

## Introduction



Like a labyrinth, the path of the soul is a spiraling journey, inwards to the central core of our being. This is the point of connection between all souls. Here, our soul's truth lies both hidden and expectant. From this most sacred place, our individual soul whispers messages to us through our dreams, magical synchronicities, and through all the encounters with meaningful people and events that appear on our path.

Our role is to pay attention to these small whispers, and to decipher their meaning, thus to discover and maintain true direction on our soul's path. This adventure sometimes requires overcoming fearful obstacles and life challenges that we ourselves have unconsciously created, and some that we did not. But in so doing, we may arrive at last at a place of peace and understanding, filled with a sense of deep belonging and communion with all of Life.

Constant whisperings and inner promptings from our soul steadily guide each of us on our life's journey. They not only help us to decide which destinations are most favorable to us, but to steer the fairest course. The Roman philosopher Seneca has said that "if a man does not know what port he is steering for, no wind is favorable to him." To take this analogy to its extreme, our decision about whether or not to pay attention to these whisperings can mean the difference between a fair and fruitful voyage, or getting hopelessly lost and foundering on the rocks of despair.

Soul Coaching® provides a comprehensive system of deciphering these truthful and loving messages from our soul. This collection of stories and voices, gathered from all over the world, is designed to help steer you in your true life direction, one that will bring you the deepest meaning and greatest joy.

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.

Each 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 learn how to take their clients on profound 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 profound inner and out clutter clearing of the mental, emotional, physical and spiritual aspects of self, a journey represented by the Medicine Wheel and the elements of Air, Water, Earth and Fire.

As you will discover through the pages of this book, each Soul Coach brings to their professional practice a unique approach, some based on years of assisting others through complementary healing modalities, and others through personal expertise gathered from many different professional fields. The richness and diversity of knowledge and writing shared here is truly a feast. Feel free to sample and enjoy!

The chapters in your hands contain an abundance of insight and wisdom, laughter and learning, hope and joy to accompany you on your Soul Coaching journey. It is my wish that this book will inspire you to explore new approaches and techniques in your Soul Coaching repertoire that will not only deepen your practice, but will also give wings to your personal soul voyage.

May your journey through *Soul Whispers* be a true adventure for your soul!

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