



..... COMPASS DUE NORTH: .....

# Preparing for the Adventure

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## YOU AS A SOUL AND LEADING WITH INTUITION

Well, I'm just going to proclaim it.

You, sitting right here, are a rad little vibrating particle of God!

You are this awesome, bright, unique, complex yet simple bundle of energy.

Really!

Don't be mistaken for that fleshy, long limbed thing called your body and that cog turning apparatus called your brain. Yes, you're definitely those things too, but oh my, you're so much more!

You are a multi-dimensional, multi-sensory Being having an Earth experience. And right now, we are experiencing a huge global awakening. We are evolving organically and rapidly and it is super exciting! It also means that we cannot keep living our lives and conducting ourselves in the same way as we've always done.

This means intuitively, your interior senses are becoming increasingly alert. Our multi-sensory nature has been awakened as part of our natural evolution. You are not just relying on your five main senses and logic to make decisions anymore – you are energetically and intuitively attuning to unseen information and data being communicated through vibrations. You sense other people, businesses, ideas, products, businesses, systems and structures through energy, and you're doing this either consciously or unconsciously, taking the information in and absorbing it.



Your Soul Self then informs you through feeling and sensation. Thought and decision follow as you intuitively decide if the unseen data and information is aligned to you and your unique vibration and purpose.

We are no longer being governed by the external values and ideologies of our social constructs. We are reshaping them by reshaping our Selves.

I bet you can sense it too. That's what led you here, right?

And the best and most powerful tool you can possess right now is a strong awareness and trust in your intuitive self. Developing your intuition is not a novel idea - it is a necessity.

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## WHO YOU ARE

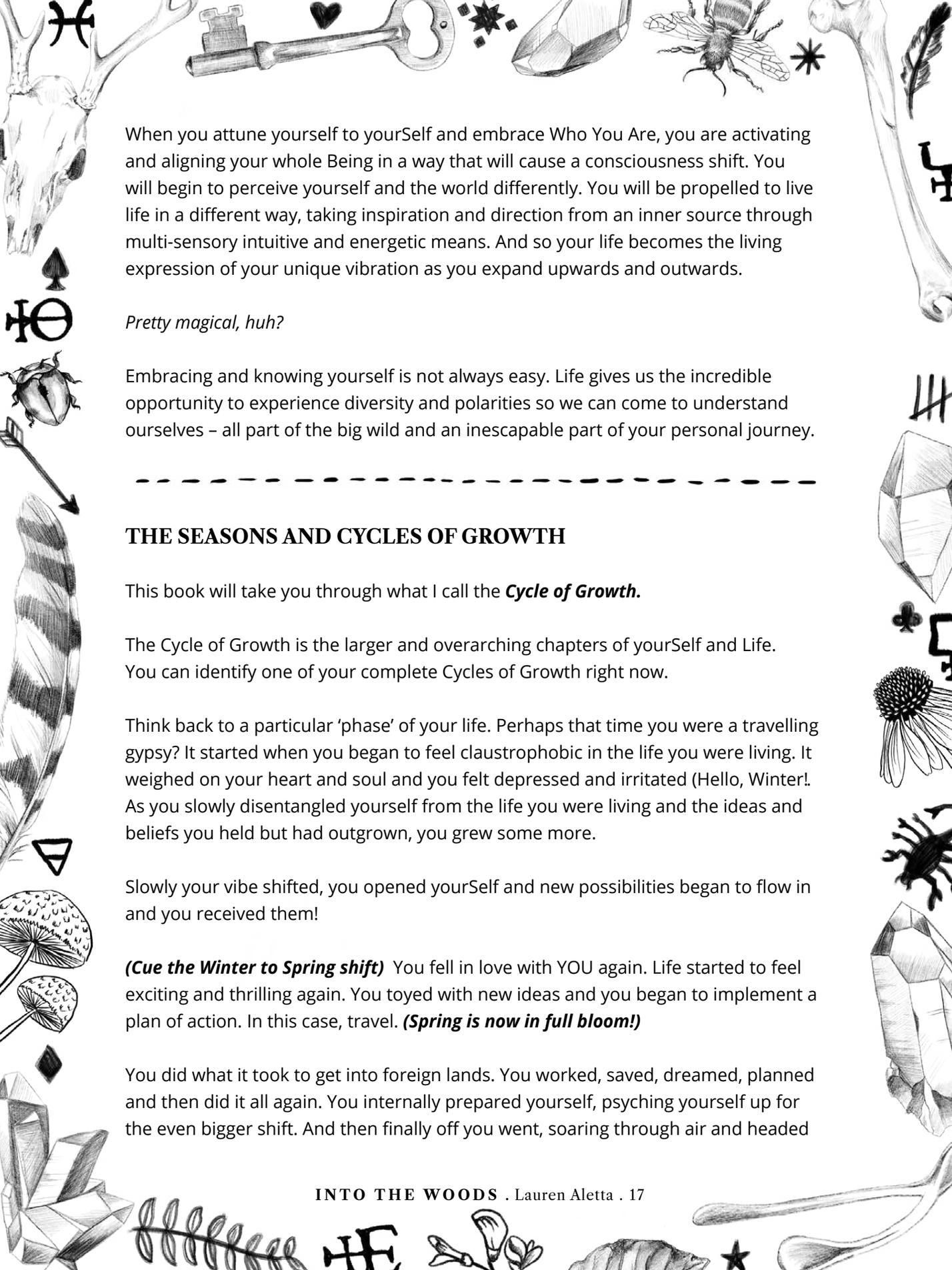
Let me tell you a little more about Who You Are and what you're made up of.

