

GROUNDING

Allow your eyes to close and feel the earth beneath you. And if you would, bring your attention to your breath, and take 8 or 10 deep letting go breaths ... just feel your chest rise and fall with each breath. You might even take a really deep inhale and on the exhale let out a moan or groan ... Letting go, really feeling down into your body. I'd like you to allow your consciousness, your awareness, to flow down into your body ... as though there was a ball of golden light a few feet above your head, pouring down into you like honey, or liquid amber.

And let that awareness, that consciousness flow all the way down into your feet, into the tips of your toes. Become aware of your sacrum ... the base of your spine ... your feet and toes. And in your mind, imagine your feet and your legs planted in freshly tilled soil ... warm soil, loose earth ... and extend out from your feet, roots, hundred's of fresh roots ... big, thick, fat, roots that go down, deep, deep into the center of the earth. Feel those roots growing, all the way down, deeper and deeper into the center of the earth. Feel those roots going all the way down, until they dip into that warm, red lava, that liquid rock, that magma, in the center of the earth. Feel it, that gravitational force, that creative earth energy, warm and red, the gravity of mother earth.

Dip your roots deep into the earth and then draw that energy up into your body....breathe it up, bring it up, feel it rising up, up, through the roots, all the way up, warm and red. It may feel a bit heavy, but bring it up - up through your feet, your ankles, your calves, and knees. Fill your thighs, and especially your pelvis ... fill the whole area between your hips with that warm and liquid earth energy ... that lava, feel it pulsing, feel it grounding you ... connecting you and empowering you. Bring it into you and when you feel that strong connection with the earth, just let me know by nodding your head, relaxing even deeper, good, good ...

And this is an exercise that you can practice on your own, to help ground you, connect you and empower you. Now breathe that grounding creative earth energy, up through the second, and third energy centers, up into your abdomen and solar plexus, bring it up into your heart center where it swirls warm and red, that's right, good...and now connected to this earth and empowered with this creative earth energy, bring your awareness to the top of your head and allow the top of your head to open, like a portal, a doorway. Opening your crown chakra, allow the divine light, the inspiring light, to pour down into you like a pillar, a column of light, inspiring divine light ... let it fill you like a waterfall ... like a waterfall of liquid light pouring down into you. Feel it flow through your third eye and throat into your heart, your heart center where it meets that creative earth energy and mixes and they swirl together into that wise and wonderful heart of yours.... Feel it!

In this way, you are divinely guided and empowered, connected above and below, grounded and inspired ... Feel the balance and the harmony that this brings. Notice how much different you feel. And gently and gradually come back to your natural awakening state connected more profoundly to this earth and the heavens, coming all the way back now, allowing your eyes to open when you feel ready.

THE SOUL'S INTENT

Bring your attention to your breath and take about eight centering breaths ... letting go more with each breath ... inviting your mind to grow quiet ... letting your body relax ... relax all of the muscles in and around your eyes ... let your forehead go smooth ... relax your hands and arms ... and let your feet and legs go loose, limp and relaxed. Moving now from your normal conscious level of awareness, turning inward and letting your subconscious and superconscious come forward.

Just allow the process ... imagine you have the unique ability to erase your physical body so that all that remains of you is an energetic outline, a spirit body. From your toes all the way up to the top of your head, imagine erasing your body now. Going deeper and deeper relaxed as you do so ... good, and now allow yourself to drift up through the ceiling ... up through the roof ... all the way up into that beautiful blue, blue sky. Soaring amidst those big white fluffy clouds ... free from the bonds of the body ... free from the bonds of time and space ... let yourself float ... that's right, and there before you, you will find one of those big white fluffy clouds is just for you ... When you are ready, you climb into that cloud ... curl up, stretch out, whatever feels right to you. Get really comfortable there ... feel the warmth of the sun as it melts away any remaining tension and feel the gentle breeze that comforts you. This cloud is your safe place, your special place ... enjoy the peace and quiet there.

You will notice your cloud has begun to move, taking you back, back in time, back into your most previous existence on this earth ... your most recent past life. This cloud will take you back there, to allow you to observe as an objective observer those events and experiences of that life that are important for you to recall ... back in time to recall all those experiences and events and to see and feel and experience that life that you knew as a soul ... as a divine being, a spirit in the spirit world, before you came into your current life.

Trust and allow the images, memories and feelings to come ... going back now, all the way back to your most recent past life ... all the way back. I am going to count now from 15 to one and as I do so, you will go deeper and deeper relaxed and you will go back in time. And by the count of one you will be back in that previous existence that is important for you to explore.

