

**Foundation vs Safe Zone**  
**a journey to listening to the soul voice**

When you are feeling pressure to perform, to transform your life, to do more. Be mindful.

Take three deep breaths with me:

One to be here now, just here, try to not think of the past or the future. Just be in this moment.

Breathe again into the now, into your body, unclench your jaw, lower your shoulders from your ears, breathe into your belly, relax your shoulders down you back, close your eyes if you feel comfortable.

Breathe iinto your heart space, into whatever that means for you, breathe into the organ, that space in the center of your chest. And focus your energy there. Breathe into your heart.

Ask yourself a question:

the most important question you need an answer for.

And listen to what your inner voice is saying.

It can be speaking in words, in a feeling or sensation or in emotion.

Your inner voice from a soul, never speaks in should or need. There is no pressure. No panic, no shortness of breath.

Your soul communicates in waves of allowance, of support, of grace.

It supports by giving you space and time to navigate your environment.

Listen intently to what your inner voice sounds or feels like.

The ego speaks in pressure, in fear, in need, and in lack. It says you are in your comfort zone and you need to do more, you should do more.

Your soul always speaks in support, if you take this step it will allow more opportunities to flow.

If you take this risk, maybe you dont know the outcome but you have a foundation you can build on. We can afford to grow from what you have built. It is all about allowance, allowing yourself small or large steps towards growing your foundation.

Thank your heart for whatever is has to communicate with you, thank it for having the wisdom to guide you. If nothing comes thank it for giving you some peace in the moment.



### **Grab your journal**

- Why do you feel a "need" or "should"?
- Why are you feeling lack?
- Is this a desire to grow, or a "should" to hustle?
- Is this a desperation?
- Do you have a solid foundation?
- What have you built to support you?
- What skill set, or foundation supports this move?

Questioning yourself isn't a bad thing. It is healthy to understand your situation and gain insight before acting. Perhaps you have worked hard and have the skills and training to move on. Perhaps you are selling yourself short and your skills could be better utilized. Maybe you have small steps to take, maybe you have large rocks to climb. Either way, do you have your footing, can you make a plan, is there a way to do this that makes you feel empowered. All of these questions are healthy to fully understand your position so you can make a larger impact on your future and be sustainable.

We all carry our own medicine in this world. Some of us are creators of things, some of us are the thinkers and intellectuals of things, some of us are the guides and leaders of people, some of us are hands on healers. Not everyone can quite their job and coach for a living. Some of us that isn't our souls medicine and our souls mission. Be mindful that the steps you are taking should be a growth process, should never put you totally at a point of desperation. It allows you to explore and build one block and one step at a time. Even if your pushing large boulders, you have built the strength and skills to do the heavy lifting. Some large boulders are small rocks to some if they have built foundational tools to move them with ease. Some small boulders are really hard to move if you are doing a lot of boulders at the same time. Be mindful of what you are taking on, how much you can handle and how you can remain healthy in your mind and body.

### **Finally it is important to take time and ask yourself, is this ego or is it soul purpose.**

- What voice am I feeding?
- How is this informing my behaviour?
- What is and isn't in my control?
- What can or can't I change?

If your inner voice is full of ego and pressure to the point that you can't discern an alternative. Seek support. This is what therapy is for.