



*Free...yet priceless,
Tools for change*

Uncovering Your Soul's Unique Song

Sound is a universal tool, one that goes beyond time/space and has been used for mystic healing and spiritual practices since our ancient loved ones walked this plain (maybe even since your last time dancing through this realm). It is a Language unto itself expressing emotions, harnessing magick, igniting healing and passing on messages from the cosmos to our human self. And like a fingerprint we all have our own unique tones which meld together to create a melody... Our Soul Song.

If you are curious to uncover what your song sounds like, try out this simple, fun and playful exercise.

Set aside a few moments in the next day to be a Soul Child and play with the nature of your being (you may want to print this out and take it along):

- 1) Venture out into nature and just like a child become inspired by the leaves, find ones that draw you and collect a few up.
- 2) Lay the leaves out on paper and intuitively trusting yourself (remember, relax, smile, play!) move them until it feels right.
- 3) Get out glue or some tape and stick them into place.
- 4) Close your eyes, take a beautiful breath and relax.
- 5) Breathe in deeply directing your breath to your inner ears 5 times; you're energetically clearing them.
- 6) Breathe expanding your awareness and begin to listen more deeply to the sounds within you.
- 7) Reopen your eyes and focus on the layout you have made with the leaves.
- 8) Breathe smiling inwardly (and outwardly), open your ears and allow each leaf to sing a note for you.
- 9) Notice the first sounds that stand out for each leaf, no judgement just pure awareness.
- 10) Practice the note touching the leaf. You may notice all of certain shapes, size or colour hold the same note.
- 11) Breathe, allow yourself to be filled by the notes. If you like sing them out loud.
- 12) Put the notes together (don't worry about how you sound to you; your guides think you sound as sensual as Barry White)
- 13) Allow the sounds and song to become a part of you, sink deeper into it.
- 14) Close your eyes and allow it to continue, you may find yourself singing loudly or rocking gently with a song playing simply in your heart.
- 15) Savor it... feel it... you've begun to experience your unique Soul Song.
- 16) Notice the energy within and through your body (and Chakras)... it will enliven... expanding, dancing within you.

Allow this song to grow, expand and embrace you...., witness the uniqueness of it... beautiful isn't it? and it's all you! :)

Playing with your Song honors your Soul, saying "I'm listening, I hear You!"... I love "You/Me/Us!".

It will bring multi dimensional rewards including the simple developing of a deeper relationship with the Divine You.

Continue to practice your song, sitting in Meditation, doing dishes, dancing around the room...

It is a stunningly rewarding exercises you can add to your spiritual practice. I find it calming when I am overly energized, revitalizing when I need a boost, it can lift my heart and cause me to laugh out loud for the simple joy of it and it helps me to ground, centre and find my source when I need to just let go and observe life's absurdities.

If you would like to go even deeper into the realm of Sacred Sound from your Soul, contact me, we'd love to help you tango with your Self and to beat of your own inner drum.



As part of our ongoing commitment to you and your journey of self discovery, and the unleashing of the goddess within we have created a series of free tools to help you on your way which we found to be highly effective.