You are a beautifully unique combination of select vibrational layers distinct to you. Yes, just you. This vibration is a resource of information and data you draw upon, live from and are the expression of.

This is why you are skilled, knowledgeable and interested in certain things and not others.

The sum of your vibrations, especially the vibrations you draw upon the most, is what radiates outwardly into the world. Your unique set of energies is the framework of your soul work and purpose. When you embrace, utilise and promote within yourself all the things in which you are interested and skilled, you will naturally feel good about who you are.

YOUR AUTHENTICITY WILL SHINE THROUGH, AND LIFE, PEOPLE AND OPPORTUNITIES WILL RESPOND TO YOU ACCORDINGLY.



When you attune yourself to yourSelf and embrace Who You Are, you are activating and aligning your whole Being in a way that will cause a consciousness shift. You will begin to perceive yourself and the world differently. You will be propelled to live life in a different way, taking inspiration and direction from an inner source through multi-sensory intuitive and energetic means. And so your life becomes the living expression of your unique vibration as you expand upwards and outwards.

*Pretty magical, huh?*

Embracing and knowing yourself is not always easy. Life gives us the incredible opportunity to experience diversity and polarities so we can come to understand ourselves – all part of the big wild and an inescapable part of your personal journey.

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## THE SEASONS AND CYCLES OF GROWTH

This book will take you through what I call the **Cycle of Growth**.

