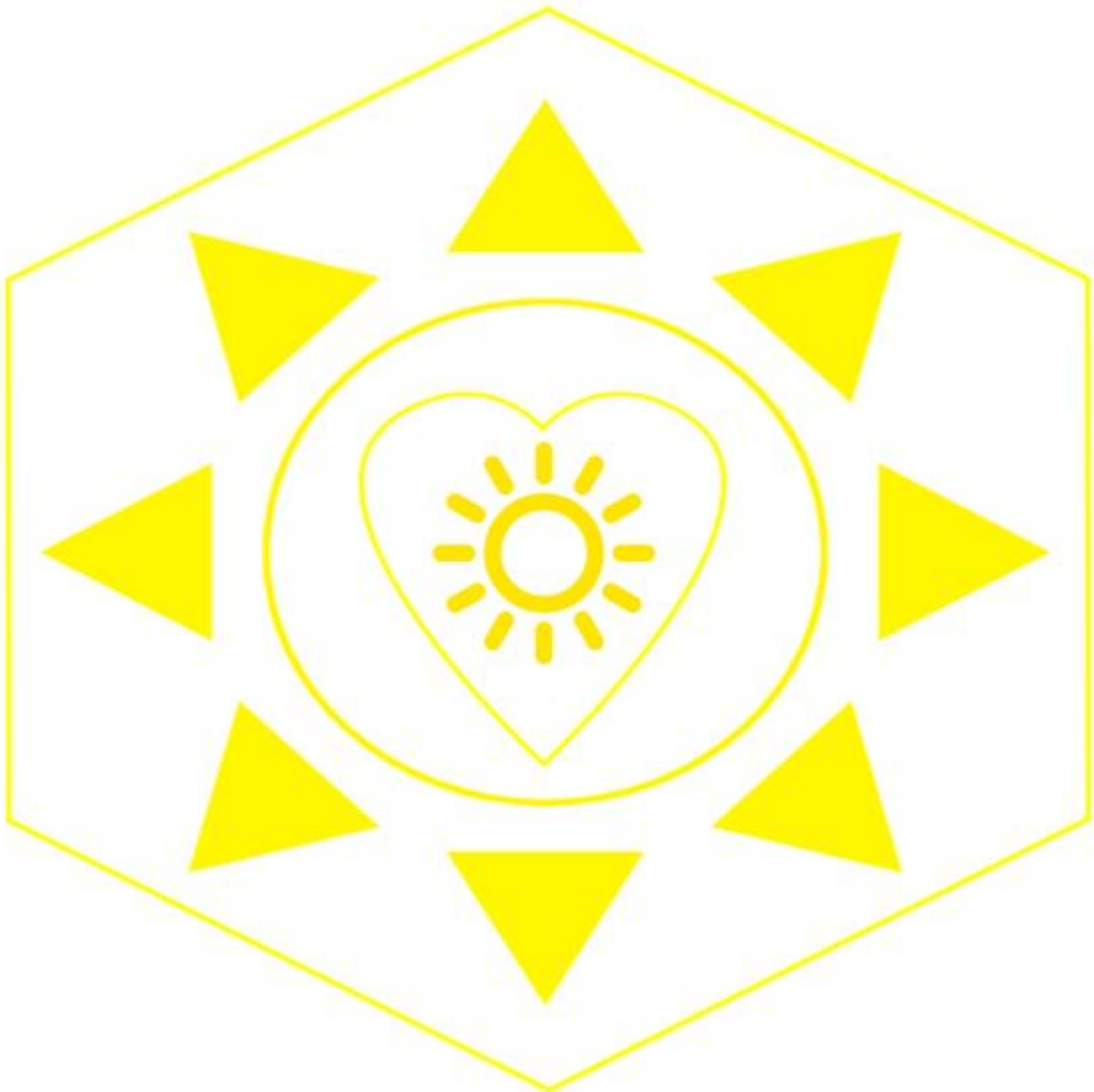


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Soul Light Healing practice



Soul Light Healing practice

Whenever we experience anything that upsets us, when we may feel strong emotions and anything that may seemingly take us away from our natural pure peaceful positive source of Light / Happiness / Joy / Life within. The following steps can be used to clear/cleanse/release/transform any and all energy that no longer serves us and that is no longer needed, and restore the centered balanced vibrations of our Soul energy and Light, and to re-center & align our conscious awareness with our Heart & Soul based consciousness.

