

The **ART** of
SEEING
Soul

*How to Live Your Life with
the Achingly Beautiful Grace of Now*



HEATHER FRASER

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Acknowledgements

For love.
What else is there?

*“And then one day you came back home
You were a creature all in rapture
You had the key to your soul
And you did open that day you came back to the garden
And as it touched your cheeks so lightly
Born again you were and blushed
And we touched each other lightly
And we felt the presence of the Christ
Within in our hearts
In the garden
And I turned to you and I said
No guru, no method, no teacher
Just you and I and nature...”*

excerpt from song lyrics, In the Garden, by Van Morrison

Preface

This is a book about transcendence, the kind that comes from being able to see with soul in each moment, situation, or encounter and the achingly beautiful grace that comes from doing so. *This will bring you peace.*

The kind that has you remaining in the moment while you are walking through the soul fires of your life, not away from them. *This will bring you creativity, vitality, and abundance.*

The kind that will have you asking, “Am I experiencing a greater awareness of the Divine in myself and others? Am I dealing more effectively and lovingly with the challenges in my life?” *This will bring you trust and confidence.*

The kind that will have you realizing that all you want to be, you already are, and that all you have to do to move your awareness there is stay present, accept, soften, and yield in order to see the reality of your own soul, and others. *This will bring you love and joy.*

I’ve written this book because I want to help you master what I’ve learned ***through experience*** about blocking ourselves off from the deep love of our soul and how to dissolve that blockage and bring about permanent change in whatever area of your life you are struggling with.

There’s only *one problem* and *one solution*, and once you are aware of both of them and “heart-ready” to take the necessary steps outlined in this book, you are free.

With love, Heather Fraser

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Section One – A Vision

Imagine with me for a brief moment, the feeling of complete and total poverty. I mean, really, really, get into the feeling.

Perhaps you have lost your job months ago, your marriage of a decade or more has recently dissolved and you have kids to raise, your house is in foreclosure with the bank, you have zero money in your account and are in extreme debt, your car died ages ago and you have no means to get it repaired, you've had to resort to the food bank so you can eat, and you are now living in a shelter for the homeless as a completely bankrupt person on every level.

You spend your days reliving the life you used to have, the basic comforts of home, job, food, your own transportation, the total independence. You are way beyond any inspiration to find a job or even think about ways to lift yourself out of this dire circumstance. You feel the deep regret of how you took all these basic needs for granted when you had them. You feel the shame, deep in your heart, of your thanklessness for the life you had, now vanished. You cannot fathom how you will ever reclaim what has been lost.

And then, miraculously, you win the lottery.

A million dollars is suddenly now yours.

To you it feels like a hundred million.

You are out of your mind with the utter relief.

You are on your knees as your heart breaks open and tears of gratitude flow endlessly.

You vow that you will never forget the way your heart feels in this moment and you fall asleep on the floor wrapped in the bliss and joy of the chance to begin anew.

That little visualization, if done with total feeling and awareness, usually stirs up the majority of the western world population's worst primal fear, but more than that, it also puts us in touch with the exact opposite - the feeling of the sheer relief of, well...love.

The point of it was not to scare you or make you feel the awful fear of it, but to walk you through to the end, to the part where you could really feel your heart breaking open in gratitude, and to realize that you do not necessarily have to experience such contrast in order to let go and free yourself to the grace, love, and beauty that is your birthright. It is a combination of both choice and heart-readiness (this means you are ready to surrender to your soul) to drop the inner impoverishment of the conditioned mind and choose soul love instead.

For the rest of this book, that's what the focus will be on, for it is only here, from this place of total surrender and openness that we can begin to discover the art of seeing soul and live within the achingly beautiful grace of now.

Come. Let's learn together, the art of seeing soul.

Section Two – Resistance and Acceptance

The Problem of Resistance

The main roadblock to expressing soul and seeing it in everyone and everything is resistance.

Webster's dictionary defines resistance as *an opposing or retarding force; the opposition by one thing or force to another; the opposition to an attempt to bring repressed thoughts or feelings into consciousness.*

I like to describe resistance as *the volatile, heavy, and joyless energy it takes to stop the beauty, grace, and love that is attempting to push you through to the next level of your growth or evolution.*

More often than not, resistance is an unconscious choice we make.