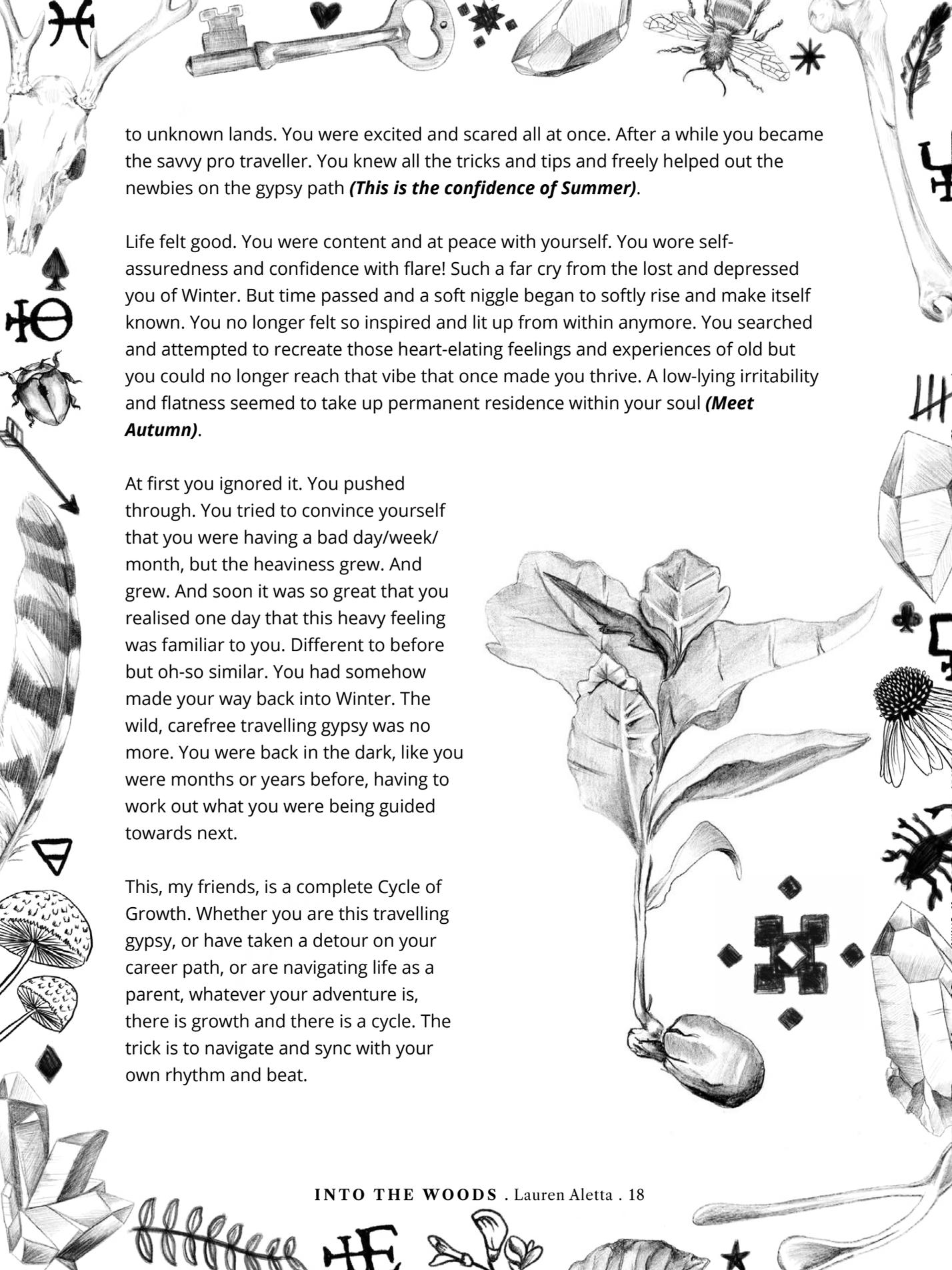
The Cycle of Growth is the larger and overarching chapters of yourSelf and Life. You can identify one of your complete Cycles of Growth right now.

Think back to a particular 'phase' of your life. Perhaps that time you were a travelling gypsy? It started when you began to feel claustrophobic in the life you were living. It weighed on your heart and soul and you felt depressed and irritated (Hello, Winter!. As you slowly disentangled yourself from the life you were living and the ideas and beliefs you held but had outgrown, you grew some more.

Slowly your vibe shifted, you opened yourSelf and new possibilities began to flow in and you received them!

**(Cue the Winter to Spring shift)** You fell in love with YOU again. Life started to feel exciting and thrilling again. You toyed with new ideas and you began to implement a plan of action. In this case, travel. **(Spring is now in full bloom!)**

You did what it took to get into foreign lands. You worked, saved, dreamed, planned and then did it all again. You internally prepared yourself, psyching yourself up for the even bigger shift. And then finally off you went, soaring through air and headed

