



RETURNING

with Rebecca Campbell

A PODCAST TO RETURN
TO THE WISDOM WITHIN

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THREE STEPS TO LIVING A SOUL-LEAD LIFE

Episode 6 Transcript

Hey, it's Rebecca. Welcome to returning a podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for attending. In today's episode, I am going to be sharing with you the three things that I do every day to live a soul lead life. To live a life that's in alignment with my purpose. And these three things, I think, are the things that have changed my life the most. So stay tuned. And we are not just going to be learning about these three things, but we're actually going to be doing them together. I know how precious your time is. So let's jump right into sacred space together now. Taking a deep breath in and in the center of your heart. Imagine a beautiful flower, invite it to open petal by petal, revealing a light in the middle. This is your wise, intuitive inner self. Your soul. Is the part of you that is always available to guide you, always waiting for you to return to it. Taking a deep breath in now with me and really inviting it to step forward now. And together, let's take a moment to acknowledge the keepers and custodians of the land where you are, where I am known and unknown.

So I want to share with you my secret today to living a soul lead life. As I said before, it literally took me 20 years to figure this out. But it's actually really, really simple and I'm going to share it with you now. So I call it the Three Steps to Living a Soul lead Life. And it really is how I live my life every single day. Over the past decade, I have really worked on trying to create a way of living that really taps into the wisdom of the soul and also source itself, the intelligent pulse of life, and then grounds it with daily action.

I do the three steps every day and they take me no more than 15 minutes. I really wish I knew about them earlier in my life but we'll be doing an abridged version of them as well together after I describe them to you. So you'll be able to see like, if you've got 5 minutes, you can use 5 minutes to do the three steps. If you got an hour you can spend a whole hour doing the three steps. So, yeah, just as always, I'm all about consistency when it comes to living a soul led life, a purposeful life. It really is about tuning in, but then acting on it in a consistent way. So I hope that you can use these three steps as a really actionable but doable support system in your life. So the biggest shift in my life really happened when I fully committed to showing up to not only listen to the whispers of my soul, the wisdom within, but then also acting on that wisdom, that guidance, that intuition in a

consistent way, like a regular rhythm. And that really is what the three steps are all about. So I'm going to tell you what the three steps are now, and then we will go through them one by one together.

Step one is to connect with your soul through some kind of soulful practice. Step two is to receive the call of your soul through a practice like Soul Inquiry, which we'll be doing together. We actually always do a soul inquiry in this podcast. So if you've listened before, you'll know it. And then step three is Act on the whispers of your soul by taking a baby step in that direction.

So let's just start now with what the word soul actually means. And this is obviously from my perspective. So I see the soul as the ancient wise part of us that chose to be here in this life, in this body, on this planet. At this time, I see the soul as being connected to the same intelligent pulse of life that tells flowers when to bloom, the seasons when to come and go. I see the soul as the part of us that is wise beyond values and is always calling us towards our most purposeful aligned life. For me. The soul speaks to us in whispers, in dreams, in visions and feelings, in longings and yearnings and creative ideas. If we really want to live a purposeful, soul led life, we really need to develop a relationship with our soul with our inner self and not just be available to listen to it, but really to invite it to step forward and lead us. This isn't dismissing the mind and the body. They're equally as important. But for me, living a soul lead life is about inviting the soul to lead us and then inviting our mind and our body to respond to that wisdom of the soul and to really build our life around that. Once you've developed a deeper relationship with your soul, with your inner self, you may find that you're able to hear, hear the wisdom a little bit more clearly and really be in what I call constant communication with it. So your mind, your body and your soul are really in constant communication, in a constant dance. Showing up to the three steps each day will really deepen your connection with your soul, and it really will support you through all of the seasons, all of the changes of your life.

The three steps don't just connect you with your inner wisdom. They take it two steps further by inviting your mind and your body to really be put to work and be led by your soul. So it really is about the consistency and the embodiment of the wisdom of the soul. So I'm going to walk you through each of the three steps now in more detail, and then we are going to dive in and actually do the three steps together. So step one is connect with your soul. Step one is really simple. It's about showing up to a regular daily practice. I commit to showing up to a regular, non-negotiable spiritual practice. That's something that's really, really changed my life. And so this could be anything from a particular meditation you do, you could chant, you could walk in nature, you could dance, read poetry, journal, any kind of practice that invites your soul to step forward and your mind to step aside. So I love really nourishing practices. I know that we're all called to different practices. It doesn't matter what the practice is, but I personally like simple meditations or chanting. So you know that you have made a connection with your soul when you have this feeling of time stretching and expanding. You may feel like you've dropped into the center of your heart and perhaps you may have an increased capacity to listen. You may feel a calmness come over,

you may feel your heart expand an inner compassion may be more readily available to you, and ultimately you'll likely feel a connection to the wisdom within, which is really the connection to your soul. Your intuition, your daily sacred practice doesn't have to take an hour.

