

SOUL COACHING

28 Days to Discovering Your Authentic Self



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The Soul Loves the Truth

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What Is Soul Coaching?

Do you know who you are and why you are here? Do you know what your mission in life is? Are you aware of the daily guidance from your soul? No matter how great your outward success is, if you don't know the answer to these questions, you might feel that there is something missing in your life.

The 28-Day Soul Coaching Program is a powerful program that anyone can do. It is a process that takes you to your spiritual source and helps you find meaning and sacredness in your everyday life. It allows you to take an honest look at yourself and life, face fear, release old negative patterns, get motivated, and step boldly and joyfully into your future.

Once you have committed yourself to the program, life seems to unfold in a remarkable, almost magical, way. Declare that you are ready to discover your authentic self, and are willing to dedicate one month of your life to doing it, and loving forces of the universe will coalesce to propel you in the direction of your destiny. Synchronistic events and seeming "coincidences" begin to expand exponentially in your life.

I'm not quite sure why it happens, but once someone commits to this program, it's as if the universe has heard that declaration and amazing events seem to emerge within life, all aimed at a deep soul cleansing and clearing. The events of your life are not an accident. If someone is attracted to the Soul Coaching program, it is the right time for their soul detoxification.

The aim of Soul Coaching is to align your inner spiritual life with your outer life. It helps you to clear away mental and emotional clutter so you can hear the messages from within. It also helps you to discover your purpose so you can design a life that supports that purpose.

Regular life coaching usually focuses on the attainment of a goal or a dream. This differs from therapy, in which the intention is usually toward emotional healing. Soul Coaching is different from these modalities, as its primary aim to clear away inner debris in order to connect you with the wisdom of your soul.

The understanding of who you are can never be told by another. It is only when *you* reach into the wellspring of your being that the truth of the soul springs forth.

The Soul Loves The Truth

This 28-day program is about telling the truth to yourself about your life. When you tell the truth, your energy increases and when you don't tell the truth, you become depleted. Many people are exhausted and depleted because they are not being starkly honest with themselves. *When you are authentic, your soul thrives.*

Telling the truth to yourself is different than telling it to others. For example, if you pass a mere acquaintance on the sidewalk and they say, "How are you?" even if you have just had a fight with your husband, found out that your child is on drugs, and are coming down with a cold, it is still okay to say, "I'm fine, how are you?" But if you tell yourself that everything is fine when deep inside you know that it is not fine, your soul suffers.

What Is the Soul?

Soul is a word we use to describe the central or integral part of something; it is the vital core. In its most profound sense, it also describes the essence of every human being. It is that place within each of us that is infinite, eternal, and universal.

The soul is a source, which gives rise to form; yet it is unknowable. It is illusive by its very nature, but it must be nurtured and cared for. We can intuitively understand what its needs are, yet never fathom its depths. It is the substance that links our body and spirit to the greater forces of the universe.

What Is the 28-Day Soul Coaching Program?

The 28-Day Soul Coaching Program is a spiritual journey that is divided into four one-week periods. Each week is dedicated to one of the Four Elements: Air, Water, Fire, and Earth.

I believe that our memories, beliefs, and emotions are tied in some mysterious and organic way to the elements of nature. By activating these elements within us it seems that we also activate quadrants of our souls.

For many years I worked as a practitioner using a system I developed that was based on the four elements. I taught this modality to therapists to incorporate into their practices. The system was based on the idea that the elements have an effect on the psyche. I found that when a client immersed themselves in images of the

elements, each element evoked different emotional responses, as well as different kinds of memories. The remarkable thing about this elemental approach to therapy is the way that it reveals the emotional impact that the elements have on us.

A proverb from India states that everyone is a house with four rooms—mental, emotional, physical, and spiritual—but unless we go into every room every day we are not a complete person. The elements are powerful tools for entering these inner rooms.

Throughout history, the elements have been associated with natural balance and wholeness. Ancient native people knew that within each element were patterns of energy that permeated the universe. They used this understanding to develop cosmological models to create a sense of harmony in their lives.

From Native Americans, to ancient Greeks, Egyptians, Mayans, Aztecs, Persians, Celts, and Hindus the mysterious panorama of nature has been divided into separate parts that are designated by the four elements. Egyptian sages fervently believed that reflection on the four elements provided a profound understanding of life.

In the mystery schools of Mesopotamia, initiates underwent rigorous rites of Air, Water, Fire, and Earth. Each elemental rite was said to test a particular aspect of the initiate's nature. Hippocrates, honoured as the father of medicine, declared that a patient's health depended upon a balance of the four elements. The great Sufi poet, Rumi, wrote that the four elements were the foundation of life and had a profound effect upon the human spirit.

