



SOUL RECOVERY

THE 9 STEPS OF

1. WE UNCOVERED OUR SUBCONSCIOUS PROTECTION MECHANISMS AND REALIZED THAT WE DIDN'T KNOW HOW TO CONTROL THEM.

2. WE LEARNED THAT ALONG WITH A HIGHER POWER, WE COULD CO-CREATE A NEW REALITY FOR OURSELVES.

3. WE MADE THE DECISION TO ALIGN OUR OWN WILL, WITH THE WILL OF OUR HIGHEST SELVES AND TIMELINE.

4. WE BRAVELY EXPLORED ALL THE WRONGS DONE TO US, AND THROUGH US, AND CAME TO FORGIVE OURSELVES - MAKING AMENDS WHERE WE COULD, AND HONORING THE FEELINGS OF THOSE WE HAD HURT WHILE OPERATING FROM OUR LOWER SELVES.

5. WE ACCEPTED OUR ROLE IN THESE MATTERS AND SURRENDERED THE SHAME, GUILT, RESENTMENT, AND SUFFERING TO OUR HIGHER SELVES FOR HEALING AND TRANSMUTATION.

6. WE CONSCIOUSLY CHOOSE TO TAKE RESPONSIBILITY FOR HOW WE SHOW UP IN THE WORLD THROUGH OUR THOUGHTS, WORDS, ACTIONS, AND REACTIONS; KNOWING THIS IS ALL WE CAN CONTROL, AND IS WHAT DICTATES OUR REALITY.

7. WE MADE A LIST OF ALL THE THINGS WE CAN CONTROL WITHIN OUR REALITY, RECOGNIZING THESE THINGS CAN ONLY BE FOUND WITHIN OURSELVES, AND BECAME WILLING TO WORK AT THOSE THINGS EVERY DAY.

8. THROUGH DAILY PRACTICES THAT STRENGTHEN OUR RELATIONSHIP AND CONNECTION TO OUR HIGHEST SELF, WE CONTINUALLY BUILD TRUST WITH OURSELVES- CLEARING WOUNDS AND TRAUMAS, REDISCOVERING SELF-LOVE, AND CREATING A HOME WITHIN OUR BODIES AND COMMUNITIES.

9. AS A RESULT OF THIS SPIRITUAL AWAKENING, WE WISH TO SHARE THIS MESSAGE OF HOPE, HEALING, AND NEW WAY OF BEING WITH EVERYONE WE MEET THROUGH OUR VIBRATION, ESSENCE, TRUTH, AND AUTHENTIC SELF-EXPRESSION.

The 9 Steps of Soul



Recovery



1. We uncovered our subconscious protection mechanisms and realized that we didn't know how to control them.
2. We learned that along with a higher power, we could co-create a new reality for ourselves.
3. We made the decision to align our own will, with the will of our highest selves and timeline.
4. We bravely explored all the wrongs done to us, and through us, and came to forgive ourselves - making amends where we could, and honoring the feelings of those we had hurt while operating from our lower selves.
5. We accepted our role in these matters and surrendered the shame, guilt, resentment, and suffering to our higher selves for healing and transmutation.
6. We consciously choose to take responsibility for how we show up in the world through our thoughts, words, actions, and reactions: knowing this is all we can control, and is what dictates our reality.
7. We made a list of all the things we can control within our reality, recognizing these things can only be found within ourselves, and became willing to work at those things every day.
8. Through daily practices that strengthen our relationship and connection to our highest self, we continually build trust with ourselves- clearing wounds and traumas, rediscovering self-love, and creating a home within our bodies and communities.
9. As a result of this spiritual awakening, we wish to share this message of hope, healing, and new way of being with everyone we meet through our vibration, essence, truth, and authentic self-expression.