Let me repeat that.....

It is an unconscious *choice* – but it is still a *choice!*

When we begin to realize this, the real fun begins. We learn to step back a bit, take a breath, soften, yield, then choose consciously to simply let go and transcend. (More on this later in the book)

Your new four favourite words *for life* from this moment on will be soften, yield, accept, transcend.

Which brings us to the solution to expressing soul and seeing it in everyone and everything; that of acceptance.

The Solution of Acceptance

Webster's dictionary defines acceptance as *to receive with consent; to give admittance or approval to; to endure without protest; to regard as proper, normal or inevitable; to receive as true, to receive into the mind; the act of taking or receiving something offered.*

My definition of acceptance, which is not so dissimilar to the above, goes something like this: *the acknowledgment that whatever life situation or circumstance we find ourselves in, including all our relationships, happens to us as part of our spiritual evolution and is useful on our path. It is a resounding 'yes' to the conditions of both our personal and planetary existence and is crucial in getting on with life rather than being caught up in the negative vibrations that resistance creates in an attempt to gain control of how things play out. In short, acceptance means saying a soulful, humbled, yes to life.*

Please don't get this confused with your innate intuition, which at times may very well cause you to have feelings of anxiety or resistance in certain situations. These more intuitive feelings are clearly an attempt to lead you away from an immediate danger or disaster.

For example, one winter's day my daughter and I set off to her school in the car on a morning that was bitterly cold and the roads were icy and slick. We knew it was not going to be a fun drive as the weather forecasters were already saying to stay indoors if possible. However, it was the first day back to school after a two-week Christmas break, school buses were still running and the schools were open despite the conditions, so we headed off for the short, ten minute drive.

The first sign that we should have turned back was the fact that as soon as we drove out of the underground parking of the building where we live, we literally began sliding backwards down the ramp as it was a sheer, frozen ice rink. Luckily the tires gripped a bare patch and spun us crazily up to the top.

Next we had to turn onto a busy road, and with now much anxiety and trepidation, we headed out. At the first stoplight the car in front of us started spinning his wheels as it tried to accelerate. As we drove along, feelings of anxiety and discomfort became stronger and my fifteen year old daughter kept telling me to turn back. We carried on for another few minutes, when suddenly I just knew my feelings, and my daughter's were telling us something and we had better listen!

We turned around on an ice covered side road and breathed a huge sigh of relief when the car was parked and we were home again. All of fifteen minutes had transpired since we had left. I will never know if we would have made it to the school or not. What I do know is that the very next day, after 24hrs of sanders and salters on the roads, as we drove to the school, there were still cars and school buses sliding and getting stuck on the yet unplowed, icy side streets on route to the school. I can only imagine the mess of traffic and delays that would have been happening the day before in the artic-like conditions.

In this situation, I didn't blindly say 'yes' to the adverse weather situation and driving conditions and carry on driving with a smile of pure acceptance on my face! More accurately, I said 'yes' to my intuitive resistance, then peace and relief ensued.

This is very different than the kind of resistance that wells up when we refuse to accept the fact that we've lost our job, or money, or house, or health, or lover, where we go on shutting down and hardening our hearts.

Intuitive resistance is a subtle, built-in safeguard, whereas the other is from the stubborn resistance most often generated by the conditioned, prideful mind.

The Struggle to Accept What Is

There was a time in my life that 'the powers that be' decided I needed to slow down and be fully present. It's not that I was running around in a high profile career, trying to be super-mom while commuting for hours or anything like that.

More to the truth was the fact that I was a single mom after ten years of marriage, reeling from a rebound relationship, trying to re-build my life based on living authentically and yet finding the only way I could raise my daughter and pay my bills was to work at mind-numbing jobs I despised.

I became depressed.

And during that time I quit my job and went on social assistance. Yes, I made that choice consciously. I just wanted to stop, be still, heal, and recuperate. This was not easy, as the money I received from the government, though I was entirely grateful for it, was barely enough to live on, and the voices of shame were screaming loud. There was no way around it...I was down and out. I felt defeated.

