

**ESSENTIAL PILLARS FOR SOUL EMBODIMENT:**  
**THE INNER PATH FUSION OF SPIRIT AND FORM**



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Akashic Ascension Academy

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## **Soul Embodiment: The Fusion of Spirit and Form**

Soul embodiment refers to the integration of our spiritual essence with the physical body, seeing the Self beyond the limitations of the physicality, the harmonious union of the soul's higher consciousness with our lower mind consciousness, feelings/emotions, & physical expression, resulting in a more holistic & authentic human experience.

The Soul is our Core Essence, the centre of who we are beyond the physical plane. The soul is our inner knowing, a higher aspect of our third dimensional self, that connects us to our spirit: the All Knowing I Am Presence Creator Self.

The more you work on the embodiment of your own Soul/Core Essence, the greater the ability you awaken to your own **Spiritual/Creator Intellect**, to be guided from within the space time of that higher conscious mind intelligence rather than the socially conditioned ego mind that is rooted in limitation & a false sense of survival.

Soul embodiment enables one to step fully & courageously into TRUE authentic self-expression, as the ability to assert & integrate higher core (spiritual) values will result in all round harmony & abundance as you become more aligned to the frequency of Natur -al Laws.

When you assert your own core values, you gain a greater clarity of your own desires/wants/needs, & thus the ability to set stronger healthier boundaries, to know what it is you want out of life & how to fearlessly go get it!

Healthy boundaries keep our integrity intact, resulting in a strong & healthy spiritual immune system, & strong energy field.

As a result, the less empathically over sensitive you become, as you learn to detach in healthy ways, & are better able to help & lift those around you without being drained of resources.

## **Many people ask me what it means to have “Core Values”?**

Our Core values are our own personal principals/ethics, what is important to us, what we strive to achieve & receive that helps us to maintain inner integrity.

Having core value also helps us to reciprocate the same values in others, based on our own principals.

Examples such as:

Respect, kindness, generous, reliable, loyal, thoughtfulness/caring, freedom, sovereignty, independence, truthfulness, openness, honesty, financial freedom/independence, & so on.

When we apply our core values, we have a greater tendency to stand in our own truth, & not allow ourselves to be compromised by ‘shiny object syndrome’ & other such egoic illusions.

My top 5 Core Values that I apply in all areas of my life, are:

Independence

Sovereignty

Truth

Thoughtfulness

Freedom



**Soul embodiment requires a greater awareness of self, it is not a matter of doing energy work/meditation, it is not something we do 1 or 2 hours per day, it is an integration. The following allow progressive Soul integration for Embodiment:**

#### Understanding the Soul:

The soul, often regarded as the eternal, non-physical essence of an individual, represents their deepest self. It encompasses their consciousness, emotions, beliefs, and purpose. The soul is often associated with qualities like love, compassion, wisdom, and interconnectedness.

#### Embracing the Physical Body:

The physical body serves as the vessel through which the soul interacts with the material world. It is through the body that the soul can express itself, experience sensations, and engage with others. Rather than perceiving the body as a mere tool, soul embodiment recognizes it as an integral part of the human experience.

#### Aligning Mind, Body, and Spirit:

Soul embodiment involves aligning the mind, body, and spirit to create a state of coherence and unity. This alignment allows individuals to live in congruence with their true selves, fostering a deep sense of authenticity and purpose. It involves nurturing physical well-being, cultivating emotional intelligence, and engaging in spiritual practices.

#### Integration of Consciousness and Emotions:

Soul embodiment emphasizes the integration of consciousness and emotions. This entails developing self-awareness and mindfulness to understand and honour one's emotions, while simultaneously elevating consciousness to a higher level of understanding. This integration enables individuals to navigate life's challenges more effectively, fostering personal growth and soulful living.

#### Expressing Soulful Purpose:

When the soul is embodied, individuals are more attuned to their unique purpose and gifts. They are guided by their inner wisdom and intuition, allowing them to make choices aligned with their authentic selves. Soul embodiment empowers individuals to live a life of meaning and fulfilment, as they contribute their unique essence to the world around them.

## **MY ESSENTIAL PILLARS TO ACHIEVING SOUL EMBODIMENT:**

### **1. Acknowledge & address the root of your pains:**

Avoid masking over them with temporary fixes that only serves to suppress rather than discharge the stuck energy. By temporary fixes I mean a false sense of positivity. While mindset is key to re-patterning the subconscious, it is important to acknowledge & address the pain in order to release & transform the energy.

### **2. Energy Clearing:**

Removing all the negative inorganic implants/entity attachments/parasitic structures, distance yourself from toxic relationships, that may include family members, lovers, friends etc, liberate yourself from the subtle mind control programming - thats most of everything you have been taught by society/what you see in the news, so you may better discern what is your own pain & what has been inherited by way of thought projection & inherited belief systems that deep down you know are distorted.

### **3. Energy Mastery:**

Daily energetic training to strengthen the spiritual immune system (SIS) & repair all the energetic field distortions within the Light Body structure (SIS). Examples: moving chi around your body with breath-work. Tai chi/qi gong, inner visualisations, micro cosmic orbit, expanding your bio field/heart torus, etc. (This will accelerate step 2).

### **4. Meditation:**

Start with just 10 – 20 mins. I recommend meditations that bring you in to a theta brainwave state – this will help to activate/develop the higher channels so you may create a clear channel of communication with your own inner Higher Self Intelligence (HSI) so you may awaken the intellect of this dormant aspect of you that has been ‘disconnected’ since early childhood, by design!

The more you commune with the HSI the more your ability to discern & read energy encryptions grows, the more ‘immune’ you become to the illusionary mind control, & better able to repel energy vampires & parasitic intrusions.

A healthy physical immune system naturally repels pathogens, so a healthy SIS (spiritual immune system) is fundamental in repelling spiritual parasites.

Step 4 will integrate steps 2 & 3 for a comprehensive & wholistic approach.

I offer all of this, & more, in my programs, with group healings & trainings.

### **Conclusion:**

Soul embodiment represents the harmonious integration of the spiritual and physical aspects of human existence. It involves recognizing the significance of the physical body, aligning mind, body, and spirit, integrating consciousness and emotions, and expressing one's soulful purpose. Through soul embodiment, individuals experience a profound sense of authenticity, fulfillment, and interconnectedness, leading to a life of purpose and joy.

**My 'Embodied Healer' Monthly Membership Portal is a great area to start, at only £44 per month. Try it out with the first month at half price.**

It is loaded with amazing content & powerful advanced healing activations, designed specifically for Healers & Spiritual Practitioners, so you may fully embody the transformation you desire.

The work is high frequency, so not suitable for beginners.

Here is the link to the info page: (Hit the JOIN NOW tab if it calls)

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**Apply code: 50OFF at checkout.**

I hope you have enjoyed this little insight in to taking back your power & control of your own inner alchemy.

**YOU ARE YOUR OWN HEALER/TEACHER/GURU.**

Feel free to connect with me any time to arrange a free breakthrough/discovery call if you want to chat about working together & how I may help you.

I offer group & private trainings, or 1-2-1 akashic readings & healing mentoring.

My goal is to empower individuals by helping them to find their own inner elixir & be their own Healer. I offer structure to those who need, as it is easy to get lost in the pain, & we each have our own requirements based on the wounds we have gathered as a result of our past experiences.



I help to guide you through any life blocks using my inner/intuitive abilities, to see in your Soul Record what you maybe cannot see through your own pain.

Reach out anytime.

Warmest blessings on your journey home to your TRUE Self.

With love

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