

# ESSENTIAL PILLARS FOR SOUL EMBODIMENT

## THE INNER PATH FUSION OF SPIRIT & FORM STARTER PROTOCOL



THE AKASHA TEACHINGS

[www.miarenner.com](http://www.miarenner.com)

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

We can compromise our spiritual or soul integrity through our experiences & behaviours. This often results in soul splitting / fragmentation, & disembodiment.

When we are disconnected from our soul body, we step out of alignment & instead, allow the illusions of our lower/ego mind to 'run the show' & this can result in 'spiralling' as we confine ourselves in low density experiences, lose our sense of self - worth, self – value, or self – respect, have no healthy boundaries, & lock ourselves in to a perpetual state of self - loathing, & thus sabotage.

I believe this is where most of humanity is, trapped in this lower density realm.

Sound familiar?

Soul embodiment refers to the re-integration of our spiritual essence with the physical body, seeing the Self beyond the limitations of the ego & physicality, it is 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 center 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.

**People often ask me what it means to have “Core Values” when I ask them “what are your most important 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 / Honesty**
- **Thoughtfulness / Kindness**
- **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 Pillars is a guide to facilitate an organic integration for Soul level 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 & unique Divine gifts.

They are guided by their inner wisdom & intuition, allowing them to make choices aligned with their authentic selves.

Soul level embodiment empowers individuals to live a life of TRUE meaning & fulfilment, as they contribute their unique essence to the world around them.



# **MY 4 ESSENTIAL PILLARS TO SOUL EMBODIMENT & SPIRITUAL FUSION**

## **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 – that's 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 5 – 10 mins if you are new to meditating, then build up to 10 – 20 mins.

Meditation helps to 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) & awaken the intellect of this dormant aspect of you that has been 'fragmented / disconnected', often in early childhood through traumatic or adverse experiences.

Our 'higher' self is the aspect of us that is connected to the 'cosmic mind' .. it is our Core Essence - who we are at soul level...

The 'cosmic mind ' is our inherent 'spiritual intelligence' ... it is NOT separate from our ego, or lower mind, though for many it has been 'fragmented' through 'soul splitting'...

Unlike the ego, the higher mind is free from karmic illusion & suffering, & so pending more time communicating with the inner cosmic mind, will help you to heal & re-integrate any fragmentation, & expand the 'higher self' intelligence.

The more you commune with your Higher Self Intelligence 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 healing/mentoring programs & 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.

I hope you have enjoyed this little insight & that it helps to give you some structure, so it encourages you in to taking back your power & control of your own inner alchemy.

## WE ARE EACH OUR OWN INNER HEALER/TEACHER/GURU



Feel free to connect with me any time to arrange a **FREE ALIGNMENT/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 passion is helping to empower & liberate individuals from the constraints of the lower mind matrix, by helping each to find their own inner elixir & be their own Healer.

I offer structure to those who need support, 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.



**\*\* SPECIAL INVITATION OFFER FOR YOU!**

**My 'Multidimensional Healing & Embodiment' Online Course is a great area to start, for more advanced & deeper level & impactful healings.**

**It consists of 12 x session webinars + a bonus Entity Clearing Training webinar.**

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

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

Here is the link to the info page:

<http://www.miarenner.com/multidimensional-embodiment-course>

It is on a special offer for just **£255**

Normal Investment is **£555**

Alternatively, I offer an intensive 30 days fast track transformation program with my Akashic Reading & Quantum Healing Protocol, where I help you to dive deeper in to the shadow body pains & programs preventing soul embodiment & blocking your soul work & abundant potential.

Link:

[www.miarenner.com/akashic-record-readings](http://www.miarenner.com/akashic-record-readings)

Or, if you are a healer/wayshower & called to learn how to do all of this for yourself & your clients, here is the link to my Akashic Record & Quantum Recoding Facilitator Certification Program

[www.miarenner.com/akashic-record-training](http://www.miarenner.com/akashic-record-training)

Please reach out any time.

Warmest blessings on your journey home to your TRUE Self.

With love Mia



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