
Soul Connection Journal

Journal & Course Guide



Sarah Belzile



Soul Connection Journal

How to use the Soul Connection Journal

Dear One,

Welcome.

You are taking a courageous step on your inner journey today, and I am so glad that you are here! The whole of my spiritual journey might be summarized in this practice of learning to more diligently, skillfully, and sensitively listen to my innermost voice. While it's not something we learn overnight, it is my hope that this course will give you a leap forward in terms of clarity and discernment.

The magic of this practice comes from simply giving yourself permission to communicate directly with your most Divine aspect, the deeply resonant and clear voice of the Divine Soul. Along the way, you'll build confidence, curiosity, and compassion. We have created this journal to support you in this process of divine discovery and discernment, as you master the skill of "inner listening".

Please print these pages and use them as a guide as you work your way through the course.

As you attune more completely with your Divine Soul, you will experience greater clarity, freedom, inner peace, and fulfillment in your daily life. Choices will become easier as you become more skilled at this process of divine discernment. However, on the way, you will also encounter resistance and will need to wrestle with your shadows, heal trauma and unwind much conditioning and programming. Take your time and be gentle with yourself.

This course will require your full focus and concentration while you are completing the meditations and the exercises. It requires actual "work". You will need to set aside 30 minutes to one hour each day for contemplation and journaling. Before you begin, look at your calendar, and schedule this time for yourself.

At any point, please feel free to reach out to me about your experience in this course. I would love your feedback or questions. My email is sarah@sarahbelzile.com If you would like individual support, please schedule a free 30-minute session with me or read more about my coaching and guidance services at www.SarahBelzile.com

With Love,

Sarah

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What is your Divine Soul? अन्तरात्मन् (Antaratman)

The Divine Soul is the place where your unique individual self and The Divine meet.
This Divine Soul is love, incarnated as you (a human being).
God or Goddess made into flesh.

Only you can know if you're in communion with your Divine Soul.

Your Divine Soul is shaped by how you relate to every area of your life, even the shadowy, complex areas like money, sex, and your family life.

In this lesson, you'll learn how to discern the quality of your Divine Soul and how to distinguish its voice from all the other voices in your life.

Watch the Day 1 Guided Experience Video which was emailed to you.

Find a comfortable place, seated or laying down.
Take a deep breath and prepare to discover the voice of your Divine Soul.

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DAY 1

Identifying The Voice of The Divine Soul
NOTES & JOURNALING

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DAY 1

Identifying The Voice of The Divine Soul

JOURNALING PROMPTS



Set a timer for 10 minutes and write on the following 3 prompts.
Write without editing or censoring your thoughts or responses.

**What are the bodily sensations and feelings that let me know that I am in communion
with my Divine Soul?**



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DAY 1 CONTINUED...

Identifying The Voice of The Divine Soul

JOURNALING PROMPTS

Who are the voices in my life who can easily be mistaken for my soul?

How do I feel when I am NOT listening to my Divine Soul?

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DAY 1 CONTINUED...

Identifying The Voice of The Divine Soul PREPARING FOR TOMORROW

- 🍃 Create an altar to your Divine Soul. Here are some ideas to help get you started.
 - Place a cloth on a table or on the ground
 - Place a glass or bowl of water
 - Find items that speak to you
 - Add a candle or oil lamp to incorporate the sacred element of fire
 - Add flowers or cut greenery
 - Consider including a picture of you as a child

- 🍃 Situate yourself in a place where you can be with your divine altar on a table, on the ground floor, or outside

🍃 **Between sessions:** If you would like to go deeper with today's practice, spend a few more minutes journaling before bed about what voices you noticed in your inner world today. What does the voice of your inner critic sound like, for example? And what about your inner child? Did either one of them have things to say to you today?

- 🍃 **GOING DEEPER....** tips for taking practice to the next level.

Practice saying "No" today to something that is not in alignment with your Divine Soul.