There were two things that kept me going. Knowing that I had a precious daughter to care and provide for, and writing.

I never gave up writing as a way to make sense of what was happening. On some deep level, I knew this was part of my spiritual evolution even though I resisted it with every ounce of my being. I felt worthless, useless, hopeless, and desperate – and that’s what I wrote about. Somewhere along the way, something within me decided to make the most of this time I had, so I began to go for long, long, walks and hikes in nature while my daughter was at school. I’d suck in huge deep breaths of air as though it was life-blood itself, and when I did that I would feel all my emotions come welling up to the surface. I was usually alone in the woods or on a trail and I would simply let the tears fall while I kept on moving.

After a while, I started to realize that there were four things that I was now doing daily and they were making me feel so much better.

I was writing. I was walking. I was breathing deeply. I was feeling.

This became my new blueprint for living, my ‘no exceptions’ mandate for daily sustenance, my fundamental ground of being.

Even though I was still subsisting well below the poverty line, and even though I still encountered moments of deep shame and fear around money and survival, something else also began to happen. I started to feel joy too.

One of the articles I wrote about during that time was the feeling of how life had become holy to me. How stripped of

basically everything, I ended up being able to see what was vitally important to a well-lived life. I share it here in its entirety so that you can have a real-life example of the struggle I had to accept in my life as it was playing out, and how that acceptance showed me the beauty and holiness of life.

Just to Live Is Holy

“One thing I've learned about living at ground zero, empty of everything except the basic necessities of life, is that just to live is holy. Maybe that's the teaching in all of this. That to have one's face planted in the dirt, is so we can see, up close and personal, the very earth that supports us, how it allows us to remain upright, how she feeds us with her energy, her beauty, her benevolence, and her stunningly simple grace. She's definitely become my mirror lately, and what I see is the Original Me. I have always known about this Original Me. It's been an ancient memory that I have had the exquisite blessing of having access to whenever I feel like tapping into it. And I do, and I did. Often. It's also been my escape route....and it's becoming so very stale now. I don't want to escape any more. Indeed, I feel like I cannot. With face in dirt, the Original Me is as close as she can possibly get. I don't have to fly into ancient memories any longer. They are literally in my face, in the here and now. I've landed. More like crash-landed! Earth Angel...ready to walk in this world in a new way, and use those beautiful memories to build anew. A new world. And I'm not the only one. Anyone else who has gone through a fall from grace, or is going through something similar, is on the same mission. Earth Angels. We had to fall. We needed to feel ourselves hitting the Earth beneath us, as a tangible, solid, physical structure. We needed to feel our body in this way too. So expert have we been at sitting up in the ethers, looking down

upon the masses and thanking God that we didn't have to be a part of THAT dense reality. Who said God doesn't have a sense of humor...and a helluva drop kick too! One that booted me right off my lily white feathered perch of perfection and specialness. Right here, in the place that I am, is perfect. I admit, I still have a tendency to fly away. What I've been noticing lately though, is that when I do, it no longer feels so good. I am becoming more comfortable now, in that solid, grounded place inside that I like to call the silent peace of God. It's a profoundly powerful place of deep, rooted connection to the Earth, one that balances me out and makes me feel whole, and at home. I'm still learning how to be here in this world....but not OF it. I'm learning that there is a preciousness to living here that surpasses anything I may have felt in other worlds. And because the Great Mother herself has become my playground, my entertainment system, my music, my food, my riches, my beauty, my healer, my teacher, my Love, my very sustenance; I have realized that just to live is holy, and that there is a gift contained in everything. Breathe in....breathe out....only Love is real....what else is there....what else matters?"

If you are being challenged right now in your life, if you are struggling to live your life in such a way that it aligns with your soul, if you are longing to connect with that soulful part of yourself so that you may connect with others in the same way, know that the only way to get there is to take that first step in the direction of your soul.

I've been where you are right now and I know how challenging and painful it can be, but I somehow discovered the solution to living a life of soul and I'm going to share it with you so that you can live this way too, but first, lets take a look at some of the common myths most people have around resistance, the roadblock to living a soul-full life.

Perhaps this has been your experience too, but most people I know who want to change their life, along with just about everything else I've seen or read out there says the following:

-if I don't put up a fight then I'm just giving in.

