**A blue and black text and a person with arms spread out

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**Signs of Your *SoulCalling:***

**Exploring Your Readiness to Step Up**

Do you feel a longing to integrate the wisdom of your spiritual and healing journey into your work and service in the world? Are you feeling dissatisfied with your current career or work or have even been laid off or fired or retired, and want the next stage of your life to be aligned with your soul’s purpose? Are you blocked from seeing clearly what this heart’s longing means and how to manifest it due to personal and ancestral blocks? Is fear, confusion, lack of confidence and impostor syndrome holding you back? Do you need help in developing clarity about your unique, authentic offering either in your current work or in a new way?

I call these feelings, experiences and promptings ***SoulCallings***. A ***SoulCalling*** is when your Higher Self, or soul, makes apparent through a deep longing, visions, dreams, spiritual experiences and other ways the need to fulfill your mission to be in service of others with your wisdom leadership, creative and healing gifts.

I am here to help you unpack this, integrate your intuitive and spiritual gifts, and discover how you will manifest your ***SoulCalling*** into your life.

***Is your soul telling you it’s time to step up?***

Part of reaching this watershed is how the pain of staying where you are suddenly tips and the discomfort of getting out of your comfort zone is greater than the idea of stepping out of it. Right in the center between the pain point and the longing in your heart is what is wanting attention. There you will find what is blocking you from taking the next step to finding out what it is you are truly here to do or to doing it, if you know already what it is.

So, what do you do when you find yourself at the center between the pain of things staying the same and the unmet, yet calling, heart’s deep longing?

These exercises will help you identify the meaning of the signs and feelings prompting you to some kind of spiritual service. They will also help you understand how urgent it is that you finally step up to explore, understand and manifest them. If the latter is true, these exercises will also hopefully give you the courage to listen to the inner feelings, longings and signs and synchroncities to then take action.

*Let’s go! There’s no time to lose! The world needs your spiritual and healing leadership and gifts!*

***Exercise One***

***Exploring the Signs that You Have a SoulCalling***

Let’s evaluate the way your feelings, dreams, spiritual experiences, and longings are pointing to your ***SoulCalling***.

Click the boxes that apply to you:

I have been on a deep healing journey and feel like I want to offer what I have learned to help others in a similar situation.

I have been studying spirituality and spiritual practices and want to learn how to integrate them into an offering to others, but I don’t know how.

I need help understanding spiritual experiences, dreams, visions, and other intuitions that have happened and are continuing to happen to me and what they mean in terms of my soul’s purpose.

I am having vivid nighttime dreams that seem to be giving me signs that I am supposed to be a healer or spiritual guide.

I am having nighttime dreams in which spirit guides, medicine people or shamans are giving me messages that seem to be pointing me towards offering my spiritual and healing gifts to others, or exploring more what they are.

A specific or several types of birds or animals, such as hawks, eagles, big cats, or other animals to whom I have always felt a connection are suddenly appearing to me all the time in the outer world, in dreams and visions, or spilling into various media channels I follow. It seems significant.

I have for a long time or more recently have begun to be able to channel the spirits of the deceased and feel like I am supposed to do this as my work.

I have for a long time or more recently have begun to hear the voices of spirit guides who have messages for people around me or for myself and feel like I am supposed to do this as my work.

I have always had spiritual, intuitive and/or psychic gifts, but more recently they are opening up even more.

I have known for a long time that I have healing gifts and have always been sought out by friends and family for support and help.

My hands have recently or always had a healing energy that I can use to help others. I have a feeling I am supposed to be a healer, but don’t know what that means or how to get there.

I have had over several or more years some intense spiritual awakenings which have opened up intuitive or psychic abilities and a sense that I have a spiritual purpose.

I am working in a job or career in which I feel bored, deadened or unappreciated. I have a growing desire to have work in which I am offering the wisdom of my healing journey and spiritual study to others.

I am in a major life transition (out of a relationship or marriage or retirement or being laid off/fired) and know it is time to do something soul-based in my life, but I am not sure what that means (or I do, but not sure how to manifest it).

I am in a health crisis or recently moved out of a health crisis and know that I need my work in the world be soul-based and spiritual.

I have had a creative project (book, film, work or works of art, etc.) that I have had in my mind or worked on that has a spiritual message for the world, but have felt blocked in finishing and/or putting it out in the world. I am feeling more and more that it is time.

I know I have a spiritual mission to serve others (in whatever capacity), but feel blocked from stepping up to do it and/or I’m not sure what it is.

Other (please write out):

Notice how many you have clicked. This can tell you something about how intensely you soul is calling you. However, it only takes 1. What matters is how much discomfort or pain are you in now when you resist it?

So, let’s explore that!

**Exercise Two**

**Where am I on the *SoulCalling*-Pain-Longing Continuum?**

There comes a time when the pain of resisting a longing or change process is worse than staying in the same place. However, you don’t have to get to the point where it has to come to a crisis in your health, job, relationships, or any other area of your life as it did for me. If you listen to the inner promptings and evaluate how intense your dissatisfaction, unhappiness or pressure in your life is, you can make a conscious and empowered choice to meet your ***SoulCalling*** with ease.

Mark on the two lines below how intense is your longing and how intense is the pain of resisting it (1 being very mild; 10 being the worst):

***SoulCalling Continuum***

On this line, put a mark that indicated how called you are to integrate something soul-based or spiritual into your work and service to others (1 being not at all; 10 being very, very much).