Healing practice:

1. **Acceptance:** Accept how you feel, no matter how bad or what emotions you are currently experiencing, accepting them, accept them all
 - Accept yourself for feeling what you are experiencing,
 - Accept how you feel,
 - All emotions and feelings are part of the human experience, and we are here to experience them all,
 - Accept everything you feel with Unconditional Love towards yourself and the emotions you are currently feeling and experiencing.
 - Know that all energies/emotions will go in time and float on by if and when we allow ourselves to fully feel, experience and release them. Sometimes however we need
2. **Allow & Expression:** Note down on paper/journal any thoughts and feelings that arise, express it all unfiltered. Have unconditional love for yourself and any and everything that comes up. Again, there is no need to act at this point. Simply allow everything to flow up and out onto paper/notepad. Unload / offload everything.
 - The key here is not to repress them. They could be new or old emotions/energy coming up to you to be accepted with an open loving heart and mind. Like children needing your warmth love and understanding. Your Compassion.

This practice will help to release the energy, new or stuck energy.
 - **If you feel hurt or anger and negative thoughts arise.** Allow them to arise and know that underneath negative or angry thoughts is pain or fear. And that's ok. Your pure being of light has been through a lot. The Soul birthing process leaves fear and pain within ALL souls. And whether your soul has had many or not many lives on earth. The human experience is a challenging journey in itself. And so please, have tender love and compassion for yourself. When you get in touch with the hurt/pain/fear underneath any negative

thoughts and emotions you can open your heart to the hurt or scared inner child/being of light within you and you can reassure it and offering it love empowerment and understanding. This can help you to shift to a positive heart-based energy and consciousness.

3. **Message:** Feelings and emotions often come with a message, about whether you like or dislike something regarding your present situation. Acknowledge and accept all emotions and feelings openly with unconditional love and allow the feelings and thoughts to flow. You can listen to and note down everything that arises. Often wisdom and guidance comes, which can sometimes be initially obvious and found in the initial energy/impulse and reaction or discover later after the storm/outburst has passed, in the calm center of the storm within. Accept and allow everything. Be open to learn and gain insight from what you are experiencing. Be open to learn and gain insight from the emotions and feelings that arise. Note down any that come to you. Your intuition i.e. felt guidance from your inner being will always guide you.
 - For example: You may feel like if the/similar situation occurred again you would be more assertive and set firmer boundaries or stand up for yourself. Such an experience can activate the energy of assertiveness and when allowed and practiced can become a permanent treasure quality and feature your Soul.
4. **Identity:** You are the essence of your consciousness, the pure being of light and consciousness that exists underneath your emotions and feelings. From this place, you can observe your emotions and feelings which are like ripples on the surface of your being, of your true self. Like clouds on a sunny day they will float on by and like the Sun, your essence, your Being of Light exists unaffected.
 - Remember your true identity, a Pure being of Light. You are not the emotions and feelings that arise. Although you may 'feel' them and that's ok. Thoughts and feelings come and go. It doesn't mean you should ignore them. Acknowledge them with unconditional love and acceptance. They may have purpose, be useful and needed. But for now, re-align and remember your true self and identity which is separate from your emotions.
5. **Heart & Soul:** After acknowledging, accepting and releasing the energy we can welcome back to our true self within the heart. Before we act, it is helpful to re-align, to re-center and open the heart. To come back to your true self. For the light to shine once more we must open the heart. For this to occur we must re-gain a loving perspective. In this case it means acknowledging your love for yourself and what you are going through. Allow your heart to open, your love to return and your light will follow X
 - Tune into the pure peace within, the eternal presence of thy beloved truth that is ever-present within you. The still quite peace within is a source of deep guidance. When our heart is open it's voice can be heard. Listen to the pure quite voice within whenever guidance is needed.
6. **If needed - Act:** Now from a calm centered and balanced place. You may or may not feel a need to act. Sometimes healing comes from within and there is no need. Sometimes, there is a need to express in an open honest and authentic way. If

needed, you can express yourself in whichever way and to whichever person you feel you need to. But now it will be in a more centered and balanced way. And that's ok.

