUR SOUL PURPOSE

Discover the themes in your life story to reveal what you came here to do



WRITE FROM SOURCE

AWAKEN TO YOUR SOUL PURPOSE

Discover your purpose when you identify the themes in your life story
They hold the key to 'remembering' what you came here to do.



All content contained within this

by a human being.

workbook is 'original' and created

This workbook and course has been created for you by a professional writer, author and accredited practitioner. Each exercise has been designed to help guide you on a writing and healing journey and to empower you to overcome and become.

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WRITE FROM SOURCE

Hello Beautiful Soul,

As a writer and practitioner, I've both witnessed and experienced for myself the healing and transformational power of writing. Whether you commit words to a page in a Memoir, blog, diary, journal, or in a letter, using writing as a tool to record events, thoughts, and emotions has an incredible capacity to shift blocks on an energetic, physical, and creative level.

Write from Source provides a framework to help you connect to your truth, to Spirit, your Higher Self or Source, to promote healing and transformation in ways you never thought possible.

My hope is the creative workshop I have created for you will take you on a journey – at the very least a creative journey, perhaps some healing – and maybe even a spiritual journey as you awaken you to your own magic and the transformative power of your story.

Even if you don't believe you are a writer, the workshops you find here at Write from Source are for you.

You don't have to be a writer to use writing as a tool for healing and transformation, but you do have to commit to becoming more aware of what your life (and Spirit) is showing you. Make a promise to yourself to pick up a pen and make your mark on that blank page.

Love & Light

Evie x

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Your powers lie dormant until you embrace them

Workshop Overview

Did you know the themes in your life are clues, designed by your soul, to help you awaken to your soul's mission? The themes in your life are the breadcrumbs on a moonlit pathway, leading you to your earthly purpose – but first you have to notice them.

Once you notice these themes – once you've awakened - your '**point of view**' on those themes may be an indicator as to how likely you are to 'manifest the magic'.

In other words, the lens through which you view these themes in your life will dictate whether you are defined (and confined) by them – or whether you can see the alchemy that's possible.

The benefits of this workshop are threefold:

1. **Discover** how identifying the **themes** in your 'life' story may hold the key to remembering what you came here to do. Within these pages, there is an opportunity for growth, healing and/or transformation in your life.
2. **Develop** an understanding of how your '**Point of View**' may influence the journey you take on the road to Mastery.
3. **Connect** with your authentic self – avoid judgement of yourself and others

Awaken to your own magic and the transformative power of your story. Even if you think you're not a writer ...

Introduction

The aim of this 'workshop' is to give you the tools to identify themes in your life – and to show you how they can provide clues to your Soul's Purpose. At first you may think you don't have themes, but through a range of techniques (including ones I use with Memoir writers), you will indeed awaken to your life's themes.

Please be aware I will refer to 'Memoir' throughout to illustrate the importance of themes, but remember, regardless of whether we are talking about 'Memoir' or your 'story' – it's just another way to talk about you and your truth – your experience of your life (and your emotional attachments to those experiences).

On a final note, I will often refer to this collection of lessons as a workshop. I do, from time to time, conduct these sessions as a 'workshop' in a group setting, but over and above that, I have found people can feel anxious when it comes to 'writing' – or 'courses' of any description, because it feels like school – with a pass or fail at the end of it. This in itself can stir up all sorts of resistance, blocking your creativity and joy. I would prefer you to forget all notions of school – let go of any praise or criticism you may have received and simply engage your gut feel and inner voice as you approach these exercises. Set the analytical brain to the side and begin sensing and feeling instead.

If you can do that, you will be amazed at what you uncover about your own life and your reason for being here.

Are you ready? Let's begin ...

Who am I? What's my story?

Imagine if you will, you are in a physical workshop situation. You are sitting here wondering what comes next. Who are these people around you, sharing this experience? Who is your teacher? Well, I am about to kick things off with the introductions. For some, this is the part where they try to melt into the back of their chair in an effort to become invisible. I totally understand, but knowing who we are sharing space with helps us create connections and contributes to a 'safe space' where we can all feel held, and where our story is honoured without fear or judgement.

Allow me to break the ice ... (Play Introduction on Write from Source Course, or read below)

I have been spellbound by the power of words and writing since I was a child. As soon as I could read and write I knew what I wanted to be. I used writing and books to make sense of a chaotic and sometimes scary world. With books and writing I could escape – in those far off worlds – I felt safe and connected to something larger than myself. I found books that seemed to speak to me and understand some of the challenges I was navigating ...books and writing meant I was never alone ...

As an adult I've notched up 30+ years as a professional writer. I've provided strategic and creative direction to some of the world's biggest brands, some of Australia's well-known brands as well as creative input to many of Australia's Government Agencies.

I'm the former Deputy Editor and in-house writer for Natural Health & Wellbeing Magazine in the UK and I've written for a range of household magazines here in Australia too.

Basically, if it can be written, I've written it - from TV advertisement scripts, radio scripts, White Papers, books, content for websites – you name it. I've mentored a few aspiring writers along the way, and I am also a professional member of the Australian Society of Authors.

However, I am not just a writer. I am a Practitioner across a range of modalities including Reiki and the Akashic Records. I attuned to Reiki in the 1990s, but I didn't create Gaia's Light Spiritual Consultancy until 2015. The gentle whispers from Spirit became too loud to ignore so I finally listened. My Tagline for Gaia's Light is 'Guiding you Home' and one of the interesting things I found with Gaia's Light was that the people who came to see me were showing up with similar 'themes' in their lives – and in the Records.

Over the last couple of years, I got the nudge from Spirit again. It was time to develop a new modality for the times we are living in - using a combination of all the skills I had developed up to that

point (not just my professional life – but my life experiences too)

For me that meant, it was time to really step up to my Purpose. I needed to give clients practical tools so they could take responsibility for their own healing – and in so doing – become a [conscious creator](#) of their own story.

The lessons, the joys, and themes in my life led me to this point so I could show people how to use writing as a tool - for self-awareness, healing, growth, transformation, and 'connection' – a tool just to access their own truth. And that's when [Write from Source](#) was born.

Apart from using this as an opportunity to introduce myself, I have just laid the groundwork for an exercise in identifying various stories and themes and how they can lead you to your purpose.

Journal – What clues did you pick up or sense intuitively?

Open your journal or use the space below to explore the introduction above. Remember to date your page. This exploration is intended to help ease you into the concept of 'themes' and how they can show up in things we write, say or do.

Read through my introduction again. What themes did you pick up on? Write them down and explain the words I used/the language I used that pointed you to a possible theme. Perhaps you 'sense' something from what you've read. Perhaps you connected with my voice in the Introduction. Journal anything that comes to mind.

What are your own thoughts about any of the themes you picked up on?

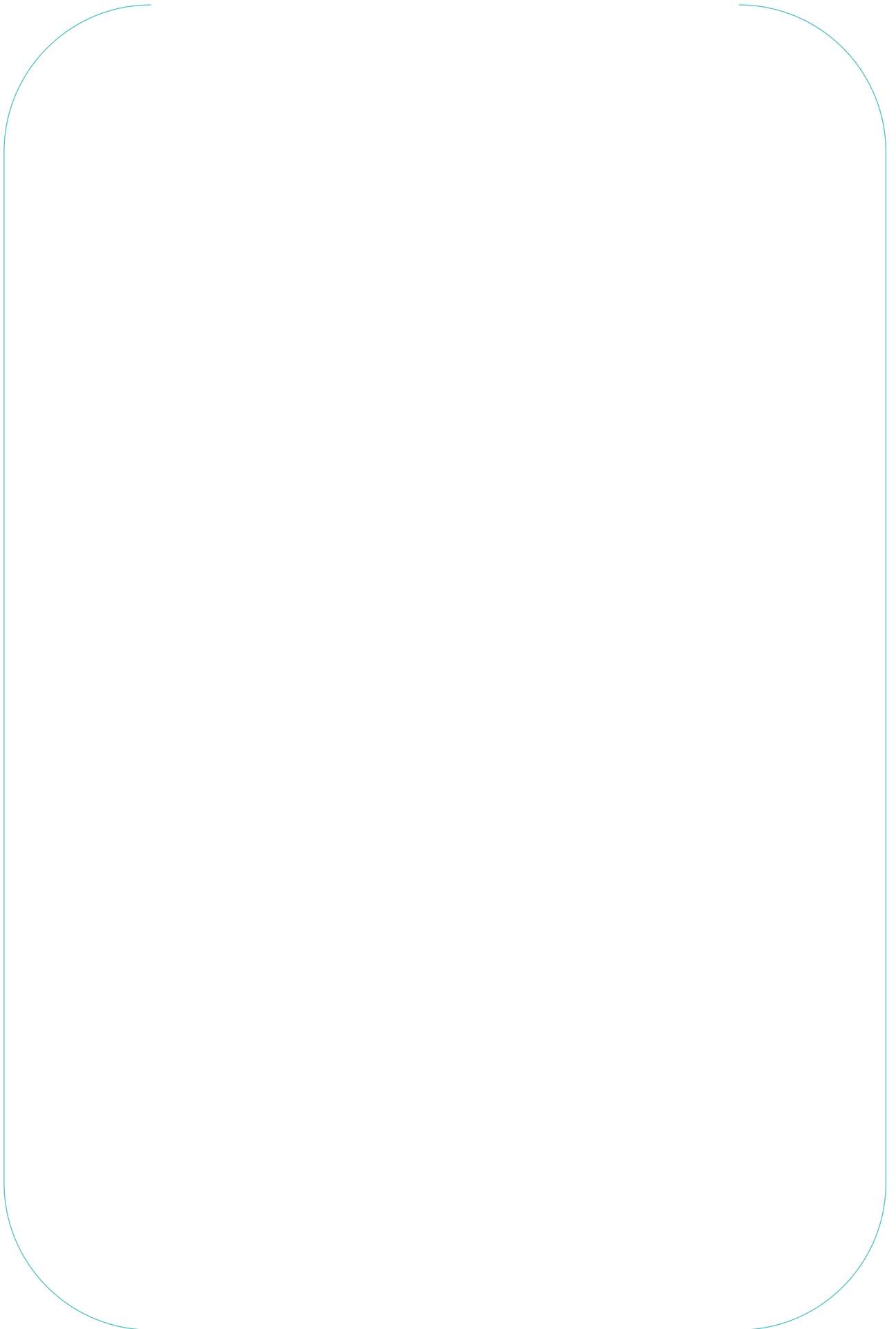
Did those thoughts or feelings come from an experience you've had?

If so, why not write what comes to mind?

Did you pick up on my 'Purpose' or 'Mission' in this introduction? Can you get a sense of where that 'Purpose' came from and why it might be important to me?

Allow whatever comes to mind to spill onto the page. Don't rationalise it or consider whether it is 'right' or 'wrong'. It may turn out to be more important that you realise later down the track. You can use the space below if you don't have a journal. If you would like the Certificate, you can either photograph what you've written below and upload it to your course Assignment, or you can type up in Word and upload.

Remember to Date your words.



What's your Story?

Now it's your turn. Don't worry. I'm not expecting you to write pages and pages here. In fact, I've provided you with the parameters in which to write a tiny part of your story.

I would like you to write down your answers to the following questions. Answer as many as you can – even if it's just one word or one sentence. The idea here is just to write the first things that come into your head. There's no need to spend any more than a few minutes on this exercise.

1. Start off with today's date on your page.
2. Then write your name – "My name is..."
3. What do you do (or what did you do in the past) with your day or week? You may be a parent or a carer. You might work? If you work, what is the nature of your work?
4. Do you enjoy what you do? Why do you do what you do?

Now think about a joyful activity

1. What do you enjoy doing? What activity brings you joy? What about when you were a child? Was there something you used to do, where you just lost yourself in the moment?
2. Do you think you could teach others how to do that activity? Could you share this activity with someone else? Do you think they would get the same JOY from it?
3. Do you think someone else might benefit from it? If so, in what way?

If you can't think of anything, you can answer these 2 questions instead.

1. Why did you sign up for this workshop? What do you hope to learn?
2. Write down what New Year's Resolutions you made – and whether you have stuck to them!

Remember this is for fun and exploration. It is not an exam. You won't be marked or judged on your answers. You don't even have to share your answers with me (unless you really want to).