-if I simply let go and surrender, I'll become a doormat for people to walk all over.

-if I don't make a huge effort to change my life and take some action, nothing will ever change for me.

-if I don't follow the expected and societal accepted way of living a life then I'll be an outcast, isolated and alone.

Nothing could be further from the truth, and I will dispel these myths for you right here and now based on my experience.

Myth Number One: if I don't put up a fight then I am just giving in.

I pretty much fought my way through life for most of my adult years, always striving, trying to be someone special, always attempting to live up to some kind of acceptable standard. That life was predictable, goal-oriented, planned out, void of feeling, and full of stress. When I gave up the fight...when I let go of all that I thought I was supposed to be and simply rested in the arms of grace and allowed my life to unfold through that grace, I began to see and feel soul. From this new place, a new life began to emerge.

Myth Number Two: if I simply let go and surrender, I'll become a doormat for people to walk all over.

To the contrary, once I'd let go and surrendered, I became stronger, more clear in what I would accept for myself and my life, my heart eventually softened but at the same time became powerful and strong. When I surrendered to love, I did not become weak and lose all sense of discernment. Quite the opposite happened. I became acutely aware and could discern between the truth of genuine love and ego manipulation when relating with others.

Myth Number Three: if I don't make a huge effort to change my life and take some action, nothing will ever change for me.

When I look back on my life, the most positive inward and outward change that ever happened for me occurred as a result of dropping all effort, striving, and goal-oriented action. I just stopped all the conditioned nonsense I was taught to believe in and simply allowed my soul to breathe, feel, walk, and write. Yes, these are still actions, but by my definition, these are 'soul actions' and while I resisted them at first, in the end they required no great effort at all.

Myth Number Four: if I don't follow the expected and the acceptable societal way of living a life then I'll be an outcast, isolated and alone.

When I made the choice to allow grace to show me the way, I craved to be alone and in solitude. I think it just naturally happens, a sort of built-in longing that is completely necessary and part of the wisdom of the process. It did not matter to me whether how I was living was acceptable or not. I just knew in my soul that it was what I was meant to do.

The time did come, after a few years, where the solitude and hermit-like living no longer felt comfortable. This was my soul's way of letting me know that my time of renunciation was over and it was time to step back into the world, though from an entirely new place. Where at the start I was shut down, hardened, unforgiving, hurt, exhausted, depleted, and depressed; at the end I had become transparent, vulnerable, and compassionate.

Section Three – Introduction to the Art of Seeing Soul

So far we've covered both the problem (resistance) and the solution (acceptance) to the Art of Seeing Soul, and the four top myths surrounding these.

It's time to introduce you to what happens when we allow ourselves the space to listen to our soul's longing and accept who we are, exactly as we are, in the moment.

If you are filled with self-loathing, regret, anger, fear, pity, or anything else you'd like to add to the list, you are blocking yourself off from the art of seeing soul.

So the first thing that needs to happen is we need to be willing to:

- a) become conscious of these dark, resistant feelings and how they are manifesting in your life as adverse situations or circumstances.
- b) find a way to release them by loving yourself enough to follow your soul's promptings. For me I just had to stop, drop, and breathe, but for you it might be something totally different like meditation, (highly recommended) a good counsellor, art class, healer, or a much needed vacation. Listen for the longing of your heart which is *your soul loving you*.
- c) accept yourself, situation, feelings, or circumstance unconditionally, just as a loving mother would nurture and comfort her broken hearted child.

Notice that the first thing is to fully face the situation head-on. Transcendence has nothing to do with escaping or living in

denial, and absolutely everything to do with expansion of consciousness. We are hard-wired to grow in ever expanding waves of joy, light, creativity, abundance, beauty, grace, and wisdom, but by now I am sure you can sense how this joyful expansion is not even part of your reality or thoughts when you are stuck and mired and thrashing around in the muck of your dense, narrow-minded, resistance.

Naturally, we are going to resist any uncomfortable feelings that keep rising to the surface and want to shove them back down with too many glasses of good Chianti or some other action of total denial.