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Preparing to "Surrender"

In the western world, "Surrender" can be considered "weak" or "losing."
The opportunity to relinquish control may bring up feelings.
Notice those feelings.

The practice of surrendering to the Divine or unknown is powerful.

Remember, only you can really know what the Divine Soul is saying to you!

**In this lesson, we'll create an altar to your Divine Soul.
Burn some sage or incense to prepare the space.**

Watch the Day 2 Guided Experience Video which was emailed to you.

Find a comfortable place near your altar.
Assume a devotional posture of surrender- like child's pose in Yoga.
Take some grounding and centering breaths and surrender to your Divine soul.

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DAY 2

Surrendering to Your Divine Soul
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DAY 2

Surrendering to Your Divine Soul JOURNALING PROMPTS

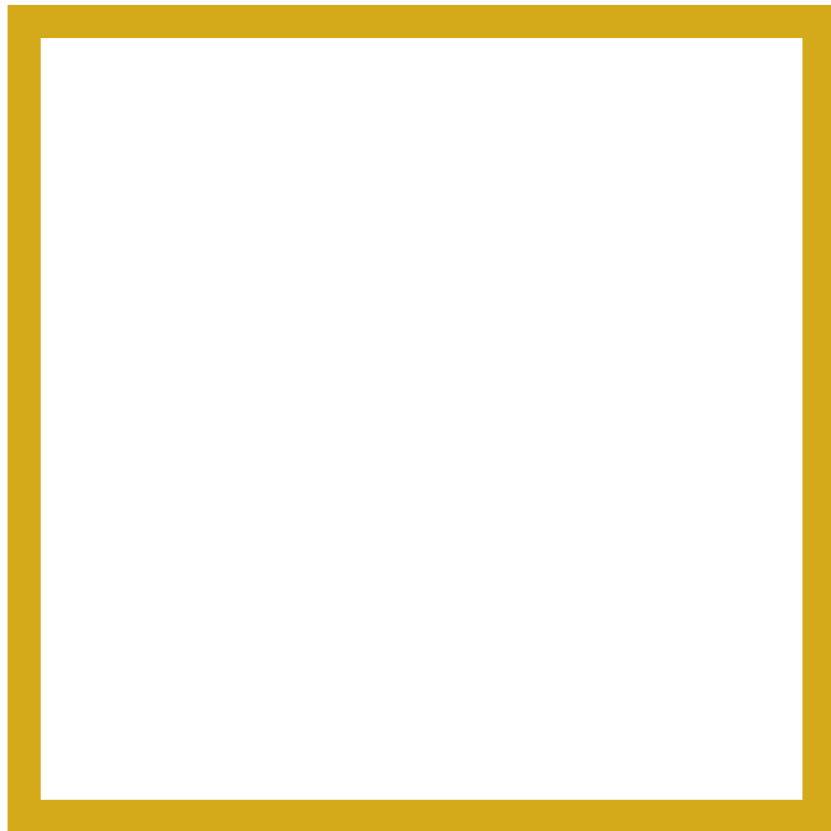


Our first prompt is actually more of a drawing prompt than a writing prompt.

Is there a symbol, maybe it's even as simple as just a circle or a triangle, that represents your Divine Soul right now?

Please draw whatever symbol comes to you here.

Your Divine Soul Symbol



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DAY 2 CONTINUED...

Surrendering to Your Divine Soul

JOURNALING PROMPTS

 Journal following the prompts below.

What is my relationship to surrender?

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DAY 2 CONTINUED... Surrendering to Your Divine Soul JOURNALING PROMPTS

What am I willing to give up in order to listen more deeply to my Divine Soul?

What are my limits? What am I not willing to do?


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DAY 2 CONTINUED...

Identifying The Voice of The Divine Soul PREPARING FOR TOMORROW

 **Between sessions:** In preparation for Day 3, spend some time in surrender to your altar and your Divine Soul before you go to sleep. Take 10 or more slow deep soulful breaths before you get into bed. And then notice any dreams you may have and write them down.

