

## Soul Whispering Process

1. Set an intention to gently visit your soul. You might ask your soul to show itself to you. You could say, aloud or silently, "Hello, my soul. Thank you for being here. I'd like to know you better."

2. Sit comfortably, feet flat on the floor and spine straight. If you meditate, sit in your meditation posture. Breathe deeply. Feel your breath fill your lungs. Let your breath gently release. Do this a few more times, gently attending to your body. Let your shoulders drop. Feel your toes. Feel your heartbeat and your blood circulating through your body. Imagine warm light being poured over you, and feel it flowing down your body, from the crown of your head to the tips of your toes.

3. Direct your attention to your center – to your heart and your belly. Continue to breathe into your center. You might want to put your hands on your heart and/or belly. Send yourself kindness.

4. What do you notice, there, at your center? What temperature is it? What color? Is it tight or loose? Is anything growing there? Anyone living there? Do you hear anything? Do you see anything? Simply be there, at your center, kindly noticing whatever you notice, for a time.

5. When you're ready, bring your attention back to your breathing. After several breaths, open your eyes.

You might record what you experienced in a journal. And, remembering that souls speak mostly in metaphor and images, you might want to draw what you noticed.

Repeat this process often. Practice gentleness and patience.