10 minutes is great. If you've only got 5 minutes, do it for 5 minutes. But as I always, always say, I think with sacred practice, consistency is the key. So just select the amount of time that you know that you'll be able to show up to your sacred practice with rhythm. When I decided to show up to an unbroken daily practice, my life really began to transform. And I can't say it enough. It really is the best decision I ever made. My meditation practice tends to be about 10 minutes long because that's the amount of time that I can show up with rhythm. When I became a mum, showing up to my standard meditation practice was a little bit trickier, especially in the first first year when my babies were babies. I've got a 33 month old now, so yeah sometimes you get your meditation and your daily practice might have to shift up, so. Find what feels achievable to you. And I think when we're clear on what our practice is, it's just easier to keep showing up to it rather than being like, oh, what am I going to do today? Because, yes, sometimes that can be a barrier. So choose what practice will serve you the most and really feels nourishing and achievable. Easy to do.

Step two is to receive the call. So receive the call of your soul. As I mentioned earlier, the soul tends to speak to us really subtly. It doesn't shout, it tends to whisper. In most cases it can speak to us in feelings, in knowing, in visions. I've personally found that providing a clear structure to receive the message from your soul is a really powerful thing to do. Obviously, we can receive messages from our soul every moment of every day, but having a container where you tune in each day is super powerful, and each day we really are bombarded with messages from outside of ourselves, from the media, from other people, from work, from social media, so many different sources. And so that's why I think it's really important to take time and it can just be a tiny little bit of window of time in your day to tune in and to receive a specific message from your soul. As we do this, I see the soul as being connected to really the intelligence of life source itself. And so when we're connecting with our soul we're also tapping into that amazing intelligence. And that's why I think in many cases, it feels just so incredible when we do connect in with our inner self. The structure that I used to receive the call, to receive a message from the soul is soul inquiry. Soul inquiry is simply put, entering into a dialog with your soul. So you essentially just ask a simple open question to allow your soul to step forward and speak to you. One of the soul inquiry prompts that I use the most is what is your soul calling you to do? And so you can respond to that by saying, Today my soul is calling me to. And then you fill in the blank. And I recommend doing the soul inquiry process in written form. So writing down your answers, writing intuitively, you can fill an entire page or several pages if you like. I normally do a couple of pages of intuitive writing if I've got the time. If not, I'll just do a paragraph. If I've only got, you know, 60 seconds to do the soul inquiry.

But I normally spend about 5 to 10 minutes writing, generally about 5 minutes. And so you can fill the entire page, several pages, or just even write one sentence, if that's all you've got the time to do to receive the call, you can just write literally one sentence. And so when you're writing, I really

want you to not second guess it. Don't think about what you're going to write before you write it. Just trust what comes and try not to overthink it. Really begin moving your hand across the page with the pen before you know what you're going to write. So it really is like inviting the wise part of you, the soul, your inner wisdom, to guide your hand. It also doesn't have to make sense what you write. Just trust what comes through. Get your handwriting and you can start it by saying My soul is calling me to and then like start writing that before you know what your soul is calling you to do. And the more you do it, the more confidence you have and the easier it gets. So if it's a bit tricky for you at first, don't worry, it will get easier. Just like any relationship, the more time you spend listening to your inner self, your soul, the deeper the relationship gets and the easier it will become to differentiate between the voice of your head and the voice of your soul. And I've actually recorded another episode on this exact topic called How to Stop Second Guessing Your Intuition. So yeah, if this is something you want to explore more, check out that episode.

Next is step three, which is to act on the call. So all of the intuition in the world, in my opinion, is absolutely pointless unless we actually act on it. And that really is what step three is all about. Receiving intuition is one thing, acting on it is completely different. Sometimes when we hear our intuition, it doesn't always make sense and sometimes it can feel a little bit out of reach. So for example, I remember when I kept hearing the message for my soul to write books and do workshops, and at the time it just felt so far away from the life I was currently living. And that really is where step three comes in, because the key to step three is that it's not a great leap. It's not even like a big step, it's a little baby step. It's something that you can do literally today. It probably will just take you 5 minutes, doesn't have to take you hours and hours. But it's one thing that you can do today within the next 24 hours in the direction of the call of your soul. So the baby step for me, for example, when I was receiving the guidance to quit my job, write a book, change my career, it wasn't even to write the first chapter of the book. It was to literally write for 10 minutes that day. Other baby Steps were to research what writing platform I wanted to use. Like what writing program? That's when I found it. I think it's called Scrivener or Scrivener, which was the program that I wrote my first two books in, actually. So a tiny little baby step, it's not a huge leap. It shouldn't feel hard but the thing about leaps is that they look like huge leaps. But in reality, there are thousands and thousands of baby steps day after day after day.

