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Group Healing Session – Thursday, April 9th, 2009 – 7:30-8:30pm

Learning to Distinguish Guidance – Which voice do I listen to?

At times it can feel almost as though there are two people inside of our heads – two conflicting voices offering mixed messages of direction and guidance. We hear the voice of our personality or ego, and when quiet enough, we are also able to hear the voice of our soul.

On a subtle level, we internally experience the soul self. The soul is deeply connected to the heart and understands that its only purpose here on earth is to learn the lessons it has come to learn, and to return 'home' to its natural state of clarity, peace and love. At the level of the soul, there is no fear or judgment.

Without direction from the soul, there is wisdom missing, and the personality is driven only by its wants and desires. It is rarely content, desires quick-fixes and glorifies in adding to itself. An ungrounded personality lives only in the mind, and experiences fear, anger and jealousy whenever it doesn't get what it wants. It is dominated by the five senses and its external environment.

The personality is not negative in and of itself, and is needed in order to live in this world of physical matter. However, in order for a harmonious existence, the personality must be in service to the higher frequencies of the soul, and not the other way around.

The key lies in allowing the soul self to drive, while the personality willingly follows its lead. With both inner and outer worlds aligned, the needs of the whole person are met and expressed effortlessly.

Can you hear the wisdom of your soul speaking to you?

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