DAWN Giulietta

What is my True Soul Nature?

This exercise will be a creative, sensory immersion to tune in to your Soul's innate Essence, Beauty, Wisdom and Sovereignty.

Questions

We are going to build a picture – write and draw wherever and however you like.

Go through the questions - some are similar, but may evoke a different response. Trust what comes up for you

With each question, take a moment and reflect - tune in inwardly, notice your response, what is happening for you – especially tune into any quieter, subtler responses, nudges:

Use your senses to experience:

- How does it make you feel – where is the energy in your body?
- What does this evoke in you, how is it resonating, how are you responding?
- What does this make you think or believe?
- Does it remind you of anything?
- Is this your Truth?
- What does it make you want to do?
- Notice especially if you can the more subtle responses inside – that is your Soul speaking, your intuitive, higher self.

Feel into the experience of each and write or draw to capture your insights and experience:

1. What do you absolutely love in life
2. What lights you up
3. What makes your heart sing
4. What moves you
5. What are you passionate about
6. What are you drawn to
7. Where do you love to be and why
8. What interests you, what do you read, watch, listen to, do
9. What are you naturally good at, find easy
10. What do you love about who you are and what you do
11. What is your truth, integrity, what do you stand for
12. What would you love to do or be – and actually how are you already doing that
13. Who inspires you and why, who are your heroes, heroines

Visualisation – What if nothing mattered…

Let yourself get comfortable, close your eyes, relax and take some nice deep breaths in and out through your nose. On the outbreath just let your shoulders and tummy drop. Then bring your attention to the soles of your feet and imagine lovely strong roots growing deep deep down into Mother Earth, keeping you safe and grounded. Really feel that beautiful magnetic pull.

Now I want you to imagine: What if nothing mattered, if everything was taken care of, there was nothing to worry about, the bills, the kids, the family, work - it didn't matter about how you were seen or what you were doing, everything was all ok – If you were in your truth, living the life you want, living true to you, what would your life look like – where would you be, what would you be doing, how would you be feeling – really immerse yourself in this picture, as if it is happening now and tune in to how it makes you feel, use all of your senses, what can you see, hear, smell, taste, touch, how is your energy, who or what is around you (so that you can start to recognise and really get to know it)

And when you are ready write and draw and keep tuning back in to the experience.

Homework:

What might be baby steps you can take towards manifesting living true to your Soul?

What are the things that you can do to start doing to be aligned with what you love?

How can you weave in to your everyday the things that you love and are true to you?

Develop tuning in throughout the day to start to notice when you are in your Soul Nature – this way you grow the felt experience to embed it so that it becomes the norm, second nature.