The trick is to realize that the actual surfacing of the uncomfortable feelings signals the deep and unconditional love of your soul longing to set you free by helping you to unburden yourself of this heavy, constricting weight.

Your soul wants you to transcend and expand into a lightness of being so that you will be able to unite your more earthbound existence with your soul (mind and heart as one) creating both an inner and outer unified harmony for you to experience. Your soul wants you to experience its love, transparency, compassion, and vulnerability.

So in a nutshell, when you begin to transcend, you begin to see life through your soul's eyes. (this can also include the other senses too, not just seeing.)

The art of seeing soul changes your life as you've known it, and in the next chapter we'll explore just exactly what that's like.

What happens next is like the magic of alchemy!

You begin to transcend...

Not as in “lift-off”, or leaving your body, or anything like that.

What I mean is that you begin to see and feel the world and other people from a broader, more expanded state which has so many positive effects.

I’ve discovered that the virtue of transcendence harmoniously connects me with the larger scope of existence and can provide meaningful, naturally intuitive insight into all aspects of myself, my world, and others. These are some of the attributes I’ve experienced being associated with transcendence:

- Appreciation of beauty: noticing and valuing beauty, the miracle of nature, holding great reverence for art and creativity – your own and others.
- Spirituality: wanting to explore the deeper meaning of life and its higher purpose. Discovering where you fit within the larger scheme of life, and taking comfort and direction from that knowledge.
- Gratitude: being aware of and thankful for the gift of life and all it entails. Taking time to express thanks with deep reverence.
- Trust: believing that the future will be good and joyfully creating to bring it about while remaining present and open in each moment.
- Humor: laughing more often or seeing the lighter side of life. Being playful. Smiling and bringing smiles to others. Feeling joy for no reason.

Section Four – The Art of Seeing Soul

The art of seeing soul begins when we consciously choose transcendence as our path to expand into becoming a fully realized human being.

Every time you transcend by facing your fears and walking through your fires, you positively expand whatever consciousness you had to begin with, therefore adding more light and goodness to the mix of universal energy available to all. How amazing is that?!

Another side effect of expanding your consciousness is that long-held negative emotions surface for healing. Things like stress, traumatic feelings, anxieties, tension, sadness, depression, hate, anger, rage and fear start to rise up very naturally in order to be released.

This is because when this light of consciousness begins to truly expand, it's similar to being in a dark room with the light switch on a dimmer. As the light gently gets brighter, the darkness starts to recede. And when the light is full on, there is no darkness.

In other words, the light of transcendence illuminates, and any negativity very naturally starts to move out. This heavy weight of negativity and resistance dissolving into nothingness will give you such a joyful feeling of freedom and lightness of being!

Transcendence is accepting your humanness and challenging earthly experiences while rising above so that you can see things from your soul's perspective. It is here that your soul will help you to see and feel the deepest level of life and where you'll realize that it is eternal.

Every time you face your challenges, accept them, and learn to transcend, you will experience this ocean of infinite, ever expanding consciousness within, where you automatically get to unfold more and more of your full potential as a human being.

Transcendence is also a unifying experience, meaning that all areas of your life will begin to improve. The things that used to stress you will still be out there in the world but they will not affect you so much anymore. You'll still feel negative emotions from time to time, but they won't last too long. You will notice them lifting away more and more quickly. They won't stick around for long and poison you and the environment. Fears also begin to lift and you begin to move about in the world feeling lighter and freer.

Transcendence will also pull you into a field of infinite creativity. You will see your creativity and problem-solving skills start to expand. A quiet feeling of inner joy comes more often and you begin to feel good in your body, enjoying the doing of things more and more.

And finally, transcendence lifts us into a field of universal love. This universal love can feed your personal love relationships and begin to improve them too, whether that means ending them or relating from a deeper, more intimate level - but more profoundly, you begin to feel a deep, inner peace.

Here's what I mean. Have you ever looked at photos of the earth taken from space?

I'm always instantly reminded of the indestructible perfection of existence itself, unconditioned...pure...and stunningly beautiful from this far-off space view.

When we can witness our life from this perspective where we are able to lift up far enough to be able to see the absolute glory of non-interference, total 'is-ness,' and staggering symmetry, we begin to see how our projections and beliefs condition our experience of *everything*.