To those ancient people, the symbolism of the four elements welded all separate pieces of reality into a cohesive whole. Each one brought a gift that gave balance to the people. The Spirit of Air gave the wind with its cooling breezes in the summer. The Spirit of Water brought refreshing rains. The Spirit of Fire gave warmth from the sun, and the Spirit of Earth brought forth the hills, mountains, trees, and plants on earth. The underlying energy of all the elements was the Creator, the source of all life.

Although the natural world around us is an interwoven, interconnected universe, our forerunners divided reality into separate components they called elements. They thought that the elements represented different aspects of life. These wise predecessors understood that within each element were patterns of energy that permeated the universe. They used this understanding to develop cosmological models to orient themselves on earth and create a sense of balance in their lives.

In truth, nature is a melding of the elements—a vast cauldron of Air, Water, Fire, and Earth and none can exist without the other. When we divide nature into four

elements, we must remember that this is a symbolic system that can never encompass reality. Wholeness resides in harmonic forces that exist outside the perception of our senses and are only symbolized by the element. However, through separating the aspects of nature into individual parts, which not only represented the real air, water, fire, and earth but also represented conditions of life, discernment and wisdom occurs.

I believe that when you embark on this spiritual cleansing program, it is immensely valuable to do it in the context of the cycles of nature. The energy of nature and its elements can help bring you home to your spiritual roots.

Additionally, after you have finished the 28 days, you are encouraged to embark on an inward journey much like a vision quest. It can be a few hours to a few days. After all the clearing you have done in the previous 28 days, it is a time of stillness for the soul to reveal its sacred messages to you.

Overview of the 28-Day Soul Coaching Program

Detoxifying the Mind, Body, Emotions, and Spirit

- Days 1-7 are devoted to the properties of Air and are associated with clearing mental debris.
- Days 8-14 are devoted to the properties of Water and are associated with your emotional self.
- Days 15-21 are devoted to the properties of Fire and are associated with clearing the shadow to connect with your spiritual self.
- Days 22-28 are devoted to the properties of Earth and are associated with your physical self.

How Can I Do the Program with My Busy Life?

No matter how busy you are or how hectic your life is, you can do this program. It is designed so anyone can do it, no matter how frantic or full his or her life is. There are assignments each day, which are divided into three levels. You choose the level at which to participate.

- **Level One:** *“Committed to Change”* Doing the Level One exercises usually takes 15 to 30 minutes a day.
- **Level Two:** *“Going for It”* Includes doing both Level One and Level Two exercises and will usually take 30 to 60 minutes a day.
- **Level Three:** *“Playing Full Out”* Includes doing the Level One, Level Two, and Level Three exercises, and takes as long as it takes.

There are some days when you may just participate at the “Committed to Change” level and there may be days when you want to “Play Full Out.” You may want to select a level of participation for the whole 28-day process or you may decide to vary the levels as you see fit.

For Example, Day 3 focuses on the clutter in your home and what it means to you. (When your outer life is cluttered or in disarray, it’s difficult to find the stillness to connect with your inner life.) **Level One** suggests that you clear clutter out of one small area in the bedroom, bathroom, or bedroom closet area of your home, such as one drawer or one shelf. **Level Two** suggests that you clear the clutter in a larger areas of your bedroom, bathroom, or bedroom closet area. **Level Three** suggests that you completely clutter clear one of those rooms. You may want to choose Level Three but may wait for the weekend to complete this larger task.

When Should I Start This Program?

Because the program is organized into 28 days, you may choose to start the first day of the month or follow the 28-day moon cycle, starting with either the full or new moon. You may also want to start at the winter or summer solstice or begin in early spring, which is a time of new beginnings. Alternatively, you may want to schedule yourself to do this program during your vacation or start on January 1st. The most important thing is that you begin. Often when we wait until the perfect time, opportunity passes us by. When you plunge in, even if it doesn't seem to be perfect timing, dramatic results are often produced.

Whatever you can do or dream you can, Begin it. Boldness has genius, power and magic in it. Begin It Now. —Johann Wolfgang von Goethe

There are many ways to participate in this process. Since the 28 days are divided into four elemental cycles, you can also do this over a four-month period, or even extend it over the course of a year assigning one elemental cycle to each season. However, it is often easy to lose your steam if you take a long time to do this program, which is why I have designed it to be completed in 28 days.