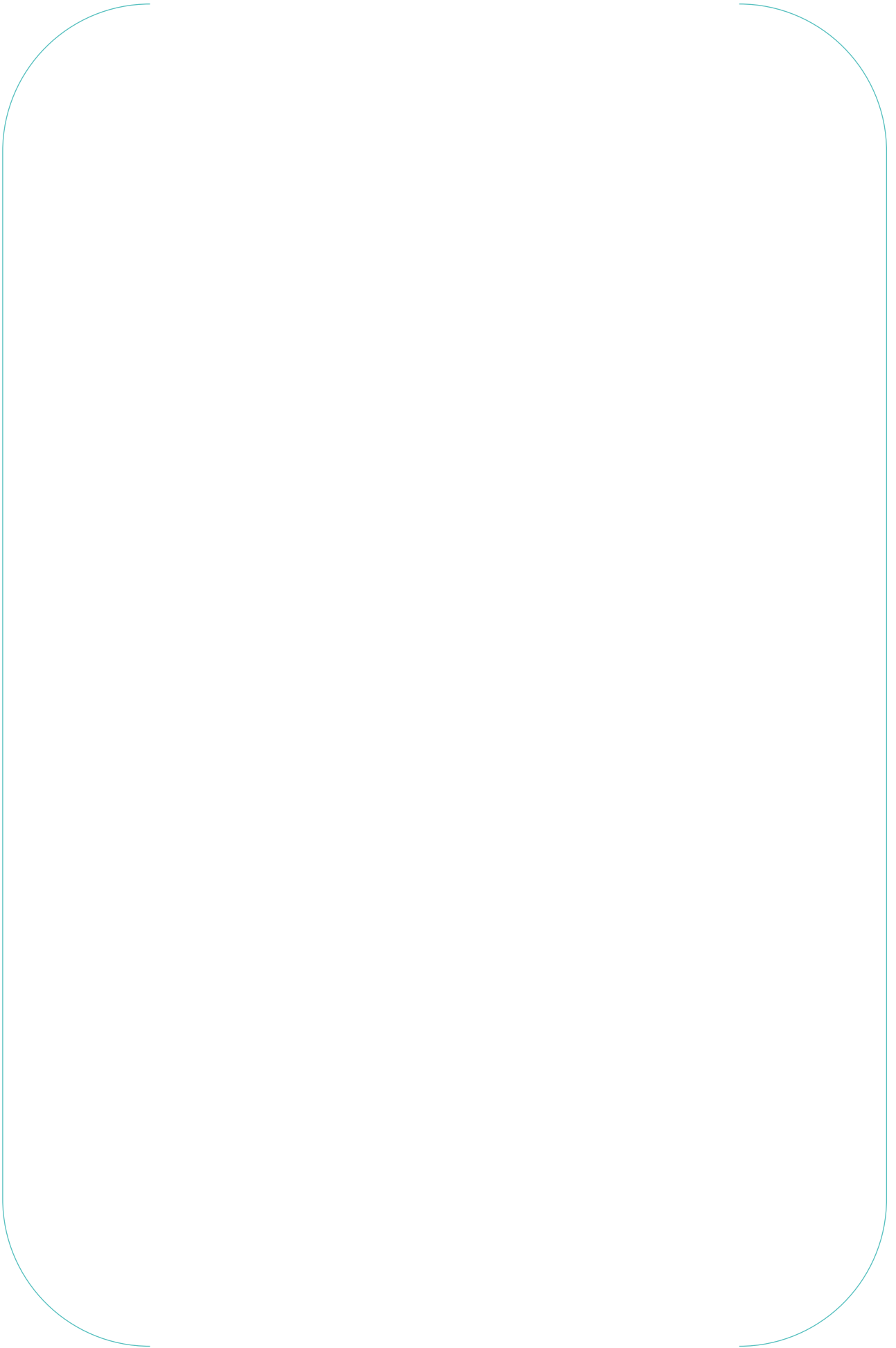
Allow 5-10 minutes – You can use the space below if you don't have a journal.

Review what you've written.

Read through your answers. Are there any clues in here regarding a possible theme in your life?? Write them down and explain why you felt this was a theme. What are your own thoughts about any of the themes you picked up on? Did those thoughts or feelings come from an experience you had? Do you *feel* you have a 'purpose' or 'mission'? Did you mention this in your introduction? Can you get a sense of where that 'Purpose' came from and why it might be important to you? Don't worry if you didn't pick up on anything specific - we are at the start of this journey. Just begin that process of assessing why you have written your introduction in the way you have.

Allow 5-10 minutes – You can use the space below if you don't have a journal.

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Side notes for the anxious writer within:

- **For some of you - the part you have just done is the hardest part of the whole writing process.** Putting those first words on the paper. Even professional writers can struggle with this. *Where do I even start?* The truth is, it doesn't matter where you start – you can start writing a shopping list – you can begin by writing – “*I don't know what to write*”. *A powerful place to start is... My name is ... (and see what flows from there – just allow whatever comes).* Just put pen to paper.
- Secondly, all of you who say, *I can't write* Well, we've proved that wrong ... You've made physical marks on the page that did not exist 10 minutes ago. **You can indeed 'physically' write.** You have just proven it. And you have created something from nothing.
- Thirdly, most important rule when we are using writing as a tool for exploration – ‘No judgement’. Don't judge what you've written. I am not here to judge your technical writing. Judgement creates fear and blocks – and stops us from being able to express our truth. Authenticity is so important when we are connecting to our story.

Anything you write at the start of a project is purely to create a connection – it's the warm-up before you exercise. It's not there to be critiqued.

This is a safe space. If we were in a physical workshop situation, we would be co-creating that safe space with the rest of the group. Here online, I am providing a safe space – with parameters – to allow you to explore.

- Finally - **you are in charge of the story you wish to tell** In this instance I gave you the parameters to get you started – because when we have so many stories to choose from – it can be hard to know which stories are important – or where to begin ...(that’s actually where knowing your themes before you start writing MEMOIR can really help)

The important thing is - you travelled inward to access your story, your memories, your emotions of joy to answer those questions.

Those memories are a collection of past experiences – and the emotions you attach to those experiences ...hold a positive or negative weight ...Hopefully I helped you connect with a joyous, more positive experience.

Always remember.

You are a powerful creator of your own experience – through the choices you make



Are there clues in your writing?

OK – so that was a detour for those interested in the writing process but ... but let's come back to the answers to your questions. **You could say this is your first opportunity to look at your purpose– and potentially 'positive' Themes in your life.**

Let's look at your answers to YOUR questions.

- You started off with your name – your name holds an energetic signature. Do you feel your name matches who you feel yourself to be? Have you always wanted another name? My daughter is called Toni – but as a child every time she met someone; she would tell them her name is Sophie.

Your name could provide clues to the energy and frequency you came into this life with. Some names just seem to embody certain traits, don't they? So, there is in [interesting area of exploration for you in your journal](#). Could your name be a clue to what you came here to do? If you know your name, you know WHO you are... or perhaps you know who you WANT to be (if you don't like your name). [Explore](#).

- Is there a connection between the activity you enjoy – or enjoyed as a child - with how you spend your day now? Whether that's work or caring for your family?

If the answer is YES to some degree – then you are already living in Alignment with your purpose. I mean there's always more you can do – but this is a very good start. Are you doing things connected with your JOY? [Explore](#).

- Can you teach or share your joy with others? If YES, then that is an avenue you could explore that would bring you into alignment with your Purpose. If you know the benefit someone would receive from being taught what you can teach – you are in your purpose.
- Of course, it follows, if you ignore where your joy is, if you actively go against your innate drives, personality, inclinations, talents, and intuition and you say no to obvious opportunities – then chances are you are not aligned to your soul purpose – Chances are you are facing the opposite direction... You are getting all the prods and signs to face that way ...but no – [If this resonates, this is an area to explore as far as you can in your journal](#).

Our Soul sets up experiences to help us live our truth and create the life we want and need to

evolve. If you are actively ignoring the signs - You may have experienced some wounding that requires a level of healing first ...this could actually be one of your LESSONS – **Believing you are worthy enough to live the life you've dreamt of** but first, you need to have that awareness ... If you've never thought about whether you're happy before – it can be quite confronting ... Explore where this leads for you. How does this make you feel? Can you relate to this? Why do you think you are actively turning from what you want? Use the space below if you don't have a journal.

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Finding your purpose through self-reflection

So – what we've just gone through is a very quick taster of one of the ways you can begin to explore themes and purpose.

- Your name at birth (and the environment you were born into) can point to purpose.
- The things that bring you Joy can point to purpose.
- The things you know enough about to teach can point to purpose.
- The Lessons you have to learn – can point to purpose.
- The courses/workshops you are attracted to – can point to purpose.

This method is centred on **Self-Reflection**.

Self-reflection also provides an opportunity for growth and can be used to understand our Point of View or the emotions we attach to our experiences.

The questions you answered here were simply to find out if there was already a link you hadn't been aware of - between the activities that bring you 'joy' and the work you do – or the things you do on a daily basis but the list of questions you can explore is endless.

Self-reflection in your Journal

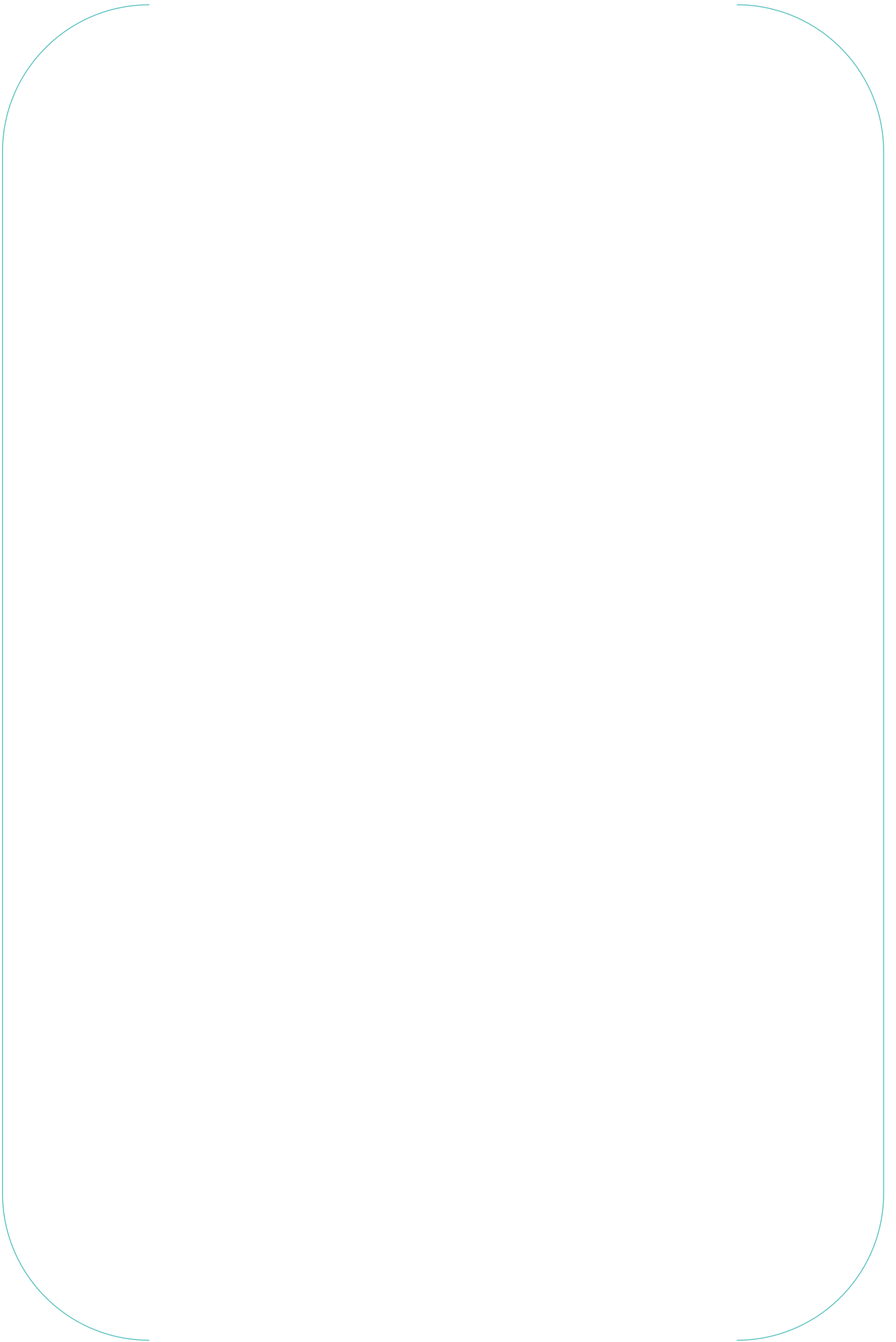
Self-reflection should be done in a structured way with some guidance (or else it can spiral) but if you can make a start yourself by exploring questions such as:

- Am I using my time wisely?
- Am I being true to myself?
- Have I set realistic goals – aligned to the things I want to do in life?
- What does it mean to be a good person?
- What do I want my life to mean?
- How can I better connect with others?
- Do things happen for a reason?
- What's the best way for me to live?
- What do you think I'm particularly good at?
- How do you think I'll leave my mark on the world?

