

Introduction



*That which is below is like that which is above,
that which is above is like that which is below,
to perform the miracles of the one thing.*

These words are said to have been inscribed on the Emerald Tablet, known as *The Secret of Secrets*, attributed to the Egyptian Hermes Trismegistus and recorded for posterity in a letter from Socrates to Alexander the Great.

In the notion “as above, so below,” *above* represents the universe and *below* represents oneself. Like the yin-yang symbol, each lies within the other. Thus by understanding one we may begin to understand the other, and thereby gain an understanding of the whole. Indigenous wisdom expresses this best as “everything is interconnected.”

The Emerald Tablet text became an important reference point for alchemists from medieval and renaissance times through to Carl G. Jung in the past century, since it was believed to contain the secrets of enlightenment.

At its heart, alchemy is the process of transforming our mundane human consciousness (lead) into spiritual consciousness (gold). The result of this transformational process is the discovery of the mythical ‘Philosopher’s Stone’ (enlightenment).

The mythological definition of an alchemist is someone who takes something lacking in apparent value and turns it into something of great worth. In the traditional allegory, the alchemist takes lead and, working with various elements, turns it into gold.

We could go further and view this symbolic substance, lead, as something which is not particularly life-enhancing, something which is weighing us down. This could be seen as anything which stifles our life force or holds us back from fulfilling our highest potential.

Instead of ignoring, avoiding or discarding this material, the alchemist uses this leaden substance as the raw material from which to create a magical transformation. After all, without raw material the alchemist would have nothing with which to work.

By using the analogy of alchemy in our own lives, we can take our perceived problems (the lead) and view them as opportunities for growth (raw material)

thus transforming them into inspired breakthroughs in our personal awareness and new life force. This leads us on to living a fulfilled life at our highest potential (the gold).

Like alchemy, Soul Coaching® is a self-initiated process of transformation through the four elements. These four elements, Air, Water, Fire and Earth, have, since ancient times, been connected with balance, harmony and healing. They provide us with a time-honored pathway to follow, a journey which opens and expands our awareness, offering a sense of sacredness to our everyday lives.

This collection of writing by experienced Soul Coaches gathered from all over the world invites you to listen to the whispers of the four elements as they speak to your soul, guiding you towards your true life direction, allowing you to create a life of deep meaning and joy.

Soul Coaching® takes you on a journey through the four elements directly to your spiritual source, at the same time providing a comprehensive system for deciphering their whispered messages. With each element you explore, something new is activated within you.

As Denise Linn 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 your client can hear the secret messages from his or her soul. It also allows your client to discover their true purpose, so they 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 type 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 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 may also be followed by quiet time spent alone on a personal Quest.

Some of the reported side effects of this alchemical journey are mental clarity, renewed passion and creativity, the release of outworn beliefs, increased intuition, the healing of emotional wounds, enhanced self-image, healed relationships, a sense of compassion and community, and an awareness of the light at the core of the soul.

Each Soul Coach represented in *Soul Whispers II* brings a unique approach

to their Soul Coaching® practice, based on years of knowledge and skill in many different professional fields.

The variety of distinctive voices, the depth of expertise, the wealth of practical exercises and personal sacred ceremony shared here is truly remarkable! May you be inspired to listen for the whispered wisdom of the elements as you read these stories.

By journeying through the pages of this book, you are invited to become an initiate into the secret alchemical process of the elements, to deepen your authentic connection with the true path of your soul.

May your journey be blessed!

SOPHIA FAIRCHILD
Sydney, Australia