



# A Soul Practice

for "[Stuck in the Muck or Soul Alive?](#)"

## *Soul Listening Practice - A Pathway to Wholeness*

### Overview & Basic Steps

#### Practice the choice to:

##### 1. Show Up

Your only agenda is to listen to & be One with your Soul; in this Oneness, listen to & be One with God/Source [Human/Divine Union]. Put aside all distractions. Sit in a quiet place – indoors or outdoors.

##### 2. Be Still

Pay *loving attention* to your breath; let it settle deep into your belly; allow it to gently expand to fill your whole being; release it slowly & rhythmically; enjoy the sensation of its flow. When a sense of peace emerges, let it deepen and fill you with each breath. This peace indicates a *Soul Connection Awareness [SCA]* is happening. Continue this SCA throughout the duration of the practice. If you lose this SCA, that's okay – remember you are practicing to strengthen your capacity to stay Soul Connected. Simply reconnect in the same way you did originally and continue the steps.

##### 3. Stay Awake

Keep your SCA broad & deep within you. Notice any temptation to 'Go Asleep,' to flee, to get distracted. Practice countering this by further deepening into you SCA. Experiment breathing slower; sit up [not rigidly, but lifting the neck & torso from within – aligning & straightening the spine to a more comfortable position].

##### 4. Listen

Stay in your SCA; allow yourself to notice any sense of disharmony. This will show up in one or more of the three human ways of perceiving: Physical Body [sensations, physical energy, tension, restlessness, instincts, etc.]; Heart [emotional energy, feelings - mad, sad, glad, fear, etc.] and Mind [thoughts, judgments – negative, critical]. Stay in your SCA; allow yourself to Listen to the dominant 'disharmony.' If they seem equal, just choose one. Listen to *what is*. Watch what emerges – words, images, shifts in energy, etc. Resist any need to interpret, understand, or judge [this is *ego Listening* not *Soul Listening*]. Stay with what emerges.



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## 5. Trust

If confusion comes, just stay with it. Watch with acceptance, compassion, and curiosity. Enjoy listening to your Soul; trust its 'bigger picture' of reality. Trust the healing process that is unfolding within you. If it seems that all of the 'disharmony' pieces are on the table, so to speak - but there is *no prevailing message* - just wait. Trust. Stay Soul-Connected. The 'dots' will re-organize. Clarity will come. This is the point where much integration happens. The 'dots' find the right order. Notice the deep peace you experience.

## 6. Act

Stay in your *SCA*. Review & confirm your commitment to do Soul-Directed Actions.

**To Continue:** If you're still in *SCA*, go to #4: **Listen**, and proceed through the next steps. If you're no longer in *SCA*, begin again at #1: **Show Up**.

**To Discontinue:** Absorb; give thanks. Shift into other activities, staying in *SCA* as best you can.

**Clearing Disharmonies:** Promotes healing/integration & allows Body/Heart/Mind Oneness with the Soul. Here, we are One with our human self & bring more of our self to the Human/Divine Union. Hallmarks: Profound Peace, Knowing, Clarity, Wisdom, Vitality, Security, Joy, & Authenticity.