Delving deeper into self-reflection with your Journal is a valuable tool when it comes to identifying your themes and your soul purpose. The more questions you ask yourself – the more your themes will become apparent in your life.

If you don't have a journal, you can use the space below.





The Ritual of Writing

Before we get started on themes, I wanted to share what I call the Ritual of Writing. You can call it your Daily Practice or your Process – but I call it my Ritual of Writing.

Rituals help us create a **purpose-driven path**. They help us re-align and re-focus our minds each day.

When you think of a writing ritual, you may want to think about your environment, the time of day you write (when you'll be most productive or creative or simply undisturbed), and of course the tools or materials you use.

I love paper and stationery, pens, and gorgeous journals and notebooks – so whenever I start a new project, I take great joy in either creating or buying a new notebook. I'm also particular about how my pen feels in my hand.

It's important to set up your own writing ritual – one that suits you – but for the purpose of this session, I have provided a 'framework' and something you can use to get you started at home.

So, remember, the importance of a ritual is simply to signal to your brain that you intend to write. If you repeat your ritual every day for 21 days – you will have created a 'Daily Practice' - and your brain will immediately know 'it's time to write'.

You can use this ritual whenever you want to write or simply tap into your Higher Self, your guides or Source.

We can start with this simple 5 -point ritual below. Over time you can add steps or fine-tune your process. I invite you to document your own ritual (or daily practice) along with any thoughts, feelings, and preferences.

5-Point Writing Ritual

- **Get your environment right.** This includes lighting, heating, ventilation and where you're going to sit. Gather your tools and anything that helps you connect or focus. Sit down in your writing spot. Is your chair appropriate for support and comfort? Is your desk at the right height? Do you have your journal or notebook to hand? If you are taking time to 'connect' feel the paper, you are going to write on. It might sound like a funny thing to do but I love handmade papers, so I take a lot of time choosing a lovely journal and connecting with it if it's a special project.
- **Date your page every new day.** I can't stress how important this is. If this gives you flashbacks to school, now is the time to attach a new emotion to this experience. This is for you - so you can look back and see your progress over time. It also helps you when you are having days where you are finding it hard to write, instead of beating yourself up and stalling completely, you will be able to look back and see you have experienced hard days before – yet here you are. Still standing. Still writing.
- **Begin with a breathing exercise,** meditation, or a doodle (yes, a doodle). Spend at least 5-10 minutes in this stage – longer if you are feeling stressed or your brain is busy. The aim is to control your brainwaves – to take them from Beta to Alpha or Theta. If none of this works, get up and go for a walk, or do some weeding (set a time limit of 10 minutes). Come back to your writing spot. Practice some Box Breathing if you need to.
- **Set your intention or repeat an Affirmation.** If you work with crystals, you can set your intention or programme your crystal at the same time. I personally love Tigers Eye and Labradorite (good for imagination and creativity). It might depend on the type of work you are doing – so Rose Quartz would be good if you are writing about motherhood, emotional subjects, healing and self-love. Amethyst is good for tapping into your intuition. I also love just holding a ball of 'selenite' when I'm working through ideas. I find it helps the words flow (and selenite is good for communication).
- **Pick up your pen.** Feel your connection to it – imagine the words flowing from above, through your heart, down your arm, through the pen and onto the page. You are connected to Source. You are ready to begin.

To prepare for the journey ahead, you may wish to go out and buy a beautiful pen, journal, notebook or crystal. There's no need to spend a lot of money - or any. You can create your own writing journal and go outdoors to find something you connect with - whether it's a feather or a special rock or shell.

You may wish to create and document your own Writing Ritual. Have fun 'creating' something that's personal to you – but careful you don't get lost in the process. Remember to come back to the page.



Date your page every new day

Always remember to date your pages before you begin to write. The benefits of this will become more obvious over time, but for now just ensure you incorporate this step in your Writing Ritual.

Date ...

As well as noting the date, it is useful to observe how you feel right now. How does your body feel? How does your brain feel? Have you been stressed? Busy?

Observe ...

Tell yourself – 'It's time to relax'.

Before we begin to write or tap into our intuition, we need to calm the mind. The best way to calm the 'monkey' mind is through meditation or simple breathing exercises.

We need time to transition between that outer world and the inner world.

There's no point in diving into any writing or healing work when our nerves are 'jangled'.

Box Breathing is easy to do. In fact, if you are wearing a Fitbit you can see a 'before and after' pulse rate or beats per minute – so if you are the type that needs proof that Box Breathing works – you have it – right there in this moment.

Box Breathing

If you are new to meditating and breathing exercises you may not be familiar with the Box Breathing technique, I mentioned on the previous page so I'm going to take you through it here.

How relaxed do you feel right now? How does your body feel? Scan your body. How does your brain feel? Scan your mind. Have you been stressed or busy?

When you think about it, if we were in a group or physical workshop situation, we would have come into the space from our busy day. It's no different online. So just take a few moments to simply breathe. Imagine you are collecting all the different parts of yourself – bringing them together in this time – in this space. Feel all the busy parts of yourself become one. It's time to relax. Say to yourself,

“This time is mine”.

Lift up your shoulders around your ears, hold for a second, and release. Do this a few times until you feel the tightness around your neck and shoulders ease.

Before we begin to write or tap into our intuition, we need to calm the mind. For most people, the best way to do this is through meditation or simple breathing exercises.

We need time to transition between that outer world and the inner world. There's no point in diving into any writing or healing work when we are 'jangled'.

Box Breathing is very simple and effective. In fact, if any of you are wearing a Fitbit you can actually see a 'before and after' pulse rate or beats per minute – so if you need proof, it works you have it right there.

Box Breathing Technique

Think about the shape of a box with its four sides. See it clearly in your mind's eye (or use your imagination).

Close your eyes, and just imagine those 4 sides.

So, what you are going to do is INHALE – and as you are inhaling, count to 4 in your head

1 2 3 4

Now CONTINUE to HOLD that INWARD breath – and as you hold your breath, count to 4 in your head

1 2 3 4

Now you are going to EXHALE – and as you breathe out – you are going to control that outward breath and count to 4 in your head.

1 2 3 4

And on that outward breath, you are going to CONTINUE to HOLD – that outward breath –for the count of 4 in your head. You are really going to 'feel' your lungs emptying here ...

1 2 3 4

That is Box Breathing.

You just repeat that Box Breath as many times as you need until you feel more centred and settled.

The thing I like about it is, it's a very simple technique you can use wherever you are. You don't need a mat and you don't need to sit cross-legged somewhere. No-one needs to know you are doing it. Over time, what you'll find, is that if you incorporate Box Breathing into a ritual or routine before you begin to write, your brain will soon recognise the signal that this is your time to write or connect in, and you will find that state of mind you need, happens much more easily. You drop into it.

It's worth noting, there are many other Breathing Techniques you can look into and experiment with. As always, it's about finding what's right for you.

Meditation – still your mind for writing

Spending just 20 minutes a day meditating can have a dramatic effect on your mind, body and spirit – enabling you to refocus and reach your true potential.

The thing with meditation is – people try too hard. There are a lot of myths and misconceptions about Meditation.

Many people believe they need to have a clear or blank mind to meditate. That's just not possible – instead – just think of meditation as being 'Mindful'. Mindfulness is all about 'paying attention' and observing the thoughts and feelings in our minds and bodies – without judgement. Don't follow your thoughts down the rabbit hole – just see them, hear them, allow them to float by – visualise your thoughts floating out of the top of your head if that helps.

There are many different types of meditation for many different scenarios, but I won't spend time on that in this session – I just want you to consider this before you tell yourself '*I can't meditate*'. It may just be you haven't found the one that works for you.

That said, it's important to know, if you are someone who has suffered trauma in their life, you are going to find it hard to 'let your guard down'. Survival brain won't allow it so trying to meditate in a regimented manner is not going to help at all. In fact, it's going to have the opposite effect.

If you are someone who finds it hard to 'meditate', simply turn your mind or hands, to something repetitive and soothing – you will soon create the desired effect (*controlling our busy Beta brain waves by bringing them down to the slower states of alpha and theta*) –whether it's by weeding the garden or just taking a walk outside in nature and breathing in – and out (the outward breath is very important). We all find our own forms of meditation. I am a huge nature lover but if I'm indoors I will often turn to doodling (Mindful doodling is an excellent form of creative meditation).

So just remember, there are many different forms of meditation, and some will resonate with you – others won't. Just experiment with what works for you.

Simple Meditation

You may find it easier to listen to this 5-minute meditation as you sit down to write so I have recorded it for you. Others may find the voice or the music distracting and may prefer just to read the words below. Try both approaches. As always, select whichever option is right for you.

Play the meditation on your Write from Source Course or follow the transcribe.

Transcript

Even if you have never meditated before this is very simple.

Think about Meditation as the opportunity to centre yourself and to set your intentions.

Don't worry about whether you are doing it right. Just follow these words.

Your intention at this point is simply to feel good in the moment.

Sit comfortably with your feet flat on the floor. Gently let your eyes close. Allow your body to become relaxed and quiet.

Be aware of any tension as you scan your body and if you can, adjust your position to release that tension.

It's okay to be aware of the noise outside – the noise around you. Simply observe it – tune out if you are able. If not, that's okay... **You're now going to set the intention in your mind to relax.**

"I am relaxed".

Take a deep breath in through your nose and let it out from your mouth. Repeat this pattern four times – in a rhythm that is natural for you.

Allow your mind to become peaceful and quiet. Let go of your emotional and mental chatter. Expand your awareness. Feel the silence within.

Take a minute to consider this gift to yourself.

This is your time.

Perhaps you are thinking when will I be getting on with the writing part?

Just breathe – let that thought drift up, through the top of your head – place it on a cloud and watch it drift away.

This is your time to learn more about connecting with your soul's story through writing.

The gift of being able to write ... the gift of connection with your soul's journey – your themes in life.

Give yourself a moment to be thankful for those life experiences ... those experiences you will soon be writing about.

Spend a moment thinking about how those experiences might help others heal.
And think about how writing about those experiences will help you along your healing journey.

Continue to breathe deeply – inhale through your nose – and out through your mouth.
Observe any resistance you feel to these words.

Thank these moments of resistance – because they show you where your fear is held.
Remember to breathe deeply – in and out.

There is no need to fear anything in this moment.

Feel positive energy surrounding this magical writing experience.

All things are possible when we show up.

Now, consider smiling ever so slightly- not a big, huge, toothy grin, but a half smile – as if to yourself – (don't worry no-one can see you) so as not to take yourself too seriously, think about the joy of having the opportunity to write and connect in this way.

Be quiet with this feeling for a moment or two.
Take another breath in through your nose and out through your mouth.
Now sit still for a moment, and, when you are ready, open your eyes.

Hello – welcome back.



Set your Intention.

You can re-state your intention before you begin to write – or create an Affirmation that's meaningful to you. Try different approaches to see what works for you.

Sample Intentions:

- Today I intend to enjoy this gift of time to myself.
- I intend to experience greater and greater levels of magic, fun, creativity, connectedness with the divine, peace, prosperity, abundance, safety, elegance, ease, health and healing, Divine grace, Divine guidance, joy, freedom, beauty, trust, wisdom and love.

Sample Affirmations:

- Write one word now, and more will follow.
- The next part of the story is waiting.
- I write free from judgement of myself and others.
- I am an extension of the Universe.
- I am a fragment of Source.
- I can tap into Source at any time.
- I choose to Align myself to my Soul Purpose
- I write free from judgement of myself and others

What other affirmations and intentions can you factor into your Writing Ritual?



Doodles

Remember, the point, much like breathing exercises or meditation is to calm those Busy Beta Brain waves. Calming your mind allows you to open to your intuition and creative flow. So if you're serious about writing, hearing your inner voice, or connecting with Source – don't skip this step. It is an important part of the process – even if it does look like 'child's play'.