Living day to day with deep awareness of our unconditioned true nature makes it possible to experience life as *but a dream*, (remember the song, row, row, row your boat?) not getting too hung up on this or that, playing our part on the earth stage, and having a human experience with all it's dualistic tendencies. The trick is to live our human experience from this place of transcendence.

Like I mentioned earlier, this does not mean we deny or escape. On the contrary, we learn to walk straight into the fires of life. In doing so, grace reveals herself to us.

When we remember to focus our awareness on love, peace, and harmony rather than the illusion, (the illusion being fear and all the emotions attached to it) the illusion becomes child's play, something we get to mould and shape because we can. It's the genius gift that only we humans were given. A cow can't do that!

We can use it to discover the perfection of our true, universal loving nature and embody it while learning to live in the achingly beautiful grace of now, or we can use it to deny this present moment and remain heavily conditioned with the past. We came here to ultimately learn this.

Achingly Beautiful Grace

Many years ago when my daughter was younger and spending a weekend away from me, I remember feeling a sense of loss and sadness. I did what I always do when I feel confused about how I'm feeling – I began to write. By the end of it, I had brought myself out of the dark and into the light by transcending into the realm of soul. This is what I mean about facing our present moments... or uncomfortable feelings. Here is that writing in its entirety. This will help you get a feel of how this particular moment progressed so that you, too, can admit to yourself your uncomfortable feelings and reach through to acceptance. I used writing as the vehicle, but you can use whatever you are drawn to.

"It is early evening as I write this, and it has been a searing hot summer day. My daughter has been visiting with her father for the weekend and won't be home until later this evening.

I find myself both grateful for the time I have to myself, and mildly uneasy at the approach of evening with no child at my side to cook dinner for or to pour all my love into.

I admit it. In this moment I am feeling lonely. Who can I give all this love to right now? And so...I pick up my pen and give it to myself, and whoever's going to read this one day.

It's taken me a long time to figure out that when I write, I love. When I write, I honor who I am. When I write, I feel expanded and filled up. This little pang of loneliness, just before sunset, is my achingly beautiful grace.

I feel this way when summer is ending and the leaves start to change colour. I feel this way sometimes when I drop my

daughter off at school and have to let her "go it alone" out there in the big, bad, world of Grade 6 middle school. I feel this way when someone I love with all my heart is not near me and I cannot reach out to touch their face. I feel this way sometimes when friends I've held dear move on to expand more fully into the depths of their Being. I feel this way when a dearly loved pet becomes ill or passes away. I feel this way when a flower I've admired for days bows its head and silently drops away. And I feel this way sometimes even when the sun begins to go down.

What is this feeling...this achingly beautiful grace?

It is Love, and letting go.

It is the feeling of my heart experiencing beauty, even in the letting go. And we do have to let go...

In every moment of everyday, letting go is so necessary, for it allows us to empty out, to not become attached, to feel and move on so that we can be filled back up again in the next moment.

This achingly beautiful grace is what I feel when I learn to let go of beauty, when I learn to let go of love — knowing that when I do, the next moment will be even fuller, ever more richer and deeper than the one before it.

This achingly beautiful grace teaches me that there is nothing I need hold tightly to...that when I open my hand or open my heart, what is released multiplies.

And so it goes...

As the sun begins to make it's descent behind the hills, I realize that the little pang of loneliness I was feeling was a gentle reminder to let go of attachment...to my daughter, to the people I love, to a safe routine, to taking care of...

This feeling...this achingly beautiful grace, is really both love and beauty simply noticing each other, giving thanks to one another, and saying goodbye till the next moment arrives. And it always does."

As you can see, in the act of letting go (of heaviness), we rise...we transcend into a lighter vibration and the home of our soul. Here is where we receive that unconditional love and nurturing we so long for. How fantastic that it is always there for us if we can just remember to stop, breathe, feel, let go.

Action Steps

Step One – become aware of your resistance. This is not difficult at all as your life will surely be showing you where that resistance is! Are you in fear over money, relationships, parenting, survival, addictions, purpose? Where are you stuck? Where is the reoccurring pattern? Whatever it is, this is where you are stuck in some major resistance, saying 'no' to life, and probably blaming everyone else instead of taking stock and taking responsibility for your healing.