Going all the way back now, 15, going all the way back into time, 14, back in time, 13, 12 deeper and deeper down, 11, 10, 9, going back ... just letting it happen, 8, 7 ... 6 ... guided by your higher self now ... 5 ... 4, 3 all the way back now, 2 and one ... go back now to that lifetime.

When you are ready, you can imagine looking down at your feet to see what, if anything, it appears you are wearing on your feet in your past life ... Are they shoes ... moccasins, sandals, slippers, boots, or are you barefoot ... notice how your feet appear. Now become aware of the clothing you are wearing if any. Are they coarse or smooth ... tight fitting or loose. What sort of clothes do you seem to be wearing? ... Look at your hands, notice their size, shape and complexion. You might notice if they are the hands of a man or a woman ... a boy or a girl ... trust the images and the feelings as they come.

And when you are ready, you can very slowly turn in a full circle and notice your surroundings ... are you indoors or out ... notice the style of the furniture or buildings around you. See what's going on. Are there other people around? What is this place in which you find yourself?

Now easily, freely move to some significant event in that life ... something important for you to remember and observe in that life, go there now, 5, 4, 3, 2, and 1 ... See what it is that happened and what your role was in that event. Taking a breath and going even deeper relaxed, 3, 2, and 1. You might look around and see if there is anyone there that you recognize in your current life, they might look different now and have a different name, but you will know them. Yes, that's right.

Now, when you are ready, you can move to the end of that life to see how that lifetime ended. As an objective observer you can view, remember how that life ended. It's often around this time or through some experience that you have made some promise, commitment, contract or agreement with yourself, with another or with a higher power. See now if there is some such agreement in force. What did you promise? ... Notice what your lesson learned is ... Review that lifetime now! What's your lesson learned? ... Now, if there is an agreement, a promise you made in that life, if you feel it is appropriate now, remember it, even renew your commitment. But, if you feel that your promise is no longer appropriate. If it is causing you pain, you are free now to release yourself from that agreement. Let it go into the past ... free yourself from that. If that is the case let it go now, be released from it, know that it no longer applies, unless it benefits you in some way.

Now, as that life came to a conclusion, as it ended, watch and see how your soul left your body and followed that shimmering silver chord from the earth plane into the heavens ... into the arms of those light beings that await you, that welcome you back ... for there is a group of souls that await you. Follow your spirit, your soul back to the spiritual world ... that's right... notice how it feels to be back in that place, of unconditional love ... to be welcomed back by this group of light beings. Breathe it in, feel it, remember it with every cell of your body ... to the depths of your being ... That's right,

And from this prospective, allow yourself to recall and remember your soul's intent, your purpose. There is an awareness, an intention, a purpose with which you came back to this life, You know what it is. Allow yourself to remember your soul's intent now ...

There are certain talents ... gifts ... abilities ... powers ... that you have there in spirit ... that you have brought with you to this life ... remember, reconnect with these gifts, feel that knowing ... And once again, feel the unconditional love, feel the interconnectedness, the oneness, that bigger view.

See if there is anything that you wish to ask of these light beings, this council of light beings, this group of souls can guide you. That's what they are there for. Ask them to teach you, to guide you, to answer your questions, whatever they might be.

And as you did, when you were born into this body, into this world, into this time, let yourself come back now, with all that you've become aware of, let yourself come back now with the gifts and awareness and with the renewed sense of your soul's intent, come back into your body feeling your feet on the floor, come back to this time and place, come back to your natural waking state, remembering all that you have just seen, felt and experienced, come back fully awake, allowing your eyes to open when you feel ready.

THEATER OF THE SOUL

by Paul Aurand, CHT.

Allowing your eyes to close gently now ... and turning inward. Just watching your breath for a few moments ... take some longer slower and deeper letting go breaths ... breathing in peace and harmony ... exhaling cares, worries and concerns. Letting yourself go deeper and deeper relaxed with each breath you take. Allowing your body to become comfortably relaxed.

You can imagine before you a beautiful rainbow ... with all of its glorious colors ... You will notice that one of the colors of the rainbow feels most healing and most relaxing to you ... and I'd like you to bring that color towards you ... let it bathe you ... soothing, relaxing, healing every muscle, every nerve, every organ in your body. Let that liquid light wash down over your head, neck and shoulders ... soothing you ... let that color of your choice wash down your back, ... aligning your spine, ... relaxing you. Let that color of that rainbow that you have chosen flow down over and through your legs, so that they grow loose, limp and relaxed until you are awash and aglow in that healing light ...