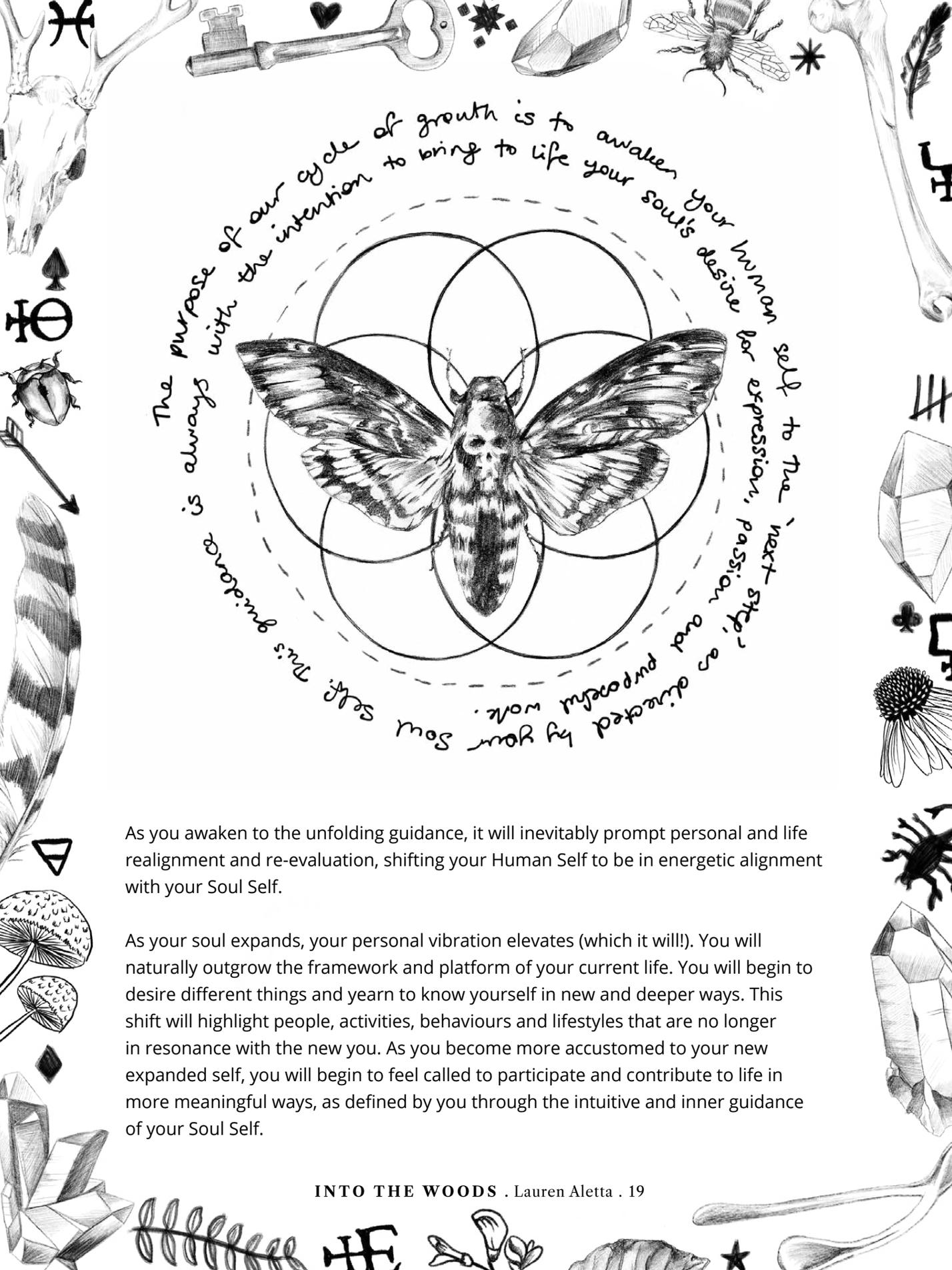


to unknown lands. You were excited and scared all at once. After a while you became the savvy pro traveller. You knew all the tricks and tips and freely helped out the newbies on the gypsy path (***This is the confidence of Summer.***)

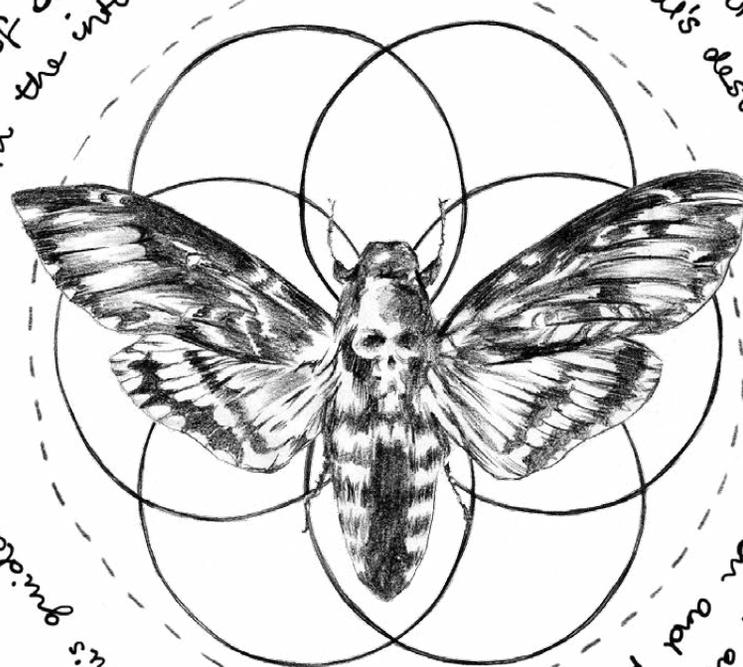
Life felt good. You were content and at peace with yourself. You wore self-assuredness and confidence with flare! Such a far cry from the lost and depressed you of Winter. But time passed and a soft nigggle began to softly rise and make itself known. You no longer felt so inspired and lit up from within anymore. You searched and attempted to recreate those heart-elating feelings and experiences of old but you could no longer reach that vibe that once made you thrive. A low-lying irritability and flatness seemed to take up permanent residence within your soul (***Meet Autumn.***)