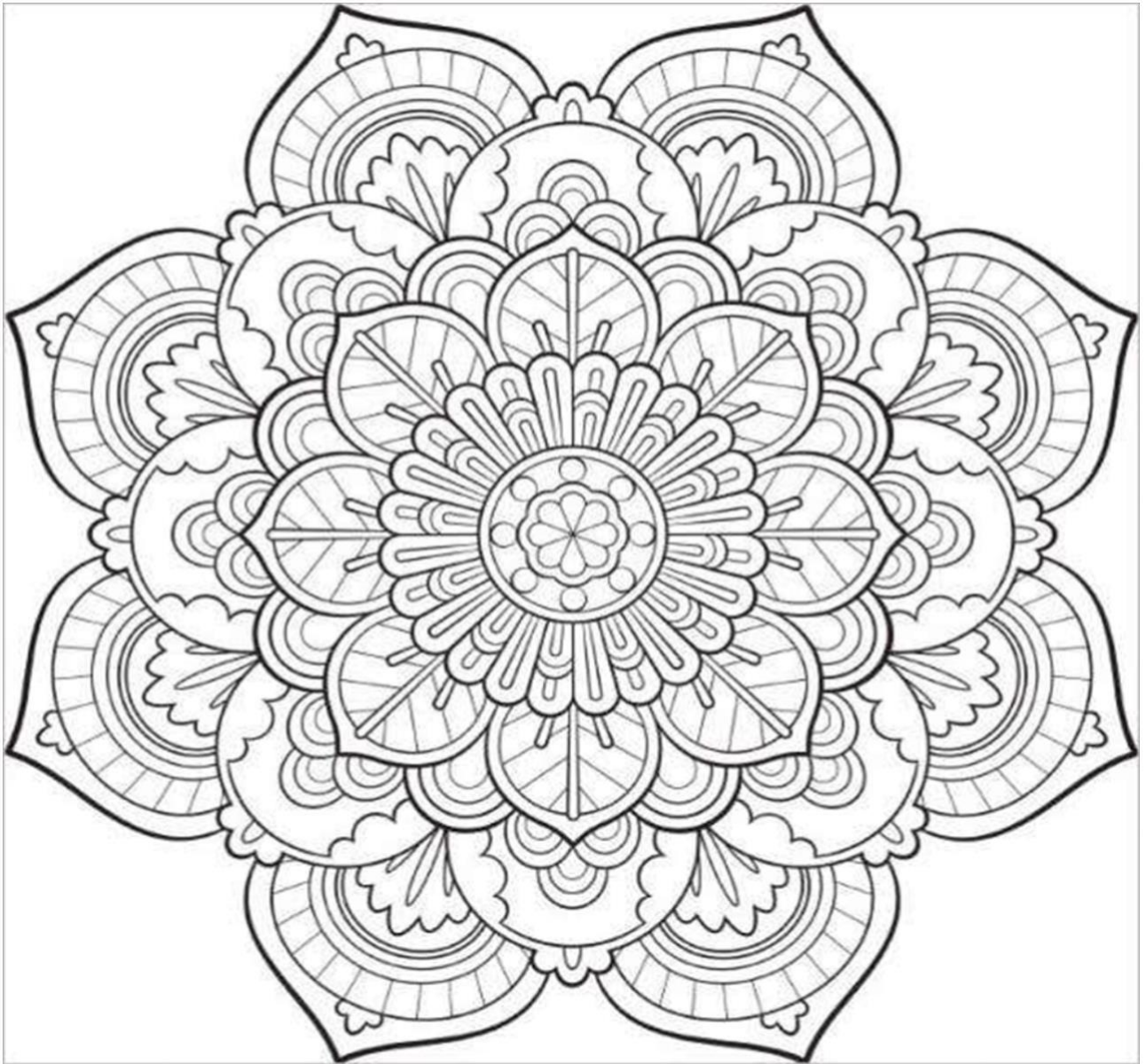
You can use this space to doodle to your heart's content – or turn the page for some colouring in. Aim to spend 5-10 minutes – or until you feel you have reached a more receptive, relaxed state. If you have had a particularly challenging day, take as long as you need.

You can do this if Box Breathing and Meditation is not working for you, or you can incorporate it into your practice after your Meditation. It's totally up to you.

Mindfulness Colouring

If doodling, doesn't come naturally, try Mindful Colouring. By being mindful we focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is like meditation, we stop chasing our thoughts and allow them to simply flit through our brains.

I've added an example here to get you started – you can start 'Mindfully' by selecting one colour at a time to work with – or perhaps concentrate on one area. Allow yourself 10 minutes focus at a time (before changing colour or stopping).



Practical Session (Mindful) Doodles & Mark-making

OK so we've spoken about the different ways we can relax, ground and centre ourselves before we begin to tune in or write. We can find different breathing techniques (remember Box Breathing) guided meditation or mindful activities to help bring our awareness inward. I also mentioned, I often turn to doodling so I thought this would be a fun, but useful, exercise for you to try at home. I'd love you to share your doodles and any experiences you feel you want to share. You can message me on Facebook at Write from Source. If you don't want to share that's absolutely fine too, just observe whether you think this is something you could use as part of your writing or 'tuning in' ritual.

If you'd like to explore Mindful Doodling further, try this great little exercise. You can spend as much time as you like exploring. It's a great way to slow the mind down and reconnect with your breath and body.

This particular exercise comes from the book 'Mindfulness and the Art of Drawing' by Wendy Ann Greenhalgh. It just provides you with a bit of structure to get started but you can find your own process your own way to doodle.

Are you sitting comfortably?

Before you start find an A4 piece of paper and a pen or pencil. Then sitting comfortably at a table, hold your pen or pencil as you would normally with the tip resting on the paper.

Take a few moments to focus on the feeling of your pen or pencil between your fingers then when you are ready close your eyes. How does it feel to hold your pen or pencil? Notice your pen or pencil pressing against your fingers, pressing against different parts of your hand. What is the surface of the pen/pencil like? How does it feel? Experiment with how you are holding your pencil...tightly...loosely. Can you hold it so that it feels poised yet relaxed?

When you are ready start to make some simple shapes on the paper – all the time keeping your eyes closed. Make lines simply because it feels good to make them and keep your pen moving, keeping your eyes closed. Resist the urge to peek no matter what happens.

Just doodle...just make marks for the joy of it...instinctive and enjoyable.

When you feel yourself getting tired, perhaps a little bored, or feel some tension in your body or hand, change something...

Keep coming back to the sensation of your hand drawing, brushing against the paper, and keep doodling until you hear your signal to stop. You can use a free online meditation bell or a timer.

Over time (but please don't force it) you may find thoughts or creative ideas leap into your mind, or the solution to a problem. It's amazing what can happen when we give our brain something to do in a relaxed, meditative manner.

Happy doodling!

Mark-making

If you think doodling is not for you, consider mark-making instead. The illustrator behind Bumbumbee Creative designs beautiful pieces that start with a pattern or mark. If you would like some inspiration, take a look here - but remember to come back to your own doodles and mark-making when you've finished.

<https://www.instagram.com/bbbeecreative/>

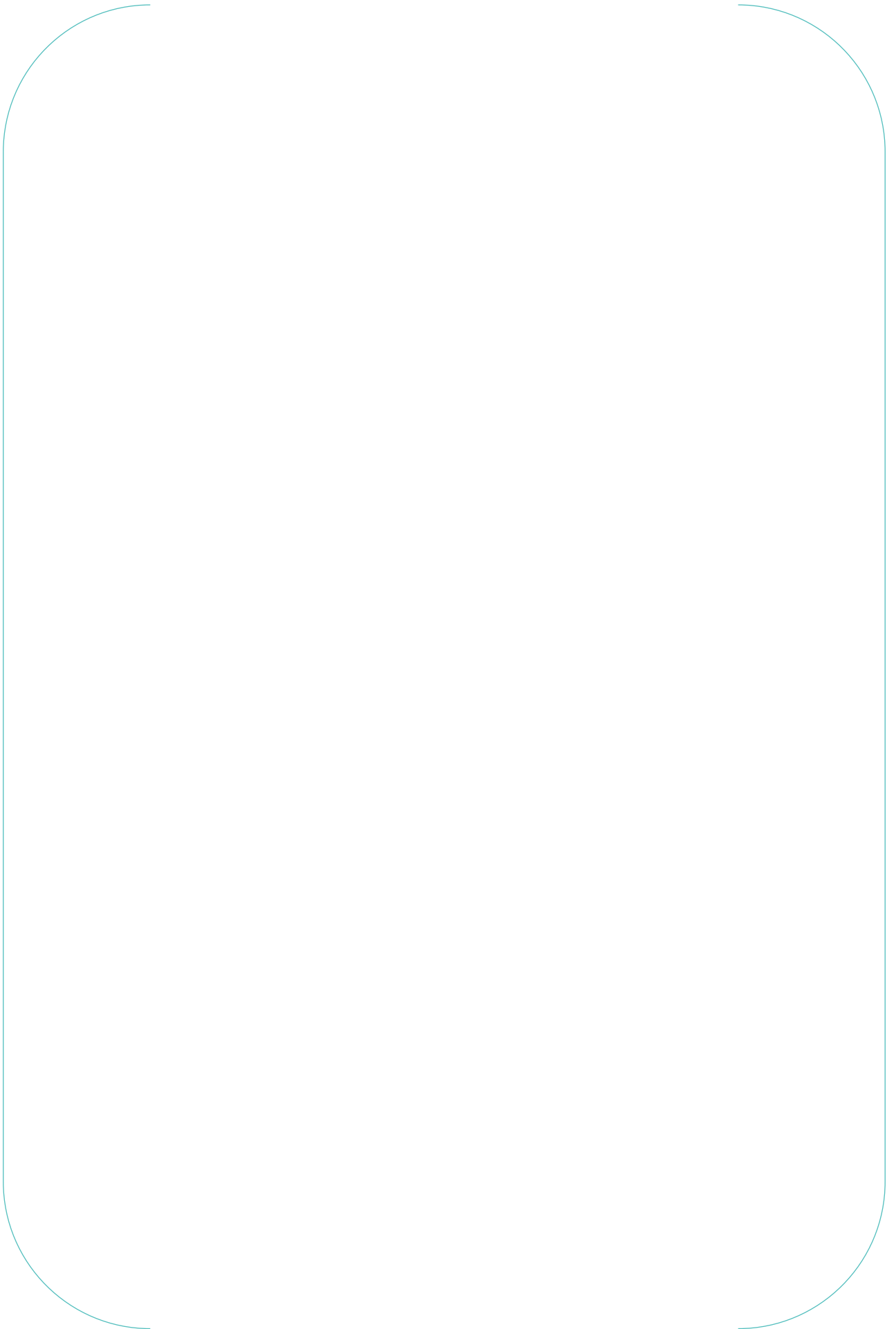
You can add your notes or doodles here:

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Create your own Writing Ritual

It's one thing to read about the elements that create a Ritual, it's quite another to personalise your own Ritual. You now have the foundations of a basic Writing Ritual – meaning, if you do nothing else, at least ascertain which of these elements work for you. By 'working' I mean, which of these elements calm your mind enough to allow you to write, to be open and receptive to whatever flows. I'd like you to create your own ritual. You can use the one provided as a basis – but I'd like you to think about things you could do that are personal and meaningful to you. Do you light incense? If so, what smells inspire you? Perhaps you have a lucky card or piece of jewellery. Create your Writing Ritual – and remember - have fun!

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The Meaning of ‘Purpose’ or our ‘Soul Mission’?

We’ve already mentioned Soul Purpose a few times – but what do we actually mean by Soul Purpose and why is it so important?

1. When people come for an Akashic Records Reading, the number one question they have is “What is my Soul Purpose?” How can I find it?

The thing to understand is - everyone has a place in the world. Every single one of us belongs and has a purpose for being here. It might be obvious to you what that purpose is – it might not (YET).

But know you belong and there is a reason you are here.

2. The second reason people want to access the Akashic Records is to understand difficult relationships, patterns, and blocks in their life. Why do certain things keep happening to them?

The simple answer is your Soul designed it this way ...

As a Soul we hunger for knowledge, experience, and learnings. Through those experiences (and the emotions attached to those experiences) we have the opportunity to grow, heal, transform – ourselves and others.

As a Soul **we make choices** about what LESSONS we would like to learn – according to where we are in the evolution of our Soul’s Journey.

When we look at where the Soul originates in the Akashic Records we can see what energies have been designed for itself to work with – think of it as the environment...

Where you were born and what family you were born into are **critical choices for the soul**, as these things set the stage and create an environment, including **opportunities and possibly limitations**, that shape you, at least in your early life when so much of your conditioning is formed.

Tapping into this information gives us a comprehensive overview of our Soul Purpose for this lifetime ... and it is invaluable.

From the perspective of the Akashic Records we can see we are the powerful creators of our own experience, through choice at a Soul Level. Just as we are the powerful creators of our own story here in this lifetime on Earth.

Each lifetime serves as a class to advance, or ascend, in terms of our Soul's development.

In order to heal and live intentionally, the Akashic Records can show us what we have accomplished on our soul journey, what trauma we have experienced, what blocks we currently face and have faced in the past, and why.

We have the chance to learn new lessons through our relationships, people, pets, family, health problems, money, and so on.

These LESSONS are going to show up as re-occurring challenges, issues, repeated pattern in your life – or what we call 'Themes'.

