

GUIDE TO

Your Soul Evolution

Discovering your path and your purpose

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DISCOVERING YOUR PATH AND YOUR PURPOSE

UNDERSTANDING SOUL EVOLUTION

YOUR SOUL'S JOURNEY

Your Soul is connected to the Divine Source, which is eternal, but you have incarnated in order to experience creative opportunities and extend your own Soul. Divine Source expands and grows with every living Soul that opens its awareness. You can think of Divine Source as the core centre of a furnace hidden in a brick structure, lined with lead. The power of this fire is contained and secret, but it is full of desire and possibility. All our human Souls are Divine desires looking for a way to expand out of the limitation of its container. Sparks fly from the brick house looking for somewhere to settle and grow, a place where they can shine and radiate their Divine light.

Each spark takes on a new incarnation – and then forgets how once it lived in the heart of the Divine fire, which is all Loving, all Wise and all Powerful. Your Soul-spark is on a journey to recall its Divine origin and then to share the beauty of the Divine with all the other Soul-sparks you will meet.

How can you remember your Divine origin?

The poet Wordsworth describes how humans are aware of the 'radiance' and the 'splendour in the grass' when they are young, but it fades from our sight and, he says, we can never bring this awareness back.

I love Wordsworth's poetry, but I can assure you from personal experience, he is wrong. Meditation allows us to dive deep into the Divine Source and reconnect with our origin, our 'genesis', our beginning. Using sound-shapes for our focus in meditation is not only a technique for distracting our Monkey Mind, but when we use a sound-shape with a potent sound, based on ancient languages, a deep knowing in our Soul vibrates with the primordial field of the Divine.

Soul Evolution brings healing, blessings and abundance

The more you meditate, the more intense your relationship with your Divine spark will grow. This will be like being in love. This is why ancient mystical texts refer to your Divine Radiant Being as the 'Beloved' – with a capital 'B'. This is LOVE all in capital letters! The experience of unity with your Radiant Being as you plunge into Divine Source is orgasmic and enervating. The energy that is released recharges your whole being and has the potential to heal all manner of issues, at a physical, emotional and mental level.

Alpha to Omega

There is an originating point, a primordial beginning to our Soul's journey. This is *alpha* (the Greek letter A, the first letter of the alphabet) and we are on a roll to segue through the bet, arrive at the last letter *omega*, and then find once again.

Our Soul is new, shiny and bright like a freshly minted coin. As we proceed through many lifetimes we accumulate the grime and distress caused by interactions with materiality. Living material lives is not intrinsically bad or debilitating, but we don't understand how to maintain our bright shininess, while at the same time delighting in the material game. After all, the Divine invented the material game out of its own deep Source of energy, so it has been created out of the purity of the Divine, imbued with Love, Power and Wisdom!

If you are reading this, then you must be driven by curiosity about spiritual matters, because you feel in your bones you could be a shiny bright coin and leave the grunge behind. You might ask yourself, how far along the path towards *omega* have I come? You might feel you are in a game like snakes and ladders, where you climb up a ladder, land on a snake's head and slide back down again. You manage to polish up your coin, start feeling shiny again, then get blatted by some event, or a meeting with another person, and your shine drops down a few notches on the glitter scale.

Past Lives and Inter-lives

At the point of death we move into other dimensions where we can also explore Soul possibilities. From the perspective of Soul Evolution we need to know that we can recover our shininess in other space-time dimensions. When we investigate our past lives and possible inter-lives, we may gain a perspective that allows us to more easily function from our true Soul. This will be because we can experience a thread running through our lives over an extended period of time. When we experience the transition

point between our last life experience and this incarnation, we have the opportunity to recall our intention for the life we are living presently. I call this our 'Soul's Purpose'. It acknowledges we have made an agreement – a Divine Contract – for the life ahead.

YOUR SOUL PURPOSE

Your Soul's choice leads towards your Soul Evolution. Until you appreciate the reason why your Soul decided to incarnate on Planet Earth at this time in history, in whatever country, in the family you find yourself in, then you can never step into your real power and create a life of your own choosing.