At first you ignored it. You pushed through. You tried to convince yourself that you were having a bad day/week/month, but the heaviness grew. And grew. And soon it was so great that you realised one day that this heavy feeling was familiar to you. Different to before but oh-so similar. You had somehow made your way back into Winter. The wild, carefree travelling gypsy was no more. You were back in the dark, like you were months or years before, having to work out what you were being guided towards next.

This, my friends, is a complete Cycle of Growth. Whether you are this travelling gypsy, or have taken a detour on your career path, or are navigating life as a parent, whatever your adventure is, there is growth and there is a cycle. The trick is to navigate and sync with your own rhythm and beat.

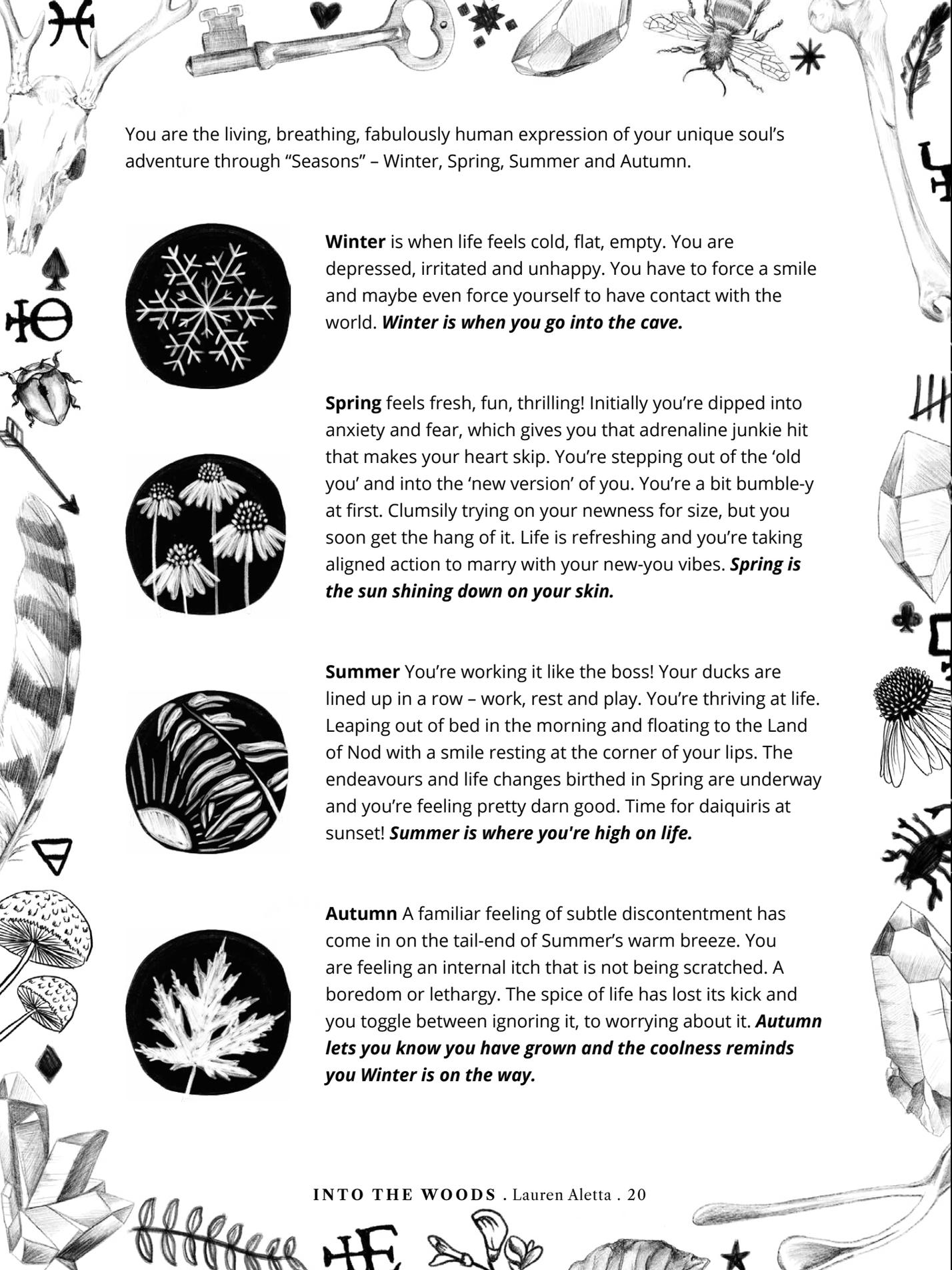


The purpose of our cycle of growth is to awaken your human self to the 'next step,' as directed by your Soul Self. This guidance is always with the intention to bring to life your soul's desire for expression, passion, and purposeful work.



As you awaken to the unfolding guidance, it will inevitably prompt personal and life realignment and re-evaluation, shifting your Human Self to be in energetic alignment with your Soul Self.

As your soul expands, your personal vibration elevates (which it will!). You will naturally outgrow the framework and platform of your current life. You will begin to desire different things and yearn to know yourself in new and deeper ways. This shift will highlight people, activities, behaviours and lifestyles that are no longer in resonance with the new you. As you become more accustomed to your new expanded self, you will begin to feel called to participate and contribute to life in more meaningful ways, as defined by you through the intuitive and inner guidance of your Soul Self.