As I was at the time, really committed to doing the three steps, connecting to my soul through spiritual practice, listening to the call, through soul inquiry, and then really being devoted to taking that daily action day after day after day. I began showing up to my writing, for my writing, really showing up to that call. And eventually after was probably just over a year, I had an entire book written. You know, it started with what's the title of the book? And then creating a book outline and then a book proposal and then a publishing deal. And then finally word after word, paragraph after paragraph, chapter after chapter. It turned into a full book. So really, don't underestimate the power of step three. Taking baby steps in the direction of the call of your soul. Will 100% transform your life if you do it consistently, you will really move from receiving guidance to actually living a guided life. And the more that you act on your intuition, the daily calls of your soul through these baby

steps, the more confident you're going to become in trusting your intuition when it comes and the easier it will be to differentiate between the chatter in your mind and the wisdom that is within you. When you're living a truly guided life, you will find yourself eventually, properly in the flow of life, so really in harmony with source energy itself. And it also just feels really good showing up each and every day and acting on the call of your soul, acting on the wisdom within through a teeny little baby step. Because I think so often we just, we overwhelm ourselves with all of the things that we need to do.

But if you're just like, this is one little thing I'm going to do to really honor the wisdom within, to honor my inner self, it will just feel absolutely fantastic. So listening and acting on the call of your soul is really not a one time thing. It really is, instead, a way of life. And it requires that we prioritize the connection that we trust the guidance that we receive, and then act on it each and every day.

So these three steps are my secret to living a soul lead life. It's not so much a secret because I'm sharing it with you, but it is the thing that has helped change my life the most. And so now we are actually going to do the three steps together. So ideally you will have a notepad and pen so you can write down your sole inquiry responses that come through. But if it's not possible for you right now, just stay. Stay with me anyway and you can speak it out loud or just hold your answer in your heart. And you can also just save this episode so you can come back to it. Skip ahead to actually doing the three steps with me. All right. So we're going to drop into the three steps now. Step one is connecting with your soul. And so I'm going to lead you to do this through a quick meditation.

So if you're able to close your eyes and it feels good, do that now. And just really slowing down your breath, dropping back into your heart space. Dropping back into your heart space. And let's just share a deep breath together now. And in the center of your heart, that beautiful flower that opened so beautifully at the beginning of the episode seeing that light representing your wise self, your soul, really inviting your soul to be here now. Breathing deeply, inviting that light at the center of your heart, at the center of the flower to grow a little bit brighter. A little bit bigger. And feeling perhaps your feet on the earth, imagining roots going down through all the layers of the earth until they reach a beautiful, sacred body of water. And inviting those roots to drink in any nourishment that you're yearning for. Now, drinking them pop into your body, sending it to any part of you that is yearning for it now. And in the heavens above, imagine a giant bowl of source energy inviting that light to come in through the crown of your head and drinking in any quality that you're yearning for now too. Feeling connected to heaven and earth. Now place your hand on your heart. Maybe one on your belly. And asking your inner self the wisest part of you. To really be here now. To really speak to you now. Your soul, your wise self. Asking this part of you. What is it yearning for? What does this wise part of you want you to know? Really connecting with your inner self. Resting in. Feeling supported, held and nourished. And asking your wise self, your soul. What is your soul calling you to do? What is your soul calling you to do? Just listening. Take a deep breath in. Now. When you're ready, begin to open your eyes. Maybe stretch. And now we're going to our soul

inquiry part of step two, to receive the call of your soul. So at the top of your notebook, if you have it, write the following soul inquiry up the top.

What is my soul calling me to do? What is my soul calling me to do? And then just let yourself write intuitively. You might want to begin your writing by saying My soul is calling me to. And then just let the pen fly. My soul is calling me to ...just trust what comes. Doesn't need to make sense. I'm going to give you some time to journal now. Okay. And if you feel complete, then finishing up or if you want more time, feel free to press pause and just come back to me to my voice when you feel complete. So reflecting on what has come through and receiving the call in step two through sole inquiry, now it's time to shift gears and to commit to a grounded action. This is what step three is all about. So the grounded action is the baby step that you're going to take. Say something that you are going to do today to act on the call of your soul. So I want you to write down now one small action, one little baby step that you can take today to act on the core of your soul. And a reminder. I want you to make it really small and achievable. So something that might take you 5 minutes. Something that's going to feel really, really easy and doable. Remember, it's a baby step, not a leap, and a reminder that the biggest leaps are actually thousands and thousands of baby steps, one after the other. Writing your baby steps down now.

Okay, So let's share a deep breath together now as we close this sacred space that we've stepped into together. I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. If you'd like the show notes from today's episode. I've written down what the three steps are and how you can really integrate and act on the calls of your soul. They're all in the show notes, so head over to [Rebecca Campbell.me](https://RebeccaCampbell.me) forward slash podcast to receive them and also head over there as well If you'd like to receive any new episodes or each new episode straight to your inbox as they are released. Thanks for being here with me and have a great day. The best decision I ever made was showing up to a regular daily spiritual practice. If you're looking to commit to explore, expand or deepen your own spiritual practice, you might like to check out the Free Discover your Spiritual Practice program. When you sign up for Discover your Spiritual practice. You'll receive seven days of free guided practice. So head over to [Rebecca Campbell.me](https://RebeccaCampbell.me) forward slash practice to get started.