SOUL DNA

Just as our physical body unfolds according to various genetic patterns, encoded in our DNA, our Soul also has a 'code', an inbuilt formula based on the desire to create a meaningful life. The Soul has been carrying this code through many lifetimes, on a journey to realise its potential. Every time we incarnate, our Soul is looking for an opportunity to expand its possibilities into something greater. Just as a small child needs to learn scales and practice simple piano pieces, before advancing to the great classics, so our Soul needs to practice certain possibilities and may move through several lifetimes before reaching self-mastery. These possibilities will vary from one individual to another, and the form in which they present may be very different, but the thread of the Soul's desire will be a constant for each individual.

OUR DIVINE CONTRACT

The philosopher Plato describes how a Soul makes various choices before incarnation and then chooses a 'daimon' – a guiding spirit or angel – who will be ever-present during the Soul's journey. This process of making choices I call the Divine Contract. This Contract is a spiritual code, just as our DNA is a physiological code.

Plato also describes how, in the process of being born and during our childhood, we normally forget what these choices were. It is our task in life to remember our Divine Contract and follow our commitment to realising our potential. All our actions and lifetime choices need to be grounded in the terms of this Contract, any other choices are very likely to lead towards general feelings of dissatisfaction at best, and to tragedy at worst.

How much time do we have?

Plato's story concerning our pre-birth commitments includes the idea of a predestined amount of time available to us. In Greek mythology, the 'Moirai', or 'Fates' – three sister deities – were incarnations of destiny and life. Clotho, spins the thread of life; Lachesis draws lots and determines how long one lives, by measuring the thread of life; and Atropos, the inevitable, chooses how someone dies by cutting the thread of life with her shears.

Personally, I believe the Moirai are not external deities, but represent possibilities available to all of us. We spin our own thread of life, out of the necessity to create meaning. When we lose our sense of meaning, or when we give meaning to possibilities that have no significance for our Soul, then our life's thread begins to dwindle. We can claim the right to life and continue to live for as long as we wish, in order to fulfill our Soul's desire – as long as we have a passionate intention to participate in life and to create beauty, then we can go on living. We spin time out of our desire to live, as silkworms spin endless silk thread out of their tiny forms.

What do we do with our time?

Once we have established our core commitment, our Divine Contract, we can begin to look around us for a pathway that will be satisfying and meaningful. Even if, for a while, we need to use some of our time just to earn some income to pay the bills, we can, nonetheless, still hold true to our Soul values and give plenty of attention to developing our real passion.

For some, fulfilling the Soul's needs does not necessarily match up with a way to create an income, and other activities may be involved. The great poet T. S. Eliot (1888–1965) had a day job in a publishing house. The philosopher Spinoza (1632–1677) did not expect to earn an income from writing his great work, *Ethics*, but instead worked at grinding lenses. William Blake (1757–1827) worked as a hired engraver, while in between times he wrote his own poetry and created his own art works. When someone gets paid handsomely for spending all their time following their Soul's desires, we can send up a cheer to heaven. But money is not a primary concern for the Soul. Your main concerns have to be:

- ☀ What is my Soul's Purpose, chosen before I incarnated?
- ☀ How do I best live my present life in order to fulfill my Divine Contract?

HOW CAN YOU KNOW YOUR SOUL'S TRUE PURPOSE?

Knowing *why* you are here is the first building block, the foundation for all spiritual and personal development that will support all your practical choices: what you need to learn, your career, your relationships, where you live, how to create abundance.

So many people come to me because they are floundering and have no sense of direction. They are like an archer with a quiver full of arrows who cannot see the bullseye, which is hidden among trees. The archer's task is to carve a clearing around the target, gauge the distance, align intention, pull back the bowstring and let loose the arrow.