Step Two – once you've had an honest heart to heart with yourself and admitted that your pile (or mountain!) of crap resistance and denial is no longer serving you or those you love, take a deep, nourishing breath and choose to accept yourself and your situation exactly as it is. Just own it...from the heart. Let go. Surrender. Cry. Wail. Scream. Thrash. Release! This may feel like anger at first. That's okay. Get

mad. But underneath all the anger, if you are willing to move beyond it, is a deep and painful sorrow. It's okay. Breathe. Yes, it is sorrow. The sorrow you've been holding onto since forever it feels like. Feel this in your body, the paralyzing fear, the loss of what you wish you had or lost, the absence perhaps of feeling cherished, or successful, or secure. You don't even have to know what the sorrow is. It could even be from a past life. This is where you simply stop and allow yourself to rest in this place of sorrow. Lay your head down into the safe arms of whoever comes to mind. Let go of the eons of depression, self-loathing, how you created a false identity for yourself, oftentimes a spiritual mask as an escape, out of your painful history. We must admit this pain is there and that it is stopping our growth and evolution. We may as well make our peace with it. It's not going to go away. It won't end you, not ever, yet the releasing of it will set you free. It's an act of grace, courage, and deep self-love. You can do it. Trust.

Step Three - this is a good time to create or simply go for a walk, preferably in nature. The key is to create a vehicle for your soul to communicate with you now that you've got some room inside of you. Write, collage, dance, sing, and listen and look for the messages. I can't tell you what they will be, but I can tell you that your soul's communion with you feels like the deepest peace you've ever known. I love to do collage because it's so visual. I simply ask for my soul to speak to me, then work very quickly without an ounce of intellect or thought to get in the way, and begin to rip out images from magazines that somehow speak to me. Once it's all assembled and complete, I'm always astonished by the visual messages. Writing is also a wonderful way to hear the voice of your soul. If you can get out of your head and write from the heart, at some point you will notice a subtle change and you begin to realize the voice that is speaking

through you is no longer yours (the personality) but yours, the soul. I have received the most profound messages from my soul in this way, many of them posted on my website at www.sacredscribe.com under Divine Utterings. Also in this step, a reputable counsellor, chakra/energy healer, shaman, advanced consciousness therapist, massage, or Reiki therapies can be soothing and help things along. The trick is to not end up staying in your head with talk therapy only. It has its place for sure, but the body must move and be felt too, even more so in my opinion. Let your body speak!

Step Four – begin to pay attention to what’s running your life from the inside. If it’s your ego, your mind will be trapped in the following feelings, which in turn create your reality! They are darkness, stagnation, fear, repression, routine, staleness, depression, constriction, deadness, unconsciousness, impoverishment, survival, ugliness, shallowness, authority, hopelessness, pain. If you are moving into transcendence by following the first three steps, then your inner reality of feelings - and therefore also your outer reality - will begin to be experienced as light, creative, loving, free, naturally ordered, spontaneous, fresh, joyful, alive, spiritual, earthy, sensual, heart-felt, aware, abundant, open, expansive, thriving, beauty-filled, deep, silent (inner), colourful. The art of seeing soul and learning to live in the achingly beautiful grace of now is recognising the latter attributes of transcendence in your own self and in others.

Step Five – look for the achingly, beautiful, grace of love and beauty in your life. How do you know when you’ve found these and precious moments? Your heart will feel as though it is expanding, and you will feel it aching and full of beauty and gratitude. It could come from a flower, a sunset, the starlight, a warm hug, a nourishing meal, or a loving word. Be real. Be authentic. Be yourself.

These steps are in order, and if you are like me, you just want to get to the good stuff! Well, good luck with that. From experience, I can tell you that it WILL NOT WORK. All it does is slow things down and more wasted years go by while you dig out from yet another set back having to learn the same lesson again...you know...the one you didn't get the first or second or third time because you thought you could bypass that step. Here's a clue....it's usually step two that we want to run from. Step by step is the way to go.