You are the living, breathing, fabulously human expression of your unique soul's adventure through "Seasons" – Winter, Spring, Summer and Autumn.



**Winter** is when life feels cold, flat, empty. You are depressed, irritated and unhappy. You have to force a smile and maybe even force yourself to have contact with the world. ***Winter is when you go into the cave.***



**Spring** feels fresh, fun, thrilling! Initially you're dipped into anxiety and fear, which gives you that adrenaline junkie hit that makes your heart skip. You're stepping out of the 'old you' and into the 'new version' of you. You're a bit bumble-y at first. Clumsily trying on your newness for size, but you soon get the hang of it. Life is refreshing and you're taking aligned action to marry with your new-you vibes. ***Spring is the sun shining down on your skin.***



**Summer** You're working it like the boss! Your ducks are lined up in a row – work, rest and play. You're thriving at life. Leaping out of bed in the morning and floating to the Land of Nod with a smile resting at the corner of your lips. The endeavours and life changes birthed in Spring are underway and you're feeling pretty darn good. Time for daiquiris at sunset! ***Summer is where you're high on life.***



**Autumn** A familiar feeling of subtle discontentment has come in on the tail-end of Summer's warm breeze. You are feeling an internal itch that is not being scratched. A boredom or lethargy. The spice of life has lost its kick and you toggle between ignoring it, to worrying about it. ***Autumn lets you know you have grown and the coolness reminds you Winter is on the way.***



