

ALIGNING WITH YOUR SOUL'S CALLING

By **Andrea Adler**

Imagine looking into a crystal ball and seeing exactly what your future is to be regarding your business, and what you would *feel* like once you gained access to it. Now imagine: No ball. Instead, you have a key: the key that opens the door to this knowledge whenever you want it. To go there, all you have to do is to ask yourself a few questions.

That would be pretty cool, right? Better than a crystal ball. This is what happens when we align ourselves with the call of the soul.

Aligning with Our Soul's Calling is a vision quest, a wondrous ride we take to discover our hidden directions and desires. It provides us with tremendous clarity regarding our business and our lives. Full of surprises and unexpected twists and turns, this journey is one that cannot be approached through the intellect. In fact, it bypasses the analytical mind and ego entirely, enabling us to connect with our highest intuition from the purest place. Like the divination techniques of the *I Ching*, the Tarot, and the Runes, which reveal our unconscious thoughts, the quest to align with our soul's calling bares our deepest longings and helps us define and outline our future. It energizes our soul's destiny, and makes it visible to us. Unlike divination techniques, there is no need for any outside reference — no cards, no yarrow stalks, no stones, no coins. All it takes is us!

Learn to Know ≅ Instead of Guess

No one wants to make “mistakes” or waste precious time or money. We want answers right away! Just like we want to find the magic pill that will cure our ailments, or the quick fix that will dissolve our mental, physical, or emotional pain. We'll even pay psychics and clairvoyants to reveal our future to us. But wouldn't you prefer to enter into this place of wisdom on your own?

I used to get incredibly frustrated when I didn't *know* the answer to something immediately. I would try to be patient, but ever restless, I would force a response, even if it wasn't time for the answer to be revealed. And then there'd be times when I thought I'd

made the right decision, but I hadn't. Since taking part in this exercise, I have a deeper trust in knowing when a decision needs to be made, when to rein in, and when to charge ahead.

When we know on a deep, profound level what our soul is calling for us to *be* in this moment — and *become* in the future — we walk through life with a certain determination and confidence. We stand taller; we speak with more sincerity and conviction. There is no question as to what path we should take, where we should promote ourselves, or with whom we should associate. When we are connected with how we want to feel, through the insight of our vision, we *know* exactly what direction to go in.

Aligning with Our Future

I have introduced this guided quest to thousands of people who have participated in my workshops and consultations. I have watched as their lives have expanded and their businesses have taken off, exceeding all expectations. You too may want to give this a try. If you are adventurous . . .

Ready? Go get a journal or a writing pad, and a pencil or pen. Draw a straight line down the center of a clean page. At the top of the left-hand column, write the word *Feelings*. At the top on the right, write the word *Visions*. You can use these columns to write down your feelings and your visions as they come up for you.

Think about having a friend walk you through the exercise, and have them write down your experiences as you speak them aloud, so you don't have to break your train of thought.

You may want to create a relaxing environment by turning off the telephone, placing a "do not disturb" sign on your door, lighting some incense, and eliminating all potential distractions. Now place the paper and pen close by and take a comfortable posture.

When you're comfortable, close your eyes and take a deep breath; fill your lungs with all the wonderful air that surrounds you.

Let it out slowly.

Take another deep breath.

Allow your breath to exhale slowly.

Take a moment and think about the day you've had so far. As you reflect on the day, get in touch with the feelings that come up for you. Take your time. Really own these feelings. Breathe into them, again and again.

Take another deep breath. On the next exhalation, allow these feelings to leave your body and dissolve. With each exhalation, continue to watch your thoughts and feelings melt away. Let go of all cares and concerns, and allow yourself to enter a state of quite, inner freedom. Immersed in this state of beginner's mind, you're ready for your journey.

Now, I'd like you to take a huge leap, into the most magnificent future you can imagine for yourself.

If you were given total permission to dream this magnificent future, what would the vision look like?

Allow your imagination to soar beyond the room, beyond time, beyond space. And know that you have a choice: to walk through one of five doors. You can walk through the awful door; the okay door; the good door; the great door; or the awesome door. Pick a door.

There are no parameters, no boundaries in this vision.

Once you have selected the door you want to step through, imagine a fairy godmother, a benevolent being, appearing before you with a magic wand, granting you all your wishes. See what your most incredible future could be like if you allowed it to manifest right now.

Take your time. Really see this future.

Breathe into it.

You may see this vision in great detail, or you may have a simple impression of light. You may have a metaphoric image, an experience with words, or intuitions. Whatever comes up for you is perfect. Do not judge the journey; just go with it!