For instance if your Lesson is life is to Master **RESILIENCE**, your soul will have designed a life where you will encounter situations time and time again - situation that call on you to recover quickly from difficulties – you may be knocked down time and time again– one thing after another – This often calls for an individual to radically address their Point of View about their circumstances ... because if they were constantly thinking 'poor me' they would stay stuck ...

Instead, they can look at their circumstances and ask what can be learned from that situation ...

If you take something like loss and grief for example – this too can be an opportunity for growth. We may be carrying trauma from many lifetimes and perhaps we have chosen Lessons in this lifetime to allow us to release it.

In the process may have found something that helps you deal with the grief, or you may have taken an invaluable learning from what you've been through and you decide to help others going through what you've been through – that Lesson – that pain – and your approach to it – has connected you with your Soul's Purpose...it may also connect you to people - to your Soul Group who are going through similar themes – similar lessons

But our Akashic Records are not just about the negatives in life – they will show us our Talents and strengths and areas of Mastery. It's how we deal with the negatives – our Point of View – that provide huge leaps in our Soul's evolution – and so along with the joy - can also illuminate our Purpose

So, with all that said – we can see -

Our Soul's Purpose is simply to remember the truth of who we are.

So, if you are interested in the themes of your Life, where you are on your Soul's journey you and how it relates to your Soul Purpose you can consult the Akashic Records through a Practitioner – or do a Life between Lives session. You can also tap into Source energy, or your higher self to gain some insights. To get you started on that journey I want you to imagine you have booked an Akashic Records session. What are you going to ask?

Writing Prompt: Question for the Akashic Records ...

Imagine you have decided you want to know more about your Soul's Mission. You've booked an Akashic Record's Reading, and you are pondering what to ask. For this writing prompt, I want you to ensure you have been through your Writing Ritual. Your mind is calm and ready to receive. Open your journal and write today's date. You are going to write down the following question.

Grab your journal and write down this question ...

Q. What Wisdom can the Akashic Records provide on (*Insert which patterns or talents you would like to understand more about.*)

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OK – now obviously we are not going to get into a full Akashic Reading right now, but whatever you have written down ...consider this as a starting point - an area to explore when you are thinking about 'Themes' in your life – there is a reason you wrote what you wrote.

... if you sit in contemplation with a pen in your hand – chances are you will begin to receive the information you are looking for..

Soul Purpose forces you to question yourself and see yourself in a whole new light. You may be called on to change your point of view, you may have to commit to a healing process before you can even begin to think about a different viewpoint ... but if you signal to the Universe you are ready to awaken to your Soul Purpose, you'll see the magic happen.

The French call it *raison d'être*

It's the most important reason or purpose for someone or something's existence ...

The ancient Hindu Scriptures, referred to it as our Dharma.

Our Dharma is our Reason for BEING

And this leads us on nicely ... THEMES – and how they can point the way ... 😊

How are themes and purpose related?

- For those of you interested in writing, THEMES are the Golden Thread running through your Memoir /your story
- Purpose is the Golden Thread running through your life/your story.
- The themes in your book are the driving force behind the story.
- Your Purpose is the driving force behind your life.
- Ultimately, what we are talking about here is MEANING
Themes give your Memoir MEANING
- And we can say the reason why Purpose is important to us – is because we want our life to have meaning.

Our SOUL PURPOSE gives our LIFE MEANING

The Importance of Themes in writing

Let's explore themes in writing a bit more ...

A theme is a story's central idea.

I often describe the theme as being like the 'spine' of a physical book - holding all the pages and together. It's the glue and the backbone that brings seemingly separate scenes - or sheets of paper - into one collective, tangible form that we can hold and read in its entirety. That's how important theme is.

Themes are the compass - **the guide that shows you what's important in your story**. As I said earlier - THEMES give your book meaning...

In literature, there are many different themes - but for today let's just think about 'Universal' themes (these are experiences we can ALL relate to or share) such as [Birth/ Love or Death/Loss/Grief/Friendship/Family](#) and so on - Life events that we all experience - these are things that connect us...

A writer's 'Point of View' on those experiences (or 'themes') will provide the 'Message'. These are the learnings they wish to share with their audience. For example:

- Love (Hurts)
- Love (Is all there is)
- Love (Is Love)

A writer's point of view on the subject will provide the message - this could be positive or negative - depending on what they 'learned' from their experience. You can see according to the writer's Point of View, each of these stories would be completely different.

Therefore, 'Themes' and 'Your Point of View' give the story meaning - your meaning. Your Truth.

Through UNIVERSAL THEMES in writing there is an opportunity to share a story that may help others... and it's the same with the themes in your life...

- Love (Is love) - this theme and point of viewpoints to someone able to be an advocate for equality across all of society.

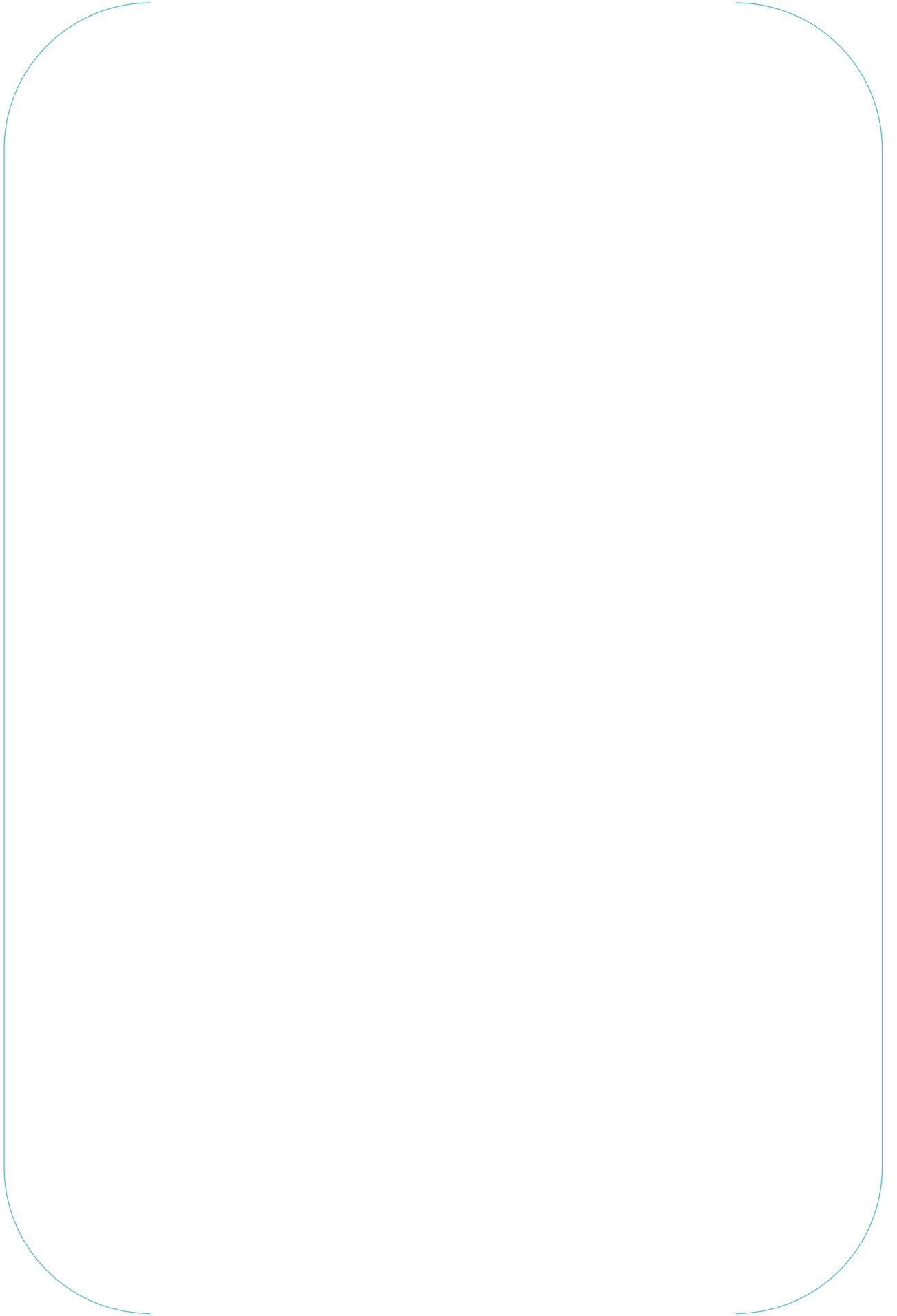
- Love (Hurts) - this theme and point of view may pave the way for someone to turn their pain into healing. Perhaps they decide to become a counsellor to help others.

If you follow the breadcrumbs you can see the connections.

Writing Prompt:

Grab your journal (or write in the space below). Date the page. Imagine you are a writer, adopting the Point of View that 'Love is all there is'. What can you write about the theme of LOVE from your Point of View? What does the statement Love is all there is, mean to you? How does it make you feel? Explore this theme and go as deep as you wish. What kind of book do you think this would be? Is it a Love story? Is it a narrative that could help someone? Perhaps you have encountered this statement after suffering a loss of someone dear in your life. Are you able to find the gift or message in this experience? Explore this theme using your understanding of 'Themes', 'Point of View' and 'Message' or 'Purpose.





Discover your own Story's Themes

Now you have an understanding of some of our Universal themes – the themes writers use to connect with their readers – themes that connect us all in our humanity. Now, I'd like you to consider YOUR themes in YOUR story. Imagine yourself as the writer looking for the theme for your next book. If you are a *Memoir* writer, you are invited to use this technique too.

As human beings we often find ourselves faced with the same experiences over and over again.

Perhaps there is a clue in the self-reflection questions you answered previously, or perhaps a clue emerged in the type of questions you would ask the Akashic Records.

The Importance of Themes in our Life

Sit and think about the challenges you've had in life – or occurrences that keep coming up. Have you had challenging relationships?

Are you able to look back over your life and pinpoint when this started?

Your themes can be anything that pop up in your life repeatedly ... whatever popped in your head right now listening to this – again – we could be talking about ...

- Patterns in relationships
- Money challenges
- Death/loss of loved ones
- Health challenges
- Difficulty accepting change.
- Triumph over adversity

Admittedly, for most of us, we've already established that it's actually quite difficult to think off the top

of our head what the themes in our life might be – unless you have spent a lot of time in **self-reflection**. We have SO many experiences and stories to choose from...

So, if you really want to delve seriously into understanding your themes, I will share a technique I use with Memoir writers. It helps them identify themes that they didn't realise they had and can, when used properly, influence the content of their Memoir – you could find this quite illuminating and help you focus on themes you want to build upon in your life.

It may just help you see visually where your strengths, talents and experiences lie – pointing you in the direction of your purpose.



So what tools can we use to discover what our themes are?

In Memoir writing we use the TIMELINE technique (which is quite interesting because in the Akashic Records we talk about the various timelines open to us in any moment).

But this is a physical timeline you can create - if you are serious about identifying your life themes to discover your soul purpose, this is an excellent tool to use (writer or not).

It can take a bit of time to create— but once you have made a start you will find experiences you had forgotten all about, will float to the surface.

You could basically create a timeline of your whole life – starting the year you were born – right up to the current day.

If you are like me with a few years on the clock you may want to simply mark your timeline in increments of 5 or 10 years (rather than every year).

You can do this in a journal – just writing in columns – or draw an actual Timeline.

I have created an image you can start to work with until you find your own style but I invite you to just create a timeline in any format that works for you. You can find this in your Materials tab on your Write from Source Course.



How to create your Timeline

On your piece of paper (or in your journal), draw a horizontal line across the page - this is your 'x' axis and will be your date line.

- At the point of origin (starting left to right), write the date you were born - or the date you wish to start your timeline. Create milestones along the x-axis. If you only want to focus on one year, those milestones may be monthly -January/ February/ March, and so on. Alternatively, you can mark the years off along - underneath the x-axis.
- Above the line, mark dots with a few words, marking out events you remember starting with your birth (or the starting date of the period you want to look at).
- Then move on to everyone else in your life (of importance to you specifically), marking their births, deaths, and marriages.
- Progress to noting the dates and names/brief sentences about schools, (new schools), new homes, graduation, work, relationships, pets
- Include anything else of significance on your Timeline. Perhaps the loss of special people in your life, or the time something special happened at school - like winning an award.

To avoid becoming tangled or scattered - go through your whole timeline from beginning to end, focusing on one aspect - such as 'pets you had'. Then come back to the beginning to focus on another layer.

There are many layers you can add to this such as world events, what music or movies you liked and so on.

I have provided a document to refer to that will help you build a comprehensive timeline. This document includes prompting questions which could also be used for self-reflection in your Journal

Once you have marked your Timeline with all the important events in your life, come back to the beginning and focus on the 'Y' axis (the vertical line) charting your emotions/what you thought about each of these events. Are these negative or positive emotions? You'll soon see a picture emerging. Your life may be full of joyous memories - or perhaps hardship.