WINTER

▷ DISCOMFORT / CONFUSION ▷ FEELING LOST  
▷ SADNESS / DEPRESSED  
▷ LOW ENERGY

AUTUMN

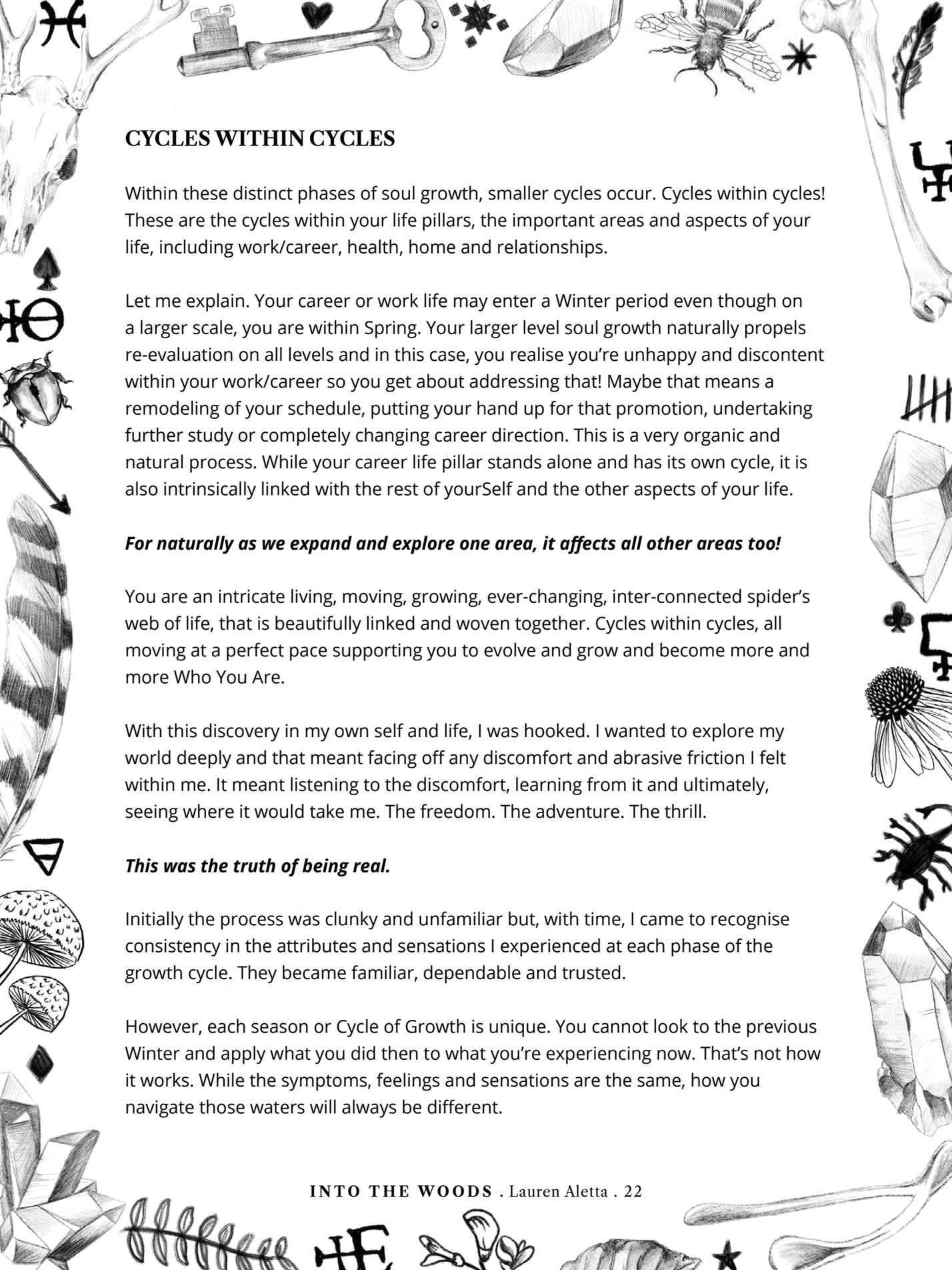
\* ROUTINE / BOREDOM \* BEGINNING  
\* UNSETTLING FEELING \* LESS ACTION,  
\* PATERN / INTEREST \* SEEKING SOUL INSPIRATION \* NOURISHMENT  
\* TO SEARCH AGAIN \* SEEKING SOUL INSPIRATION \* NOURISHMENT  
\* MORE SPACE

SPRING

♥ GATHERING OF IDEAS ♥ INSPIRATION  
♥ REDEFINING YOURSELF & YOUR LIFE  
♥ INCREASED ENERGY ♥ NEW ADVENTURES BEGIN  
♥ CREATIVE URGES

SUMMER

✦ FEELING CONFIDENT ✦ LIFE ALIGNMENT  
✦ ACTION & VITALITY ✦ HIGH ENERGY / FULL OF LIFE  
✦ POTENTIAL EXHAUSTION OR PUSHING FOR THINGS TO HAPPEN



## CYCLES WITHIN CYCLES

Within these distinct phases of soul growth, smaller cycles occur. Cycles within cycles! These are the cycles within your life pillars, the important areas and aspects of your life, including work/career, health, home and relationships.

Let me explain. Your career or work life may enter a Winter period even though on a larger scale, you are within Spring. Your larger level soul growth naturally propels re-evaluation on all levels and in this case, you realise you're unhappy and discontent within your work/career so you get about addressing that! Maybe that means a remodeling of your schedule, putting your hand up for that promotion, undertaking further study or completely changing career direction. This is a very organic and natural process. While your career life pillar stands alone and has its own cycle, it is also intrinsically linked with the rest of yourSelf and the other aspects of your life.