 **GOING DEEPER....** tips for taking practice to the next level.

Practice surrender to your Divine Soul today by expressing deep and authentic gratitude to someone who is near and dear to you.

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Preparing for "Communion"

In today's practice, we'll be entering into direct communion with the Divine Soul, inviting some real communication to take place.

Your heart is the homing system for your Divine Soul.
Visualizing your longing will help you understand your Soul's voice.
Imagine your longing as a tree. This is your Divine Soul.
Observe. Listen.

Watch the Day 3 Guided Experience Video which was emailed to you.

Find a comfortable place, seated or laying down. Close your eyes and begin to come into your inner world. Take some grounding and centering breaths.
Prepare to connect with to your Divine Soul.

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DAY 3

Surrendering to Your Divine Soul
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DAY 3

Communion with Your Divine Soul JOURNALING PROMPTS



Complete the following Iterative Writing Process. Set a timer for 5 min.
Write a list of your most burning questions to your Divine Soul. Feel free to use some extra, blank pages from the end of this journal.

Dear Divine Soul, _____ here!

I have some questions for you and here they are...

Questions for my Divine Soul:



After 5 minutes, read what you wrote and write a synopsis of the questions listed in the form of another "prompting" question.

A prompting question for your Divine Soul:


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DAY 3 CONTINUED...

Communion with Your Divine Soul JOURNALING PROMPTS

 Set your timer for 5 more minutes. Write about that "prompting" question. Feel free to use some extra, blank pages from the end of this journal.

Questions for my Divine Soul:

 After 5 minutes, read what you wrote and write a synopsis of the questions listed in the form of a final "prompting" question. Go deeper.

A prompting question for your Divine Soul:


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DAY 3 CONTINUED...

Communion with Your Divine Soul JOURNALING PROMPTS

 Set your timer for 5 more minutes. Write about that "prompting" question. Feel free to use some extra, blank pages from the end of this journal.

Reflections on my Divine Soul:

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DAY 3 CONTINUED...

Communion with Your Divine Soul JOURNALING PROMPTS



Take a few moments to breathe and center yourself.
Say the following out loud to yourself.

"Dear _____, *this is your Divine Soul,*

I hear all of your questions and I hold them as your precious life force energy. Thank you. Here's what you need to know right now in order to come into closer alignment with Me:



Begin to journal as the Voice of your Divine Soul. Welcome the wisdom of your Divine Soul. Continue for as long as you feel inspired. Feel free to use some extra, blank pages from the end of this journal.

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COMPLETING THIS COURSE



Next steps in the journey

- **NOTE ACTION STEPS;** Review what you've written in this journal and see if there are any clear action steps you can identify. List those here:

- **SHARE YOUR EPIPHANIES:** Consider sharing the messages of your Divine Soul with a trusted friend or me! I'd love to know what messages your Soul has given you! Please email me at sarah@sarahbelzile.com.
- **CREATIVE EXPRESSION:** It may be helpful to anchor the learning and the messages that you may have received by expressing them in either a creative way or by sharing them with a very very trusted friend. Making a piece of art, a dance, or a song can also be a way to begin to integrate the wisdom that you have received from your Divine Soul.
- **RINSE & REPEAT:** Use this Divine Soul connection practice whenever you have questions or need guidance in your life. Come back to it often, as it will begin to seem more natural and intuitive with time and repetition.



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COMPLETING THIS COURSE

Dear One,

Thank you for taking the time and the space to make this inquiry into yourself and your Divine Soul. It is my sincere hope that you received some wisdom and a deeper sense of how to embody your Divine Soul, in this moment and in your day to day life.

I would love to hear your feedback about your experience with this course. Please email me at sarah@sarahbelzile.com

If you would like further support in this process, please do not hesitate to reach out to me. I work with courageous people like you, individually, as a coach and guide. You can schedule a free 30 minute session with me or read more about my services at www.sarahbelzile.com.

With Love,

Sarah

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