Be Gentle with Yourself When You Do This Program

Be gentle with yourself. If you will not be your own unconditional friend, who will be? If you are playing an opponent and you are also opposing yourself — you are going to be outnumbered. —Dan Millman

Most of us, when we were growing up were taught to judge ourselves harshly if we didn't do things perfectly. You don't have to be perfect for this program to work miracles in your life. It works in spite of feeling that you didn't do it right.

Do the best you can. Forgive yourself when you don't do every exercise exactly as described. Almost everyone who has done the program has mentioned that even on the days that they missed or didn't fully do the exercises, there was an amazing synchronicity that still occurred.

It is important to remind yourself that the goal of this program is personal growth, not just completing assignments. In other words focus on your accomplishments, not on what you didn't complete. Trust that changes are occurring at a deep level.

If you have ever tried to unravel the knots in a gnarled ball of yarn, you will remember that the more you struggle with the knots, the worse they get. But if you gently pull the string around each knot, they unravel easily. Be patient with

yourself. Celebrate what you did complete and forgive yourself for what you didn't. This is not a competition. It is an unweaving of the inauthentic self and a discovery of your soul.

Everything That Happens During Your 28 Days Is Part of the Process, (Even If It Doesn't Seem Like It)

In every moment the universe is whispering to you. There are messages for you in the morning breezes. There is wisdom for you in the caw of the crow outside your window, and in the cadence of an afternoon rainstorm. Even ordinary events in your life carry communications from your soul, but often our minds are too full to hear these messages. When you make the commitment to embark on a journey to hear these messages, incredible coincidences begin to occur. When you empty your mind, you can "hear" these messages.

Over and over again people doing this program remarked at the astonishing synchronicity that happened for them. There were mundane coincidences, such as plumbing problems during the Water Week and electrical surges during the Fire Week, but also more profound coincidences such as hearing from an estranged family member during the section on relationship healing or receiving an anonymous bouquet of flowers on the Day of Gratitude. Literally everything that happens during your 28 days is part of the process, even if it doesn't seem like it at the time.

Soul Coaching with Others

The support of others can be extremely helpful and motivating, when you have a group of other sharing the experience with you. Your Soul Coach is a remarkable facilitator and will help you get the most out of this program.

Keeping a Journal

I suggest keeping two journals during the program. The first journal is your Process Journal. It is for mental and emotional clearing; it can be used to express your feelings and to write the insights incurred as a result of the daily assignments. As a suggestion, use a three-ring notebook and make (or purchase) coloured tabs—one tab for each day. (Some people like to use yellow tabs for the Air Week, blue for the Water Week, red for the Fire Week, and green for the Earth Week.) The tabs help you to refer back to sections from previous days.

The second journal is your Joy Journal. In this journal you might include writing, collages, drawing, poetry, Polaroid photos—one a day to chronicle the great moments of your day—or anything else that illustrates the joyful or magical moments of each day of the program. No matter what happened on a particular day, there are always special, meaningful, or magical moments. Chronicle these moments in a way that is creative, invigorating, beautiful, and fun.

Daily Affirmations

Every day you will be given a carefully chosen affirmation that is appropriate to the assignment for the day. Affirmations work! They work because what we focus on is often what we create for ourselves.

Some people write the affirmations on paper stickies and put them on their computer, mirror, or refrigerator, as a periodic reminder during the day. Alternatively, you can repeat the affirmation to yourself (silently or out loud) during the day.

Your word is your wand. If you constantly say to yourself, “I’m not good enough” your subconscious mind begins to believe it and then you feel and act “not good enough.” Consequently, people treat you in a demeaning way. A person who tells himself or herself most people can’t be trusted will find themselves surrounded by untrustworthy people. However, a person who thinks that the world is filled with love, often finds love pouring into their life.

Usually affirmations are stated in a positive way, and you may wonder why there are times in this notebook when an affirmation has a “not” or a “no” in it. I have found that there are rare occasions when using a “not” or a “no” in an affirmation can have more power than a positive affirmation. For example, for most of my life I have struggled with feeling overwhelmed. It was a recurring pattern that kept me in a perpetual state of stress.

To overcome this negative pattern, I began to use the positive affirmation, “I have too much time and need more to do!” This was great and really seemed to work for me. I felt less overwhelmed.

There would be times though, when I would occasionally still find myself feeling overwhelmed. It was only when I yelled over and over, *"I will never indulge in the stupid negative pattern of 'overwhelm' ever again!!!"* that something snapped. Since that time I have been busier than ever yet don't feel overwhelmed. Too me this is a miracle. A so-called "negative affirmation" worked. However, if putting a "no" or "not" or "never" in an affirmation doesn't work for you; change the words so that they do work.

