

Introduction



The first time I grasped the truth that *I have the power to create the life of my dreams* was the day I pulled out my childhood journals and had the lightning-bolt realization that I was living out, in real life, a fantasy story I had written as a child.

Like all children, I often fantasized about what my life would be like when I grew up. These imaginative stories helped me to get through the tough times when I found myself living in orphanages and children's homes from a very young age.

As a child from the remote bush country of Australia, far from any cities and even more removed from the rest of the world, I visualized myself doing all the most exciting things a small child could imagine – sailing the seven seas, climbing snow-capped mountains, exploring the jungles of Africa, encountering wild animals, crossing the Sahara Desert, seeing the Seven Wonders of the World, studying with holy men and women in India, Peru, Egypt, and other exotic locations, having movie stars for neighbors in America, becoming a writer – and so much more. I wrote most of these childish dreams down in my secret journals as adventure stories.

It wasn't until I was a young adult, many years later, when I pulled out my faded collection of childhood diaries, that I realized I had in fact lived out all of my childhood fantasies, including meeting royalty, something I'd completely forgotten about. This also meant it was time to create some new dreams.

Although I was already a published author by this time, I was suddenly gripped with an irrational fear. Though most writers already live with the trepidation that their writing might be perceived as mediocre and boring, I now developed the additional fear that through the act of writing down my wishful dreams and fantasies; somehow they were all destined to come true! What truly terrified me was the thought that if my writing was bland and uninteresting, that somehow *my life would also turn out that way*. Talk about writer's block!

Yet when I thought about the kinds of passionate, secret dreams I'd had as a child, and how excited I was when I wrote about them, I understood that the magic I'd created in making these dreams spring to life was not in the details of what I wrote, but in the intensity of my feelings in putting them down on paper. It was not only my passionate longing that made my dreams come true, but my

willingness to follow my soul's calling, no matter how far out of my comfort zone it took me.

This realization probably didn't make me a better writer, but it did shift the focus of my life's journey to a deeper exploration of life's mysteries. And this led me to study with teachers like Denise Linn, and to the work of helping other writers make their dreams come true. Thus, the book you are holding in your hands is the manifestation of a particularly magical collective dream, a dream visualized by all of its authors.

It has been foretold that the global shift in consciousness, taking place in the year 2012 and beyond, will transform all of our lives. Yet it is also said that because we create our own reality, our outer world is actually a mirror of our inner world. Does this mean that when we see massive changes taking place in both our immediate environment and in the wider world that we are simply perceiving such changes due to our own inner process of transformation? Are these changes in fact the result of all of our collective dreams? And if so, what can we do to ensure that they result in the life we've longed for, both collectively and as individuals – the life of our dreams?

One thing is certain. Change is inevitable. Just as a tiny seed is transformed into a majestic tree through contact with nutrients in the soil and the elements of water and sunlight, so too do we experience growth and transformation through daily contact with the elements, and the people and events which shape our world. In this grand adventure called Life, every incident and relationship we encounter is an opportunity for growth. We can either choose to grow with ease through love and joy, or we can resist change through the experience of fear and struggle.

Denise Linn has always said that we do not need to suffer in order to grow. Thus, we can accept this process of personal transformation and change just as the caterpillar effortlessly transforms into a glorious winged butterfly. And as we learn to love ourselves and accept both our weaknesses as well as our strengths, we expand our capacity to extend this same understanding and compassion towards others. Life becomes sweeter, and we are more capable of accepting inevitable changes with humor and grace.

The truth is that if we are *not* living the life of our dreams, we need to take action to create necessary changes. This may feel uncomfortable at first because it requires pushing ourselves out of our comfort zone, even though for many, this comfort zone may be imbued with the dissatisfaction and pain of unfulfilled dreams. Yet it is only after we have taken this first self-initiated step in the direction of change – towards creating the life of our dreams – that the magic can truly begin. The good news is that we are never alone on this journey.

Constant whisperings from your soul are steadily guiding you towards the life of your dreams. It is our soul which forms the link between our body and spirit, and to the greater forces of the universe. In no small way we are all connected with everything and everyone in the great web of life, which conspires and collaborates with us to support all of our adventures in self-discovery. Thus, ordinary events in

our lives can be filled with messages and meaning, if we would only stop to listen. Soul Coaching® provides a comprehensive system of deciphering these truthful and loving messages from our soul.

This book contains a collection of stories and voices gathered from professional Soul Coaches across the globe, with the specific intention of helping you to discover the life of your dreams, one which will bring you the deepest meaning and greatest joy.

As Denise explains, Soul Coaching® is a remarkable program designed for anyone seeking phenomenal spiritual cleansing, renewal and transformation. Its aim is to align one's inner spiritual life with their outer life. It helps to clear away mental, emotional and physical clutter, so that you or your client can hear the secret messages whispered from the soul. It also allows you to discover your true purpose, so you can design a life that supports that purpose.

Soul Coaching® goes beyond the boundaries of ordinary life coaching which focuses on the attainment of goals. It is also not a program of emotional therapy. Soul Coaching® is a guided inward journey to touch the sacred space within. Every Soul Coach knows that their clients are naturally intuitive and resourceful, and understands that each client already has all the answers he or she needs. It is the job of the Soul Coach to create a safe, nurturing space for their clients to discover their own knowledge, while they listen with their heart as well as their ears.

Soul Coaches work in several ways. They may take their clients on inner meditative journeys called Soul Journeys to receive profound answers to heartfelt questions. They can also gently guide their clients through a 28 day program that is a deep inner and outer clutter clearing of the mental, emotional, physical and spiritual aspects of Self, a journey represented by the Medicine Wheel and the ancient elements of Air, Water, Fire and Earth. This 28 day program is often followed by quiet time spent alone on a personal Quest.

By journeying through the pages of this book, you are invited to embark on an exhilarating voyage of self-discovery, learning to decipher your soul's loving messages, helping you unlock the secrets to living the wondrous life you were always destined to live.

Each Soul Coach represented in *Soul Whispers III* brings a unique approach to their Soul Coaching® practice, based on the wisdom and expertise accumulated from a variety of healing modalities and from many different professional fields.

May you be uplifted by their poignant personal stories, and inspired by the wealth of practical exercises and soulful secrets they've shared. Enjoy exploring life-changing techniques, each designed to help you and your clients move through fear to clear your clutter from the inside out, allowing your authentic Self to be fully expressed – and with this new-found clarity, to joyfully participate in the everyday magic of living the life of your dreams.

Let the adventure begin!

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