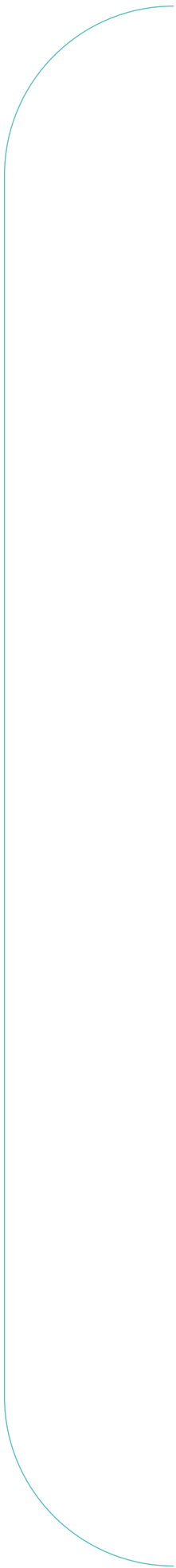
From here you can explore areas where you have had to focus – perhaps a traumatic experience set off a chain of events – like moving to the other side of the world, moving house, or changing job.

Perhaps you hadn't seen the correlation between one event and another before.

Ask yourself what the learning was from that experience – is there something you have learned that you can share with others to help them?

Look at the [Materials](#) I have provided for you in your Course Notes and use them to get started here in your workbook or Journal.





Finding your treasure among your themes

If you don't have the time in this session to create a timeline of your whole life, but you'd like to play around with the concept, why not develop a timeline based on one day, one week or even one month?

As before, think about Universal themes such as birth, love or death, loss, grief, friendship or family, marriages, moving on to schools, new homes, graduation, work, relationships, pets – perhaps think about COVID – what were the Lessons learned here – what did COVID teach you?

Once you have plotted the events on your Timeline, consider where these experiences sit in the scheme of experiences. Place your significant 'events' and experiences under the appropriate 'Universal Theme' header (scroll down).

For example, you may realise looking at your Timeline you have experienced many losses from the family pet dying, to the loss of loved ones, etc. so perhaps you would list those under the Universal Theme of Death. Remember that Universal Themes are shared experiences that connect you to others.

The next stage would be to explore how you feel emotionally about those themes.

Would you class these as Negative or Positive experiences?

What MEANING can you ascribe to these experiences? – Happy Days – Sad Times? How have they shaped your life?

If this was a negative experience – connect in with your Higher Self and ask 'What is the lesson behind this experience? What can I learn?'

As you are going through this exercise try to remember –

When you replace “Why did this happen to me?” – with – **What is this trying to teach me?** everything shifts – and that is where the GOLD is – or at least the breadcrumbs towards the gold...

If it helps you can revert to the self-reflection technique you worked through earlier.

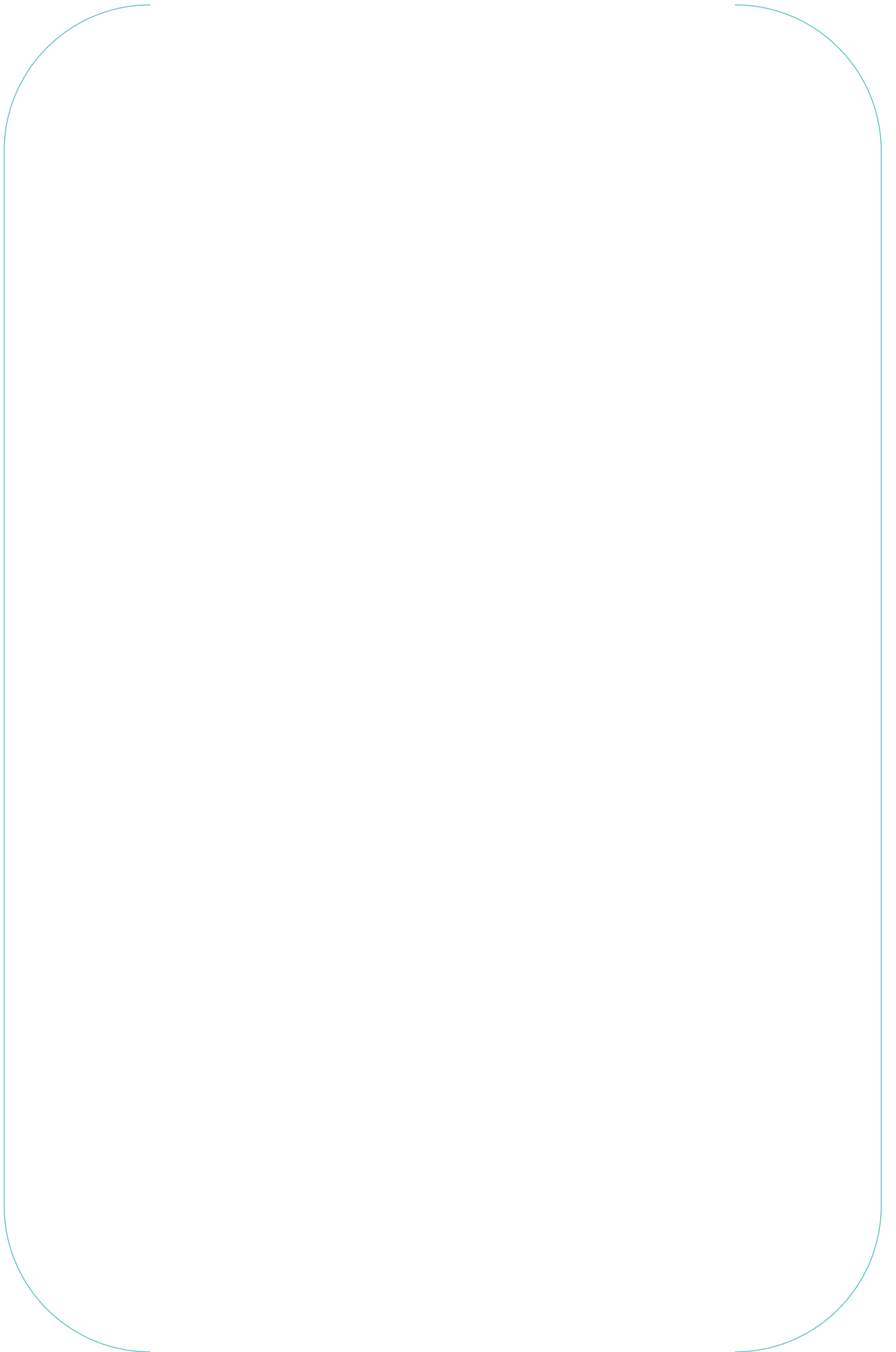
While identifying themes is hugely important – particularly if we are using writing to connect with healing and transformation – your Point of View wields power as it’s the lens through which you view your story. *Good to know, especially if the same themes keep coming up in your lifetime (and your stories) time and time again.* Become aware of any consistent events/patterns/themes that come up time and time again...

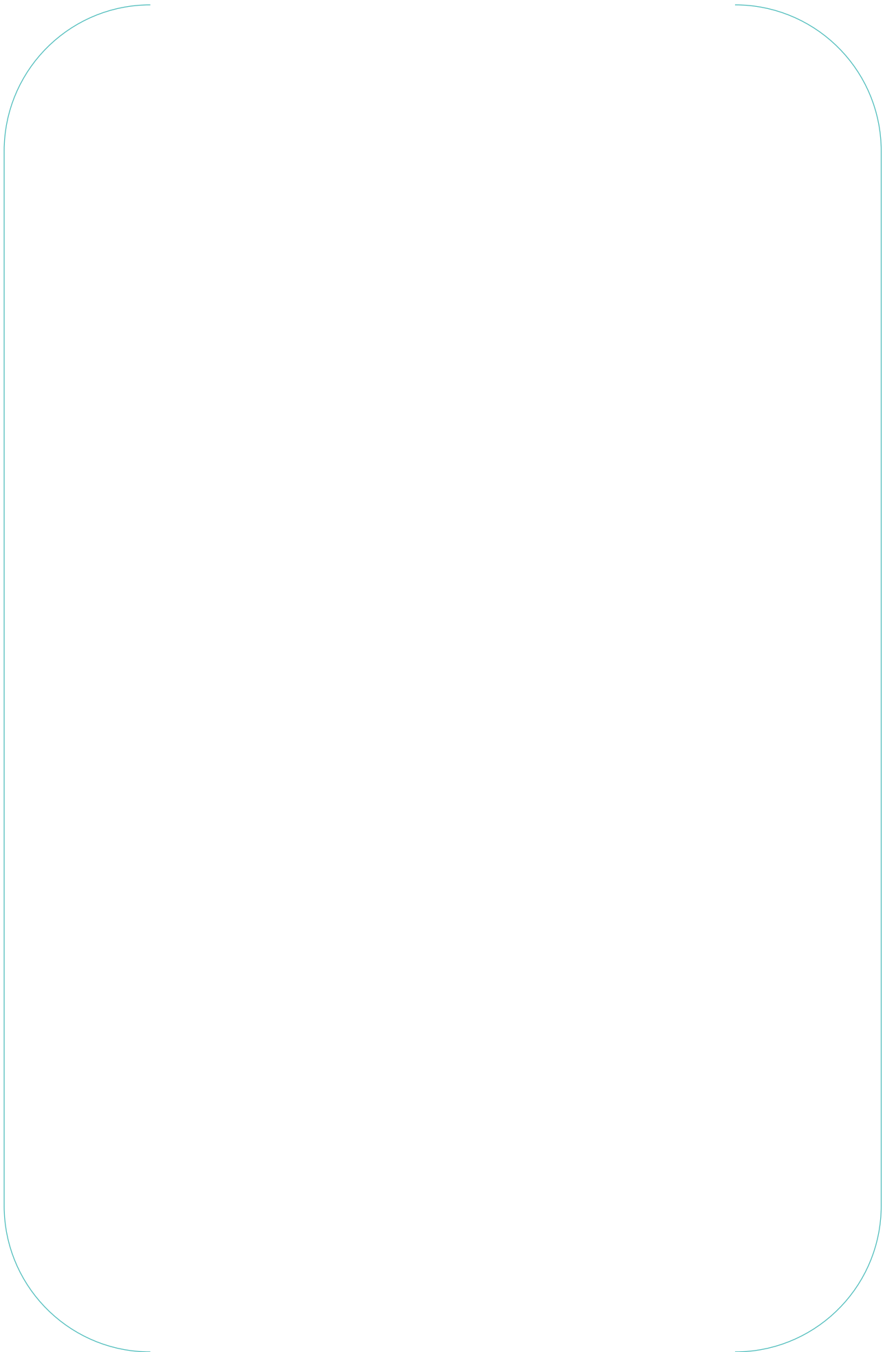
Think about what you have learned about this theme – can you use your talents, experience, or learnings to guide someone going through similar things?