Listening to Your Soul

Set a few moments of quiet time aside in the morning and evening just to ask your Soul if there is anything you need to know or anything that your Soul would like to communicate to you. This specific act of intent can open your ability to be receptive to inner messages.

What Is Your Intention for Doing This Program?

Where intention goes, energy flows. It is important that you take time to get clear on why you are doing this 28-day odyssey. What end results do you desire from having participated in this soul journey? What is your intention? Are you really ready to make a change in your life?

Taking time to clarify your intention before you start your 28-Day Program will help determine the form that your program takes. Enjoy the 28 days. Remember to be gentle with yourself and to cherish your accomplishments. Feel free to do this program in any way that works for you and your life. Your journey toward connecting with your soul has begun. Don't wait for the perfect time. The perfect time is now.

Making a Sacred Contract

As a suggestion, create a contract for yourself that clearly states your intention for the next 28 days and sign your contract. Giving your word is important. It's usually much easier for us to keep our word with someone else, than with ourselves. We often are meticulous in keeping our word to others, yet will easily break a commitment to ourselves. However, the vows we make to ourselves are even more important to the soul than the vows we make to others. If someone continuously broke his or her word with you, after awhile you would think that person was untrustworthy. When you break your word with yourself, it is a message to your subconscious mind that you are not a trustworthy person and often your self-esteem suffers.

You can make your contract as specific or as general as you like. Use words that work for you and create an honest realistic contract that you can keep. Here is an example:

"I, do hereby declare to myself and my Creator, that I will dedicate the next month to connecting with my soul. I will endeavour to be honest with myself and with others to uncover the truth about who I am. Additionally, during this month, I vow to take time everyday to relax and eat according to my nutritional needs rather than my emotional needs. I accept that adhering to this contract attests to the strength of my character."

Write your sacred contract out on paper, sign it, and date it. You might even want to post it in your home or put it at the beginning of your Process Journal.

Creating an Altar

In ancient times almost every home had an altar. The home altar represented the intersection between Heaven and Earth. It was a place for quiet reflection and devotion. There is great value in recreating this ancient tradition while you do this 28-day program.

An altar doesn't need to be religious. It can be a highly personal representation of what is most important to you—your hopes and dreams and what you hold sacred. It can be a place to still your thoughts and open your heart to your own intuition. Even if you don't spend time in meditation at your altar, simply having one in your home is a powerful subliminal reminder of that which is sacred.

It's easy to make an altar. All you need is a table or shelf. Spread a beautiful cloth on the surface and then place things on it that represent your intention for your "soul full" journey for the next 28 days. It should only include objects that are true representations of what is in your heart. Additionally, you could place objects or photos on your altar that represent each of the four elements and also something that represents your spiritual source.

Four Elements: The Inner Landscape of the Soul

We live in a rhythmic universe. Every part of nature has a unique language and its own rhythm—every flower, bird, tree has its own rhythmic language; and rhythm is the underlying context that weaves all life together. We are constantly surrounded by rhythms of energy. If you take a moment to become very still, you can feel these rhythms of the natural world inside of you.

The rhythm that begins softly and quietly in the morning hours, as darkness slips away, increases to be an amazing concert of sound and light as the day unfolds. And then energy ebbs away again as night approaches. When you are still, you can feel this rhythm ebbing and flowing within you, because you are a part of the cycles of nature. This 28-day program begins to awaken the natural world within you. When nature is alive inside of you, the forces of nature will begin to sing around you, wherever you are.

Nature can be found in the four elements—air, water, fire, and earth—that comprise the natural world around us. Each element has a unique rhythm that is essential to the balance of life—from the rhythm of the swirling winds, to the rhythm of water as it spirals down a mountain stream, from the rhythm of the fiery sun as the electromagnetic force fields flare and reside, to the deep rhythms of the earth as her currents of energy pulse at a constant 7.8 megahertz—all elements together create the great rhythm of life.

In ancient cultures throughout the world each element was thought to correspond to a facet of nature, but also in a deeper sense, each element represented an aspect of the human condition. Traditionally Air was equated with the Mental part of human beings, Water represented our Emotions, Fire our Spirit, and Earth the Physical aspect. This program is divided into four weeks and each week is dedicated to cleansing and purifying a different quadrant of your being.

You are now ready to being to journey to the centre of your soul. As a suggestion you might purchase yourself a celebration gift and have it gift wrapped to open at the completion of the 28-Day program.

What we do today, right now, will have an accumulated effect on all our tomorrows.

—Alexandra Stoddard