1. 10

***Longing Continuum***

On this line, put a mark that indicates how intense the longing is to do this (1 being not at all; 10 being very, very much).

1. 10

***Pain of Resistance Continuum***

On this line, put a mark that indicates how intense is the pain of resisting the SoulCalling and longing (1 being not at all; 10 being very, very much).

1. 10

Look at the relationship between where you are on the ***SoulCalling,*** Longing and Pain of Resistance Continuums. What does it tell you about how ready you are to explore what your ***SoulCalling*** means and/or how to best manifest it? Write out some notes here.

**Exercise Three**

**Exploring the Meaning & Purpose of Your SoulCalling**

You may already know what it is that you have to offer others or you may not. This exercise helps you explore what seems to be holding you back from stepping towards the exploration of your ***SoulCalling*** and its potential manifestation.

Click the boxes for the statements that fit you.

I am afraid of or blocked from embracing my ***SoulCalling*** because…..

I worry about what my friends, colleagues and family will think if I come out about my true spirituality.

I worry about how I will make a living.

I feel like I don’t know enough and have not studied enough.

I am not healed enough.

I feel like an impostor.

There is some personal, ancestral or past life trauma holding me back.

I am confused about what I am supposed to do and how to do it.

I have a fear that I will be persecuted if I am visible in my spiritual work in the

world.

I need a teacher or mentor to support my exploration and visioning of the manifestation of my ***SoulCalling***.

These feelings, thoughts and beliefs are very normal. I hear them from colleagues, clients and students all the time. What I know is that in many instances, they are not true, and if they are (such as being criticized or rejected by people in your life), these are hurdles you can overcome. Because a ***SoulCalling*** is designed to help you grow and evolve. It would not be there if it wasn’t meant to be manifested in some way. And a caveat here: I know that people live in situations where it would be too destabilizing, or it is even too dangerous to make this kind of change in your life. I would not want to encourage anyone to put their wellbeing at risk. But it can also be true that if you have downloaded this ***SoulCalling Journey Sheet***, it means that the conditions within yourself and in your outer life are actually saying you will be OK.

**Exercise Four**

**How Ready Are You to Step Up to Unlock Your *SoulCalling*?**

To explore how ready you are to finally break through blocks, heal trauma and get clarity about how to manifest your ***SoulCalling*** in the world, work with the ***SoulCalling Readiness Continuum***.

Put yourself on the continuum with 1 being not at all and 10 being an overwhelming, joyful YES!

1. 10

**In Conclusion**

**Come Work with Me**

I congratulate you on getting this far and completing the ***Signs of Your SoulCalling Exploration***! I suspect that since you got this far, you are probably ready to meet the longing and figure out what it means for your life and how to manifest it in the fullest, most joyful and fulfilling way for yourself and others.

I am here to support you in this exploration in my signature, 4-month group program, ***Unlock Your SoulCalling: Step Up in Spiritual Service to Others with your Wisdom Leadership, Creative & Healing Gifts***.

I don’t want you to take as long as it took me to step up and out. Your spiritual wisdom, creative and healing gifts are ever more needed now as humanity goes through this powerful and chaotic time of transition.

I don’t want you to feel the loneliness and face some of the personal, professional and financial challenges I did. I want to help you gain clarity, confidence and courage about the way forward. I want you to help you heal the personal, ancestral and past life wounds that are creating blocks to stepping up to manifest your ***SoulCallilng*** in overcome self-doubt, insecurity, fear, and impostor syndrome. I want you to finally step up and do what deep down to your bones you know you are meant to do.

Finally listening to your ***SoulCalling*** is just the beginning. It can take a while to understand it, forge the courage to meet it, and harness all the wisdom and healing gifts into the first steps of the manifestation of

Here is what you get in ***SoulCalling***:

***In this 4-Month Shamanic Group Coaching Program, SoulCalling*** you get.... ***10 Modules in the SoulCalling online course portal*** containing taking you through a powerful transformational arc as you watch videos in the program, follow guided audio meditations, visualizations, shamanic journeys and ceremonies, and undertake spiritual ceremonies and self-reflective activities to reveal and deepen your soul's calling to be in service in your work with the wisdom from your healing journey and spiritual practice.  
  
​***A weekly 90-minute group Zoom with me*** where you can share your process, ask questions, get energy readings from me, and benefit from engaging with like-minded friends and colleagues on the same path.  
  
***One 1-1 Mentoring Session with me***when you start the program in which we delve into the inner promptings to step up in spiritual service, unpack the blocks holding you back and set the intention for the trajectory towards unlocking the vision and manifestation of your future work. This activates a powerful healing frequency within you which will lead to transformation and inner and outer change when you complete the program.  
  
***One 1-1 Shamanic Energy Healing with me*** midway through the program in which we heal the personal, ancestral and collective wounds that are undermining your confidence, creating self-doubt and blocking your understanding and embracing of your soul's calling.   
  
***Access to me via through our online SoulCalling community*** with your questions, requests for support and prayers, sharing your process, and brainstorming your next steps.   
  
***Bonus materials, including....***

* My book, *SoulCalling: Answer your Longing to Integrate the Wisdom of your Spiritual Study & Healing Journey into your Work & Service to Others*.
* Extra audio wisdom teachings on the spiritual path and practices of Awakened Heart Shamanism
* Free cccess to the on-demand course,*Crystalline Shamanic Ceremonies for Protection, Healing & Peace*

**If this all resonates with you, if you feel READY, c*ontact me to sign up for a free Discovery Call to find out what your heart is yearning for!***

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