When the vision, or the sense of this future, and the feelings associated with this vision are clear for you, write them down in their respective columns: *Feelings* and *Visions*.

Take several more deep breaths and let them out slowly.

Now imagine your life ONE YEAR from today. Once again, select one of the doors to walk through: the awful door; the okay door; the good door; the great door; or the awesome door. See what your life could be like one year from today.

See this vision in as much detail as possible. See what changes have taken place from the previous year. What has stayed the same?

Feel the quality of the year. What feelings are coming up for you as you experience this year, one year from today?

When the vision and the feelings are clear for you, please write them down.

Breathe in deeply again; let it out slowly.

Take another deep breath and let it out slowly.

Now, let yourself move forward in time. Imagine your life THREE YEARS from today. Select one of the five doors — the awful door, the okay door, the good door, the great door, or the awesome door — and walk through it.

What is your life three years from today? What changes have been made?

See your life in as much detail as possible. Move into your deepest yearnings.

When this vision is clear for you, get in touch with the feelings associated with it and write them down.

Breathe in deeply again; let it out slowly.

Take another deep breath and allow your breath to exhale slowly.

Now, imagine your life FIVE YEARS from today. Select one of the five doors, and walk through. Visualize what your life could be like in five years' time.

Step into the picture and look at the changes, and the places where things have stayed the same. See how close this year's vision is to the one you jumped out into in the first vision. It doesn't matter if the visions are the same. Just see what's there for you. Take everything in. When the vision is clear, get in touch with how you are feeling, and when you are ready, write down the vision and the feeling connected with it.

Breathe in deeply again; let it out slowly.

Take another deep breath and let it out slowly.

Now, I'd like you to imagine your life as if it were your VERY LAST DAY on this earth. You are about to leave your body. Walk through one of those doors.

Where are you? What are you doing? Are you surrounded by friends and loved ones, or are you alone and content?

What is the state of your body, mind, and spirit? Have you accomplished all that you wanted? Are there any regrets?

Are you excited about leaving, ready for the next excursion to begin?

Experience the inner feelings as well as the outer circumstances.

When this vision and the feelings are clear for you, open your eyes and write down what you have experienced.

If one or more of your future visions were not clear, do not be concerned. It may not be time for you to see them. The important thing is that you have a strong sense of what each of the visions *feel* like.

From this moment on, you will want to remember how you felt in these visions — as these are the feelings that you want to resonate with from now on. The more you connect energetically with these feelings, the sooner you will draw to you those people, events, and synchronicities that will support you in bringing your vision into real time.

And you may want to keep in mind, if there is any part of your future that you are unhappy about, you can change it. If you see yourself as an old lady or an old man who

may not be in the best of health, you can change the vision to an elder who is serene and happy. If you see yourself working at different jobs before finding the right one, you can envision the right one and feel what it would be like to be earning a living in that profession — how getting up every morning and dressing for that job would make you feel.

From now on, stay connected to these vibratory sensations. Allow them to be the golden thread that weaves through all your thoughts and experiences. Let them be your source of support as you move through your days. And if, by chance, you lose touch with them, take a close look at what you might be creating instead. Ask yourself, “Is this in alignment with how I want to *be* and *feel*?” Then, gently return to them.

In Conclusion

How you *feel* while you are connected to your future is key. It is only by connecting to these feelings, as often as you can, that you find the courage to make the necessary leaps that will change your present. The power of this process lies in the union of vision with feeling. As important as it is to hold on to the feeling, we need to hold on to and connect with the vision as well.

When we connect with the deep internal flame of genuine passion and undeniable inspiration that is inside us, we reside in the place of knowing that our future is real, standing right before us. When we know that all we have to do is walk into it, feel it, and it will be ours, we can trust that our next steps will propel us to live more fully in the present moment.

As we focus on this future truth and *feel* ourselves manifesting it, transformation will occur. Our present takes on a whole new quality — one that includes faith and trust, wisdom and grace. As we walk forward into the vision of our future, every moment of our life, right now, we are empowered not only to make the right choices, but to be present in a whole new way.

Andrea Adler, referred to as the High Priestess of Spiritual Marketing, is an international speaker, workshop presenter and consultant. She is the founder of Holistic PR.com and the author of The Science of Spiritual Marketing: Initiation into Magnetism, and Creating an Abundant Practice. For 30 years, Andrea has specialized in educating entrepreneurs, small and large business owners, and students on the relevance of marketing with integrity.

For a consultation or to schedule a lecture, call: 505-983-7777 or go to: www.HolisticPR.com