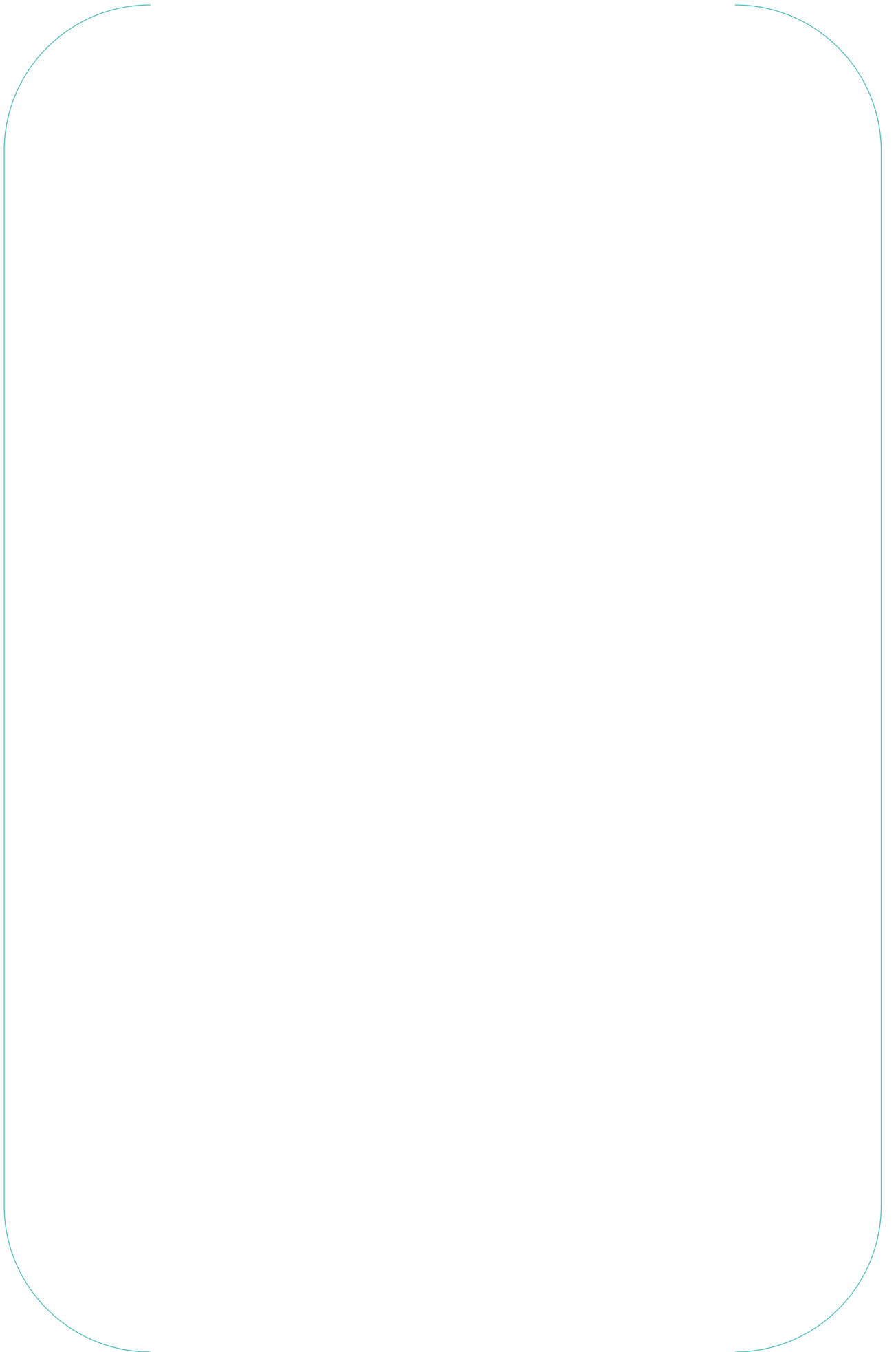
When we think about ‘purpose’ we think about the ‘meaning’ we ascribe to our lives. Our purpose and meaning can often be found when we are in service to others. Ask yourself ‘how do the themes in my life prepare me for a life of service?’

If your life is filled with loss – what can you help others find or connect with?

If your life has been blighted by poverty and homelessness – consider how you can help others discover the riches that lie within themselves. How can you help them create safety and belonging in their life? What have you learned that you could share?







Chapter outline to your story

After you have completed this TIMELINE – let's just say for ONE YEAR – I want you to look back over the 12 months and create a Title – imagine it as a Chapter Heading for each month – so you should have 12 chapters – 12 chapter headings.

Now if your titles all look a bit sad – a bit doom and gloom – take a look at how you can turn that title around.

Are you able to Change the Point of View to show the Learning – or the message that could help someone else? Are you able to shift the energy and tone of what your Memoir – or your story – would look like? If you only focus on one month – you can still do this – perhaps one title a week. Look for the themes, then look for the meaning in your experiences.

If you spend time doing this I promise you'll see the themes and your story – and how changing your point of view changes the story ... these signposts will show you the way ...



If you don't think you have a theme – create one

This would be a great manifestation workshop ...

If you cast your mind back to the start of this workshop, you may recall I asked you about your New Year's Resolutions.

Normally when we make a New Year's Resolution it is because there is something in our life we want to get right or do better... it gives us a sense of control – it gives us a magical reset button.

New Year's Resolutions are the blank page on which we can write our story anew.

The thing is most New Year's Resolutions fail. Perhaps the resolution was unrealistic or not sustainable. Resolutions often fail because there is no plan or structure behind the 'promise' to ourselves.

Much like writing Memoir and mapping out our THEMES, or consulting the Records on our Lessons – we need a structure in place to make it happen.

The thing about NEW YEAR'S Resolutions is – when we get to the end of January, and we realise we only went out for a run once – and it was more of a walk to the local café – we feel like we are a failure.

And so begins a cycle where the negative inner critic – that inner voice steps in and reminds us what a failure we are ... All that happens is we spiral into the same repeated patterns and then tell ourselves – next year we'll do it for sure.

So instead look at your life – think about what you want out of life this year or for the rest of your life and pick 3 words as **YOUR THEME**.

If your New Year's Resolution was to be more cheerful and less grumpy - Your theme over the next 3 years could be 'to make choices that support your desire to help others' ...

Why, you may ask? What's that got to do with being more cheerful or less grumpy? Well, it's been proven, through challenging times, when we naturally tend to think of ourselves, focusing on others helps us feel more connected and it helps give us meaning. Our 'feel-good hormones' and happiness come from helping others. Most of us feel we have found our soul's purpose when we are in service to

others...(I hope that helps explain why I asked you at the beginning if there is something you feel you can share or teach others).

Regardless of the themes you choose, make a promise to yourself to be committed and to make the best choices you can to align yourself with those themes...You will be amazed at how life changes for you as new pathways emerge in your life.



Finding your Life Theme when you don't think you have one

If you have got to this point and you still don't believe you have themes in your life, far less an understanding your soul's purpose, then try this exercise. Grab your journal and remember to date the page. Write down the answers to the following questions

- What was your favourite movie and/or book as a child or an adult ...or the name of the movie/book that affected you deeply?

What stayed with you? What touched you?

Can you identify the Themes in that movie and/or book?

Explore the reasons why that movie or book affected you the way it did.

Are there any correlations between those themes and your life?

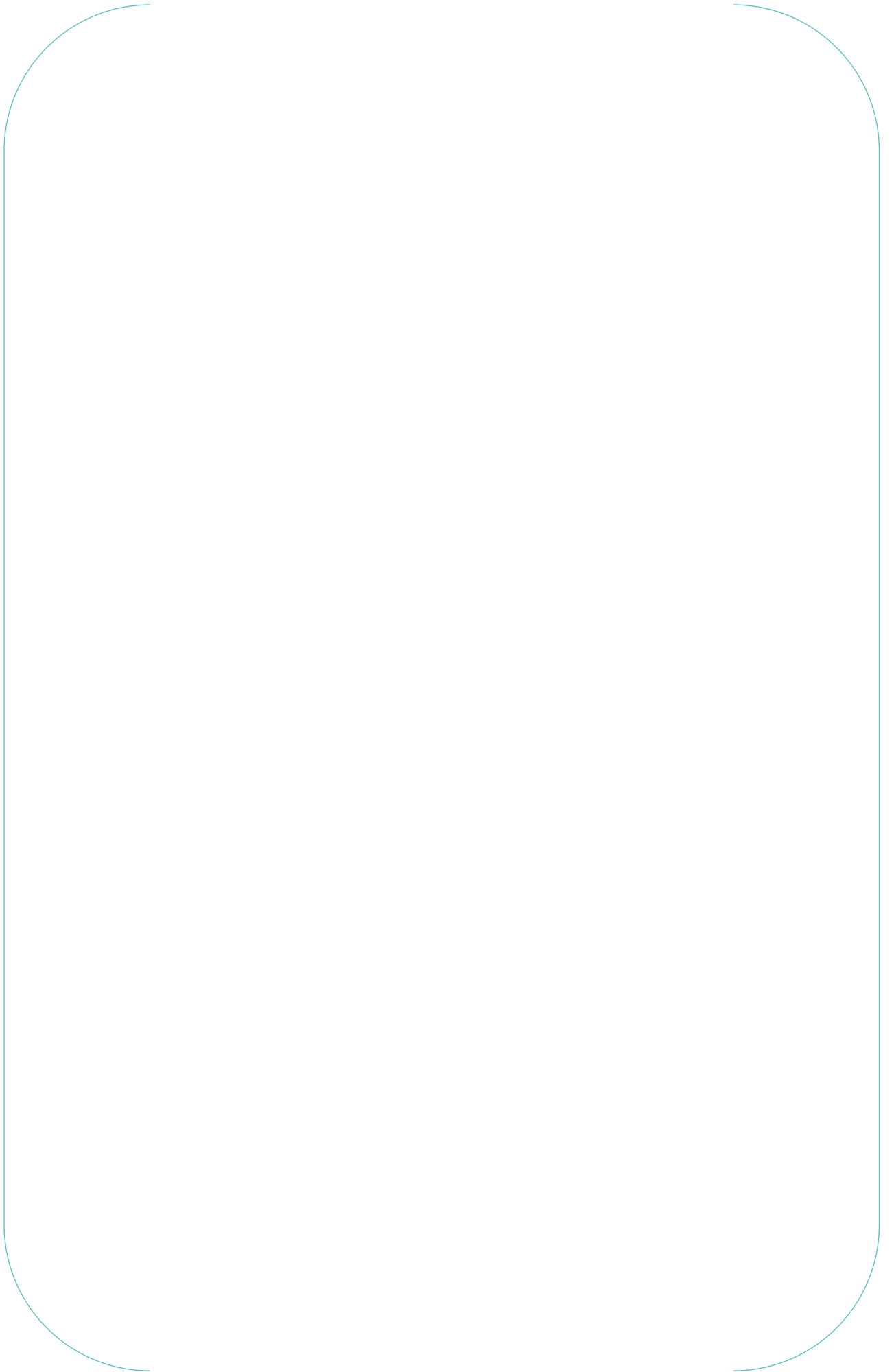
Does this movie or book connect you with your soul purpose in any way? If nothing comes to mind now, meditate on this. The answer will come to you in a moment of stillness.

You can ask your Guides before you go to sleep at night, 'What are my favourite books and movies telling me about my themes? Are they giving me clues about my soul's purpose?

Write about this in your Journal or in the space provided below.

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Summary of Discovery

Ultimately there are many methods or techniques we can use to find our Purpose in life. Generally, we just need some time for inner reflection.

- Themes are *patterns* you can identify in your life story – and you can view those patterns as positive or negative.
- Themes can be viewed as Lessons – and to change our perception – we can ask ourselves ‘What can I learn from this experience/pattern/theme?’
- If looking back over your life is too much, or a bit over-whelming – just try to establish your theme over one year or three years. Think the about the Pandemic and any learnings that may have come from that.
- Think about an activity that brings you joy. Think about the thing that lights you up – what excites you? Are there themes in your life that come from ‘pure joy and happiness?’
- You can consult your Book of Life – in the Akashic Records – understand the Lessons you came here to learn. How can you use your Learnings to heal yourself and serve others?
- You can use the **Timeline Method**, writers use when writing their Memoir (their truth/their story). Plot your story – what events/experiences come up time and again? What’s your opinion of those experiences? Can you identify a Universal Theme? Are you able to write something from your point of view about that experience/learning or Universal Theme?

- You can use your Journal (or the space below) for self-reflection.

Ask yourself:

- Am I happy with the direction in which my life is headed?
- Am I happy with how I spend my time?
- What are my greatest talents?
- How can I refine and perfect it?
- What talent or skill can I share with others?
- How can I share that skill and talent with others?
- How can I use this talent to earn an income in order to enable me to devote my time and efforts towards it?
- What would make me happiest?
- What is my PASSION?

Write what comes to you ... without judgement.

- Think about your New Year's Resolutions. They are useful because they identify the things within us we wish to change.

To wield the power you have as the Creator of your own life – why not set an overarching theme for 2024? Write it down in your Journal. Bring the words into physical reality. Your words are spells – they are codes – they have power.

Then, instead of creating lofty goals that are hard to achieve, you make a decision from this point on to make decisions/choices that are aligned with that theme... In this way you will be working towards your Soul Purpose.

We've come to the end of this workshop ... but this framework is something you can use over and over again – until you feel you've tuned in and really identified your Soul Purpose – through the themes in your life. Perhaps the first time you work through this course you'll notice things and become aware of things that keep coming up for you. The next time you do the course, you may start to examine your point of view around these events. The third time, you may really start to delve into some deeper discovery work around what these themes are showing you. If you are a writer, this is invaluable Primary Source material – an incredible resource at your fingertips.

Final Assignment

This is where you can measure your progress. Think about the introductory modules around 'What's my Story'. I'd like you to re-write your Introduction as if you are at one of our physical workshops. As you write this introduction, I'd like you to think about everything you've learned. Think about your themes or the things that bring you joy and introduce yourself in these terms. How has your point of view shaped your experience? If you feel you have identified your purpose or an area where your learnings could be taught, include this in your introduction.

If you are still struggling to identify your soul's purpose - think about the kind of Memoir you would LIKE to write, and create a synopsis of 500 words along with 12 Chapter titles.

As with all these assignments, I'm not here to judge grammar. I'm here to help you open up to the possibilities.

Have fun!

