

Your Soul Is Talking, Are You Listening?

By Dr. Lynne Boutross

Isn't it time you stopped listening to your mind chatter and started listening to what your soul is longing to tell you?

Sometimes the signals of a soul letting you know you may be off course can show up in challenges in health, relationship, finances, weight, chaos, stress, depression, ADD, anxiety, unresolved trauma, difficulty focusing, procrastination or in not knowing your purpose. These are a few examples of distractions from what is really important for our fulfillment.

If our focus, attention and energy are on these signals, as if the signal were the issue to solve, we will miss the bigger message of the soul. These issues that we think we are to solve are merely portals to real healing. Is your focus on solving the symptom or is it on discovering how the symptom can guide you back on soul track?

How do we stray from our soul's course? We uncon-

sciously create a life course based on our fear of emotional history repeating itself combined with the pain of the love we didn't get. This combination of fear and pain begins to run us (this is the baggage that our mind chatter draws from), taking us off the course of our soul. Once we are in this state of unconsciousness, we lose our spiritual way.

Part of waking up is knowing that your childhood was not about you, it was about following the rules of your home and your parents' own fear and feelings of survival. It was about your parents not knowing how to love, connect, nurture, see, and understand the miracle of who you are. Your childhood was about what they didn't know, not your lovability. Letting go of these perceptions that you believe to be true as a result of what went on in your home, will open the lines of higher communication to the divine.

Fear can make us deaf and blind to spiritual guidance. The less emotional baggage, the more room we have to be present. The more present we are, the less fear we have. The less fear we have, the more available we are to hear and follow our soul's journey.

There are several avenues to guide you in moving into alignment with your soul and many reasons why you may not be connecting in the way you would like to. Sometimes folks get caught in a loop of depression or anxiety. They may need a natural supplement to bring balance to the body so that the soul work can be done with more grace and ease. Sometimes there is a trauma in the way of connecting with the soul that needs to be cleared. Sometimes fear of change or not being accepted (if you are your real self) can stop us from moving forward. Sometimes the threat of losing what you think you have can be the catalyst for not moving

forward.

If you have symptoms, aches, pains, disharmony in any area, fatigue, mental fog, can't remember short or long term, feel anxious, depressed, fearful, sad or are out of balance in any way, your soul is wanting to speak to you and bring you into alignment through healing your body. If your relationships are not what you would like them to be, your soul may be wanting to teach you something about love.

If you are not feeling fulfilled in your work, or want to know your calling, your soul is there to talk with you and help you know your purpose, joy and the service of your life. We are all here to have lives that are rich as we evolve on our soul's journey. Are you ready to step into a life that has been created for you by the divine?

Your soul wants to tell you how to live vibrantly on all levels. Connecting with your soul is a cure for feeling alone. Someone skilled in soul work can guide you in asking your soul the questions that will lead to your truth. We have choices: to try and survive within the prison of our chattering mind, or to allow the guidance and majesty of your soul to illuminate your destiny? What will you choose?

Dr. Lynne Boutross is a master intuitive and spiritual teacher born with the gift of sight. Through her on-target readings, she identifies and clears what is blocking others from living their highest life. She offers truly unique insight and guidance.
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