



Soul Center Foundation for Spiritual Awakening

Soul Guidelines

How to “Show Up” as a Soul at the Soul

Awaken to Light
Awaken to Love
Awaken to Soul

Pre-Visioning (before showing up)

Reflect on the following thoughts from Paramahansa Yogananda and Master G:

- *“As much good environment you have as much desire for God and Truth will you have.”*
- *Always remember that you need the inspiration of better company – of those more highly evolved than yourself – to keep constantly improving.”*
- *“This and that can wait but my search for God cannot wait.”*
- *“Days are of little consequence unless you objectively come closer to the shining nearness of God’s Presence Indwelling.”* Master G

Consider your interest in attending a program, retreat, event or class at the *Soul Center Foundation for Spiritual Awakening* an invitation from Divine Source, especially addressed to you, for the sole purpose of drawing you closer to “the shining nearness of God’s Presence Indwelling.”

Consider saying “YES” and making a “date” with your Beloved.

Consider gathering up your best and highest moments of connection to truth and Spirit, muse on them in silence, and bring them in your heart as your contribution/donation to the upliftment of the consciousness in the group, your community and your world.

Consider opening your mind, heart body and soul to “experiences with truth”.

Consider saying inwardly to yourself: “Something wonderful is going to happen to me!”

Consider showing up as a soul – shining, pure, without limitations, full of light, love and peace. Say the mantra inwardly: ***“I am a soul who has taken on the cloak of mortality. In my true selfhood I am free.”***

Consider building an inner fire and burning up the trash of negative thoughts and limited beliefs. Empty the cup of your knowledge and everything you think you know.

Consider taking a break from being human and getting relief from: grief; low self esteem; unworthiness; not feeling good enough; doubts; negative self talk and image; not feeling lovable, appreciated, understood or belonging; disempowered and uninspired; thinking that you don't matter; hopelessness and defeatism.

Consider looking forward to getting “dressed up” with your best wardrobe of inner beauty, attitude, and freely given heart smiles. You are about to enter a gathering (“high society”) of joyful hearts and high consciousness.

Consider you “are ready” to inspire, empower and co-create Spirit awareness with yourself and others on the path of soul awakening.

While in session

Hang up the coat of your personality ego outside of the room, walk through the door into a higher dimension, and celebrate showing up as a shining reflection of the Infinite Spirit.

Keep your inner fire lit and continue to notice and burn limited beliefs and negative thoughts.

Surrender in love to the One in everyOne.

Hold the Light of love, understanding, forgiveness and acceptance for yourself and others. ***“As I radiate love and goodwill to others I become a channel for God's love to come to me.”*** P. Yogananda

Rest your mind, refresh your emotions, and bathe your soul in the Light of Spirit awareness and vibration.

Look for the magic of the Presence of the Holy Ones and the intervention of the Divine Hand throughout the session.

Empower yourself and others by constantly allowing yourself to be taken over by a higher consciousness and loving Presence.

When sharing and talking in the group, speak from a calm, intuitive place deep inside yourself. Share from your soul, your highest wisdom. Be mindful when the personality ego takes over in order to draw attention to itself, human ideas, problems and stories.

When listening to others in the group please be mindful to leave your thinking and rational mind out of it. Put your heart in God's keeping while asking a divine one or some aspect of divinity to take over your heart. You, in your human consciousness, cannot really love others. Allow the God in you to accept, embrace and love the soul who is speaking. Listen, receive and be a depthless container of love and understanding. ***“Everyone is God talking. Why don't you be polite and listen.”*** Hafiz

Inwardly say as often as possible during the session: “Something wonderful is happening here.”

Intuitively watch, especially in the eyes of others, for the moments the Divine has taken them over and is expressing purely through them.

Feel the Presence and notice how the divine consciousness slips into you every moment you are self-emptied.

Take notes of your “ah-ha” moments. These are your take-a-ways.

Post-Visioning

As soon as you get into your car, pause, close your eyes and say “thank you” to the Beloved.

Sit calmly in controlled, devotional stillness and shine your inner light on at least one aspect of the evening in which you were moved, touched, and inspired. Register this deeply into your consciousness.

Set your spiritual will so it can help you carry the after-affects of such a soulful experience as long as you possibly can.

Set a date with your Beloved for the next class, program, event that you are going to “show up” as a soul at the Soul and in every other phase of your life.

The next time, and before you look into the mirror at home, choose an aspect of divinity you want your heart to be “taken over” by. Look at your eyes in the mirror and say something to the effect: “Divine Mother, it is your loving eyes that have become my eyes.”

May the blessings be.