7. **Unconditional Love:** Embrace all aspects of your soul, the good the bad and the ugly with Unconditional Love and Light. Love yourself unconditionally. And always do what you feel is right. God bless you. Always. X

Repeat the above as often as needed until the clearing healing and shift to thy true self within is made X

Soul maturation process and the human experience:

Part of the soul maturation process and the human experience is learning to parent ourselves, in doing so we develop qualities such as Compassion, Unconditional Love, Empathy and Courage Assertiveness, Discernment and Wisdom. And so the different phases of being human from birth, childhood, adolescence, becoming an adult, middle and old age all allow us to develop qualities that enrich our soul.

The ups and downs, trials and tribulations, all the challenges we face while in earth in human form, help us to grow and develop. What do we develop energetically from the human experience? = Empathy, Humility, Compassion, Patience, Unconditional Love for ourselves and for others, Courage, Assertiveness, discernment, and wisdom are a few of the treasures we activate, cultivate, and integrate within our Being. All are valuable and precious. Ultimately creating and contributing towards a whole balanced and well-rounded unique version of our Soul/God.

It may not seem like it initially but in time we can look back and see how much we have improved as a person/soul. For example: Any challenges we face towards a positive sense of self / self-love create humility, unconditional self-love, empathy and compassion within. By extension these qualities can then be extended to benefit others. Any challenges we face in opposition to our will/purpose/desire activate and cultivate discernment, assertiveness, and courage.

Old pain and wounds:

Sometimes, old wounds from past experiences can be triggered by our present experiences. If we are not aware of it, when this occurs, it can result in overreactions or difficulty in letting some things go. The old wound/pain/fear can linger on, often creating thoughts and emotions related to the current event that triggered it, even though the origin of the wound can be from a long time ago such as childhood or a past life.

The solution to the inner wound being triggered is often 2-fold:

1. To change the focus from the outside event to the inner wound, to honour it and to give it love and understanding. If the wound is deep and intense you can ask and allow God to send pure healing energy and light through your channel to heal the wound. This is very helpful. However for complete healing to take place, we must also consider:

2. What gift can we gain from the wound?. Often, the reason the wound still exists is because we are still learning growing and gaining something from it. To discover this, you can ask the wound, why are you there and what can I do to prevent it happening again?. There can be many answers, some examples include:

- To stand up for yourself, to honour and respect yourself, your feelings, your desires and to put yourself first!.
- To love and value yourself. To make time for yourself. To make time to do what you like, love and value.
- To speak nicely, kindly and positively to and about yourself!.
- To be more gentle with yourself. To look after yourself and your needs.

Whatever it may be. Our wounds often inspire, spark and kindle a new energetic quality within our soul that allows us to grow. Such pain/wounds and scenarios, can for example, help to:

- Fortify us and make us stronger.
- Or softens us and cracks open our heart to help us becoming more gentle and loving.

Either way. The objective of the challenges we face on earth are to help us to become energetically balanced. For example, to activate our inner child, masculine & feminine qualities so that we become Whole & Complete unique expressions of our divine essence. During this process we will also develop wisdom along the way.

Remember, wounds come with gifts that help us to learn and grow.

You are not broken, you are growing, activating and actualising your potential through the human experience.

All is well, everything is perfect, even if it doesn't seem to be. You Life's journey has been carefully planned by you and your guides and loved ones in spirit to create your life in such a way that will help you to learn and grow in ways you want to and ultimately to awaken and actualise your potential on Earth. You are ready to do this, you are doing this. Otherwise you wouldn't be here reading these words.

And as Winnie the Pooh one said "You are braver than you believe, stronger than you seem, smarter than you think and loved more than you know". You've got this.

Relax, smile 😊 and love yourself, all of yourself unconditionally.

Remember, your true self is one of Pure Love and Light. Nothing can change that. You can only grow and become even more. Even more Love Light, strength and wisdom is gained through the human experience.

Final words:

Congratulate yourself, congratulate your bravery, for having the courage will determination and excitement to come to earth to have and develop your soul through the human experience. You are brave. Know that you are an indescribable and beautiful being of light that will learn grow and gain much from the human experience you are having. Love, learn from and enjoy this incredible journey and know that we love you*.

* We are the heavenly host, angels who oversee, love, protect and guide all upon the earth. OM and so it is.

I wish you well. X

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Trust your intuition as to what is right and useful to you, and discard anything that you do not feel is right and true for you. Trust yourself, always.