

Listening to Your Soul

These two meditations will allow you to explore what it might mean to let your soul lead you through life and what it might mean to be a Soul Artist.

Trust yourself as you do these meditations. Do them in your own time and perhaps come back to them time and time again. We are always growing and evolving, and we move to the rhythm of our own soul.

Meditation #1: Being a Soul Artist

1. Create a quiet space to sit with yourself with no distractions.
2. As you begin, reflect on what it might mean for you to be a Soul Artist:

Soul Artists allow their soul to lead them through life.

Soul Artists make time for reflection and allow their intuition to guide them.

Soul Artists are open to continuing growth and healing.

Soul Artists see the beauty of the world all around them.

Soul Artists use their creativity and imagination.

Soul Artists live in the world in a conscious way, expressing their nature in how they live and in the choices they make.

Soul Artists listen to and answer their soul's calling.

3. Perhaps you may want to journal about which of these resonate with you.
4. Light a candle. This might be the time to identify your intention to being open to being a Soul Artist.
5. Now sit quietly in meditation.
6. When you have finished, blow out your candle and sit for a few minutes in gratitude for this time.

If this meditation has opened you to being a Soul Artist, you may want to go on to Meditation #2.

Meditation #2: Letting Your Soul Lead

1. Create a quiet space to sit with yourself with no distractions.
2. Light a candle to indicate your intention to connect to your Soul and to open to the possibilities that lie ahead for you as a Soul Artist.
3. What would it mean for you to follow the Soul Artist path?
4. Thinking of your day to day life, what would you need to release or let go of to follow the Soul Artist path?
5. What might be new areas of exploration or inquiry that you might incorporate into your daily life?
6. Journal about what it might mean to set your intention to live your life as a Soul Artist.
7. When you have finished, blow out your candle and sit for a few minutes in gratitude for this time.

A shift in perspective can be very powerful. Pay attention to how you approach life in the coming days and weeks and notice if there are any changes in how you are living.

Principles of Being a Soul Artist

A Soul Artist is tuned into the presence of the Divine/Holy/Universe.

A Soul Artist listens to the silence.

A Soul Artist asks for guidance.

A Soul Artist is open to her intuition.

A Soul Artist pays attention to synchronicity.

A Soul Artist uses spiritual imagination.

A Soul Artist recognizes that creativity is a gift in all of us.

A Soul Artist trusts.

Everyone can be a soul artist. It's about connecting to your soul, opening to your creativity and finding your soul artist path. It's a way of being in the world.