If you wish to develop your spiritual awareness, bring awareness to the signs the universe is sending you, through the themes and patterns of your life. Through the circumstances in which you find yourself. How do they align with that 'inner voice'?

If you'd like to heal something that's caused you pain, and placed blocks in your life, look at your themes - identify the source of your pain - and ask - what does this teach me? What have I learned? Can I change my point of view or my perspective about that experience or that pattern in my life? Can I transmute that pain, by turning my learnings into teachings and healing for someone else?

If you'd like to write a great Memoir - pay attention to themes and patterns in your narrative - they are the golden thread through your 'story" and they will connect you with your audience.

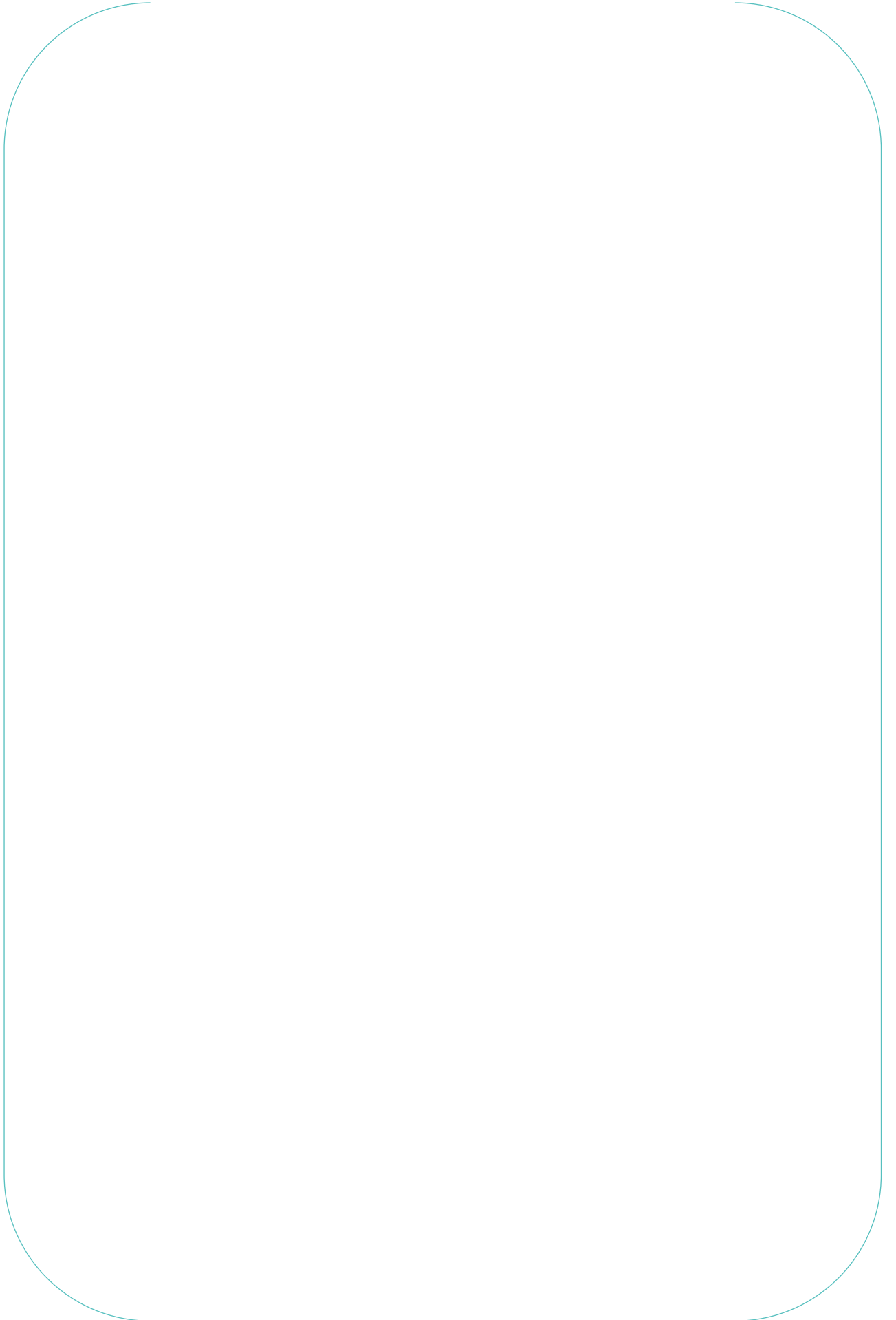
Most importantly though...

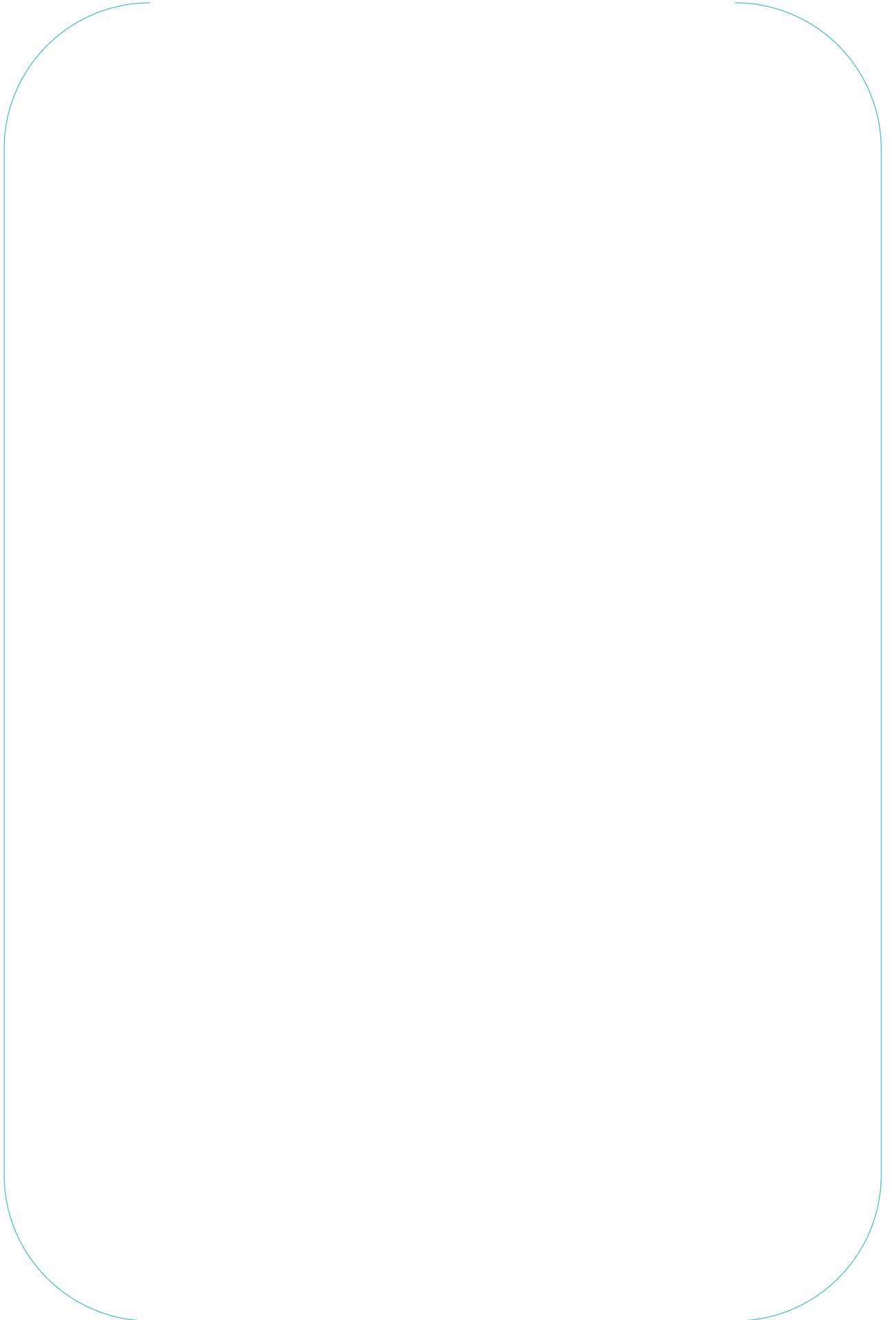
Your Soul Purpose is simply to remember the truth of who you are - you just need to show up and be authentic. That's all - just show up and be you.

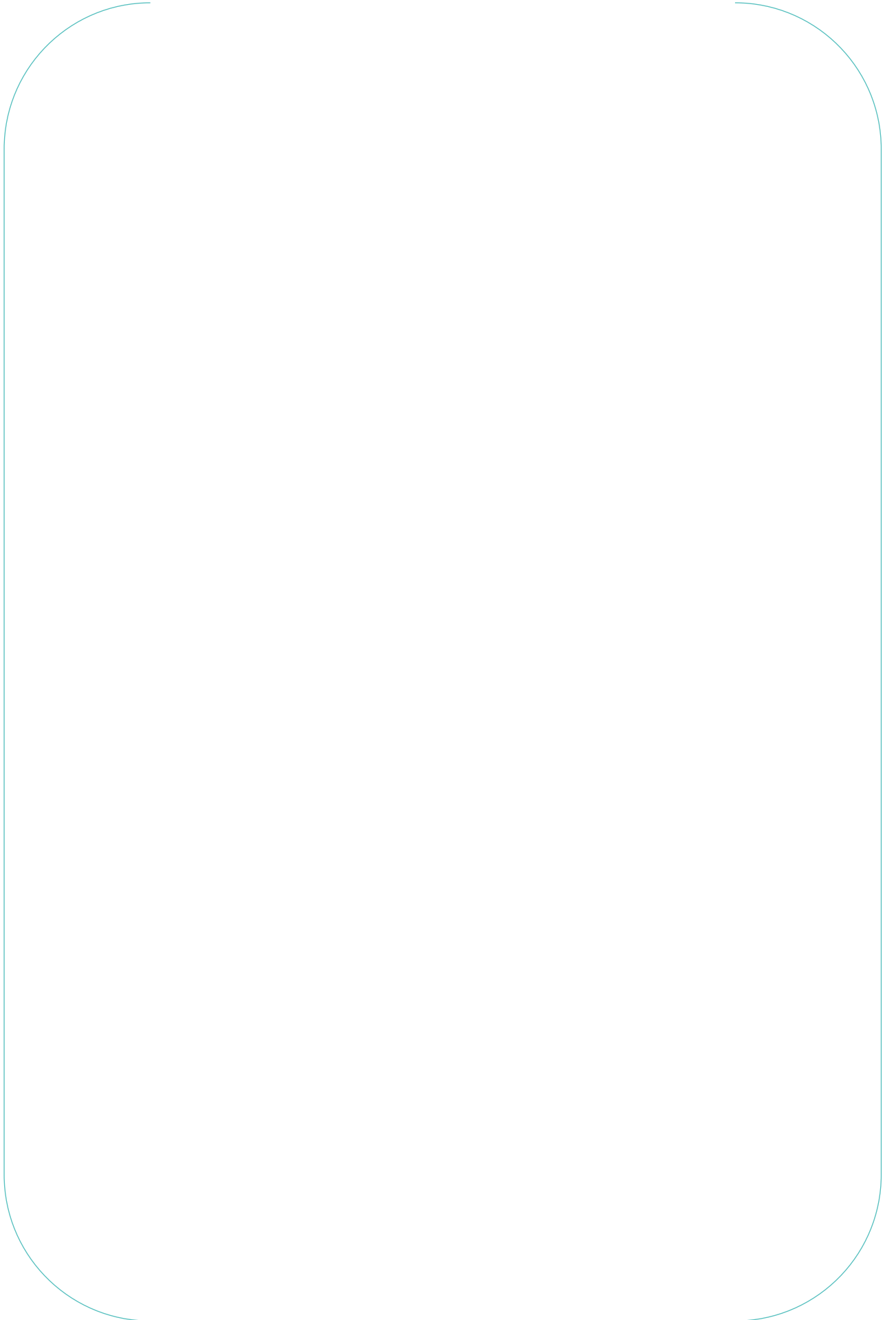
Soul Purpose is not about grand gestures - it's about a smile to someone having a bad day. It's that phone call that helped someone realise they are not alone. It's kindness to an animal. You may be blissfully unaware of the ripple effects - but you matter and you are here for a reason. You may not realise it, but you may have already saved someone's life by giving them a reason to go on

Without even realising it, just by *existing*, being aware, and just by being you, your life has meaning.









If you would like to get in touch or find out more about upcoming courses, events and workshops, you can find it all on my socials below. In the meantime thank you so much for purchasing a workshop from Write from Source. If you would like to leave a review on Google or Facebook, or would simply like to send me a few words, please contact me via the channels below. Your words may help someone discover their life purpose.

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