Section Five – Conclusion

Remember the vision at the very start of the book? Can you recall the awful fearful feelings that got stirred up at the beginning and the feeling of sheer relief, along with the utter, overwhelming gratitude and love for the miracle of your windfall at the end?

One might conclude that it was the money itself that brought on the sudden heart opening and unleashing of gratitude, love, and joy. However, if you did this visualization deeply and with much awareness and didn't just skim over it because it stirred up a bunch of fear, you will have proved to yourself that your intense and deeply felt feelings brought about by your own mind via a brief visualization, has the power to flood you with either feelings of fear or joy. The mind is a powerful thing to be used wisely, mostly for accomplishing life's most necessary tasks. After that, it needs to remain silent and empty so that you can witness and feel the love of your soul and existence itself.

No circumstance, no matter how adverse or impoverished, can take away or destroy our ability to choose. Even if all or some of the first part of that visualization is true for you in your current life situation, it is not a monetary windfall that is going to rescue you from impoverishment.

But love will. Joy will. Gratitude will. I'm talking about love, joy, and gratitude for *yourself*, for who and what you are beyond your personality and body.

How do I know this?

Experience.

I didn't end up on the street or in a shelter, but I sure felt like that on the inside. I grew up surrounded by alcoholism and abandonment. As an adult woman in my late thirties I dissolved a ten year marriage, in my forties, with a young child, I was evicted once, and came pretty close again, I have experienced the shame of bankruptcy and welfare, I failed in other relationships, and have experienced the isolation and ostracization of being a single mother in midlife. I know what deep, inner impoverishment feels like and how that affects your outer world circumstances, especially in the areas of feeling safe, secure, and supported.

But life has also shown me that that does not have to be my legacy and it does not have to be yours either!

Even in the most dire moments of my life, I would focus on at least one thing I was grateful for, like...I was breathing. I would find myself looking up at the sky often. I still do! There's nothing like the vastness of the sky to remind us of our own infinite potential. Beauty saved my life. It was, and still is (even more so now) the sacred elixir of my joy...flowers simply do me in! I would go for long walks during the dark times and simply drink in the beauty of nature. The fact that I had no money, was full of fear and deeply depressed, how I often had to skip meals so I could feed my daughter, none of this darkness could take away my ability to feel joy wherever I could find it, and it was this joy, these small doses of sanity that I would focus on more and more in my heart which pulled me through the fire into eventual expansion of soul and transcendence. I had to let my soul teach me that which I had not been taught growing up, mainly, that I was worthy and needed to show myself so through radical self-care.

That kind of impoverishment (or the fear of it) still has the ability to bring me to my knees if I allow my ego to threaten me, but as long as I keep my heart focused on what brings joy to myself first and then others, the fear just sits quietly there in the corner, sulking, knowing full well that it has no authority whatsoever over joy. I'm guessing that eventually it will simply resign itself to the fact that joy is really what it wants to experience too!

Section Six – Call to Action

We've covered a lot of ground, and I've shared some of my own trials along the way with proven steps to help you to discover, the art of seeing soul – your own, and another's.

Here's a brief summary of the simple action steps: (that which supports your well-being)

1. Become aware of your resistance. (look at your life to show you where this is...it will be screaming loud...if not to you, then it will be to others! Be brave. Ask them.)
2. Accept yourself and your situation from a humbled place in your heart. (no self-loathing or shame allowed!) Have the courage to feel your sorrow.
3. Create, create, create. (supply your soul with a vehicle to speak through you whether in words, images, sound, or movement)
4. Look for the achingly, beautiful, grace of love in your life. (Clue: they are usually brief moments, heart-felt, simplistic in nature, and cost nothing.)
5. Share what you've learned. This information is a summary of all that took me years of inner impoverishment and adversity to learn about resistance and acceptance on my walk in this world. Nothing feels better than sharing it with you now. And if you care to read further about living with more grace, inner beauty, and harmony, you can visit my website at: www.sacredscribe.com where there are reams of free articles and writings to support and inspire you along the way.

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Thank you for reading this book. If you enjoyed it or you found that it touched you or served you in some helpful way, I humbly invite you to take a moment to send me a review via my website under 'contact.'

With Gratitude,

Heather Fraser

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