Good ... and imagine yourself now in some place real, or imaginary place ... where you know that you are perfectly safe. A beautiful, tranquil place ... perhaps a favorite beach ... a cottage in the woods ... even in the arms of a teddy bear. Imagine yourself someplace vividly, where you are safe and can really relax ... Get really comfortable there now, sitting or lying down ...

I am going to count for you from 15 down to 1 and with each number that I count, you can go deeper and deeper relaxed ... ready to go on this journey by the count of one ... to visit this theater of the soul ... to observe yourself doing what it is that you have come here to do.

Letting go and going all the way down, now, 15, 14, deeper and deeper, 13, 12, 11, 10 down deeper 9, 8, diving deep within in, 7, 6, 5, down deeper, 4, 3, 2 and 1 ... good ...

Now, imagine yourself entering into a beautiful theater ... decorated in a style that is appealing to you ... this is a very special theater ... for this is the theater of the soul. As you enter, notice the lighting, the carpeting and the seating ... and find a seat in this theater that gives you a perfect view of the stage ... a comfortable seat where you can relax and view objectively the scene or scenes that we are going to view.

As you find your seat, sit down and get comfortable. Notice the beautiful curtain that is down on the stage. In a few moments, that curtain is going to rise as I count from 10 to 1, when I reach the number 1 or even sooner, the lights will come up on stage and you will be able to observe yourself doing what it is that you have come here to do, fulfilling your purpose ... realizing your true potential ... manifesting your soul's intent.

Just letting it unfold now, relaxing even deeper once again, going all the way down now and allowing the scene to unfold. 10, 9, 8, ... curtain beginning to lift, 7, 6, 5, all the way down 4, 3, curtain coming up, 2 and 1, lights coming up and the scene appearing before you, seeing, feeling and experiencing yourself there, doing what it is that you have come to do, your soul's intent, just watch ... observe, free from all bonds and self limiting beliefs ... imagine yourself, truly fulfilled ... realizing your true potential. Notice the joy and fulfillment that you experience in doing this.

What are you doing? Notice with whom you are doing it, if with anyone ... that's right.. Notice how people respond to this work, to you and to your soul's intent. Notice where it is that you are carrying out this purpose.

If for some reason the scene or the images are unclear, it may yet be too soon to be clear... Pose the question, ask to be shown ... good ... Now explore further anything that you need or want to know about your purpose, your soul's intent ...

Slowly now, the curtains comes down on that scene, you know you can return to that awareness, that scene, anytime you need or want, but for now that curtains comes down ...

You find yourself in that audience once again going deeper relaxed with each breath that you take and you are ready for act 2. The second part of this drama, this divine drama, for in a moment I will count from 10 to 1 and as I do so, the curtain will rise again and you will see what it is that holds you back.

On stage will be the “yabut,” the one that says “ya, but you can’t do that,” for whatever reason, for all of those reasons and as you become aware of these limitations, the self limiting beliefs, the yabuts, you will become free of them, to move forward, to realize your true potential, 10, 9, 8, 7, deeper 6, 5, 4 curtain rising, 3, 2 and 1, curtain all the way up, lights coming up, scene unfolding and there it is, the yabut in all its glory. You can observe all that which is holding you back ... that which says no, you can’t do that. Objectively observe , watch, see what trips you up, limits you, stops you ... become aware of the fear, guilt or shame, whatever it is, the disbelief ... that’s right, there it is, observe it objectively...

Maybe there is something that you want to say to that yabut ... to those that have held you back ... and by all means, release yourself, free yourself from those self limiting beliefs, from those things that have stopped you in the past ... and then the curtain comes down on that stage and you find yourself in that audience again, more aware, more free and more clear,

The lights in the theater come up and it’s time to leave, knowing you can come back to the theater of the soul, again and again for more clarification and direction and you feel free and at ease ... clearer about your purpose.

Taking some time in a few moments to as clearly as possible to write down your soul’s intent as you understand it today, making note of those things that have held you back and how you plan to go forward to realize your true potential, how you would like my support in manifesting and realizing your soul’s intent.

Stepping out of the theater, and coming back into your body, and feeling the chair beneath you, coming back fully awake by the count of 10 ... remembering all that you have just experienced, 1, 2, coming up 3, 4, 5, 6, 7, 8, 9 and 10, awake, alert, feet connected to this earth, feeling your body and all the way back.

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THEATER OF THE SOUL WORKSHEET

Mission Statement - *Describe as clearly as possible your mission as perceived from the Theater of the soul:*

That Which Holds Me Back - *Describe what the Yabut had to say:*

Statement Of Intent - *As clearly and specifically as possible write the actions you are committed to taking to manifest your mission:*