For most human beings, the trees are more like weeds than trees. They represent the social conventions and pressures that have grown around us during childhood and adolescence to obscure a clear vision of a future that is based on Soul Purpose, not on social requirement. In order to clear the way we need to identify the thoughts and emotions that have confused our sense of Purpose. Like the Sleeping Beauty, your Soul awaits you in a palace surrounded by brambles.

We can therefore choose how long we live, according to the light of our own Soul. We can also choose how to die. But in order to claim these possibilities we must make a full commitment to living life, not as a 'brief candle' but as a blazing torch. Your Soul's choice leads towards your Soul Evolution.

HOW CAN YOU KNOW AND UNDERSTAND YOUR SOUL'S TRUE DESIRE?

You use a glass mirror to see your face; you use works of art to see your soul.

— George Bernard Shaw (1856–1950)

You need to look at what has been going on so far in your life, with a forensic attention to detail. Consider yourself a Sherlock Holmes, scouring every avenue for clues.

Everything is there from the beginning, so identify the contents of your personal story and uncover the hints. The picture so far may seem like a jigsaw puzzle for which you don't have the box lid, but if you look closely you will begin to see colours and shapes that make some sense. Know your family and ancestral background – you have chosen this family with all its positive and negative possibilities. Why might that be? There are many suggestions for doing this research in my book, *Working with your Guardian Angel*:

- ☀ Your astrological chart holds a huge amount of information about your potential, but the golden key for uncovering your destiny is in the placement, by sign and by house, of the Moon's North Node.
- ☀ Seeking inner wisdom using oracular cards can also reveal information usually unavailable to your conscious mind.
- ☀ Create a very personal work of art – maybe a picture, or a collage.
- ☀ Write an adventure story in which you are the main character. Use your own name, or a variation of it that makes you feel strong. Tell the tale in the third person, as though you are describing someone else's life.
- ☀ Book a personal Soul Evolution reading with me – I use both astrology and my own channeled *Angels Script* wisdom cards.

ACCESSING YOUR SOUL'S DEEPEST DESIRES

Your Soul's Purpose, being an intrinsic part of you, is encoded in your deeper consciousness. Here is one way to unlock the door to those deeper levels.

- ☀ One evening before bed, write out your full name (as it was when you were registered after birth) with your date of birth. Write with your best lettering on a special piece of paper.
- ☀ Sit with this piece of paper in your hand and meditate.
- ☀ As your mind settles, make the following request:
Here I am, living in this world with all its possibilities of joy and delight, or hardship and pain, and I need to understand why I am here and the best way to live my life in order to fulfill my Soul's Purpose. Send me wisdom through a dream, or by any other means, so that I can see through the veil of confusion and gain clarity. Then I will feel confident when making life choices and setting my compass for my future path.
- ☀ Put the paper under your pillow before going to sleep.

The process of asking for this wisdom invariably provokes a dream, or, during the following few days, some kind of realisation or sudden awareness can occur.

People who take up a commitment to regular meditation often find they gain insights concerning past lives, and sometimes have spontaneous recall of the end of their previous life and the choices they made for the current one.

Be confident that the answers you need will arrive

Every Soul journey is unique and your ability to discover, for yourself, the true path for this incarnation, may take some time to uncover. Be reassured, the wisdom you need is available. It is locked in to your very being. As it says in the gospel:

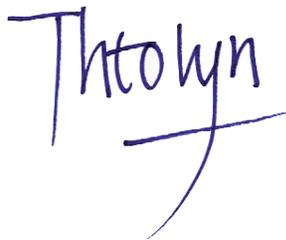
Ask and it shall be given you. Seek and you shall find. Knock and it shall be opened unto you.

— Matthew 7:7-8, Luke 11:9

Whenever you are feeling lost or confused, remember the answer is there for you, even though it may be hidden in mystery. What is necessary for your understanding will be revealed.

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Keep shining!

A handwritten signature in blue ink that reads "Theolyn". The letters are connected and have a fluid, cursive style. The "T" is tall and thin, and the "y" has a long, sweeping tail that extends downwards and to the right.