***For naturally as we expand and explore one area, it affects all other areas too!***

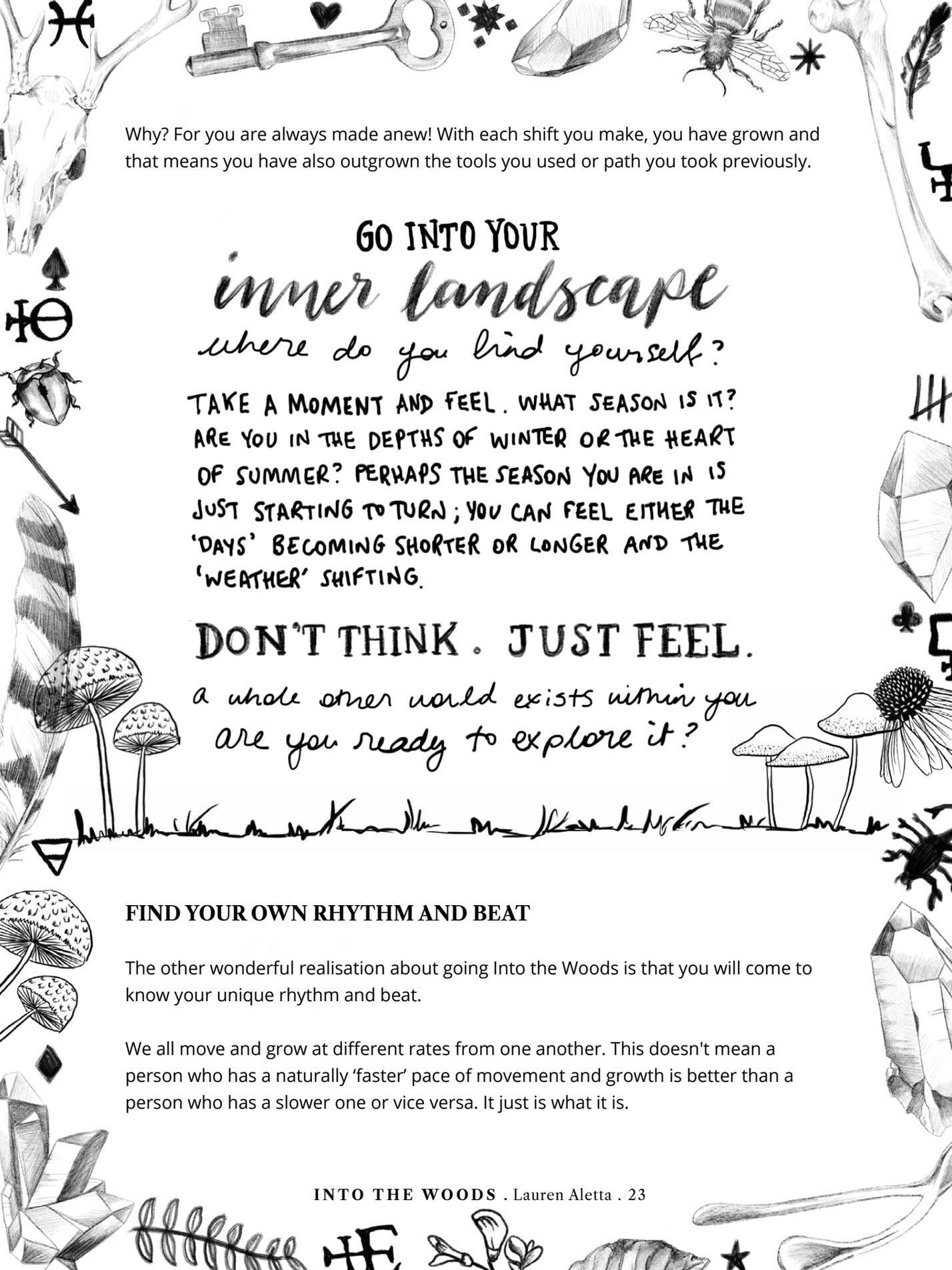
You are an intricate living, moving, growing, ever-changing, inter-connected spider's web of life, that is beautifully linked and woven together. Cycles within cycles, all moving at a perfect pace supporting you to evolve and grow and become more and more Who You Are.

With this discovery in my own self and life, I was hooked. I wanted to explore my world deeply and that meant facing off any discomfort and abrasive friction I felt within me. It meant listening to the discomfort, learning from it and ultimately, seeing where it would take me. The freedom. The adventure. The thrill.

***This was the truth of being real.***

Initially the process was clunky and unfamiliar but, with time, I came to recognise consistency in the attributes and sensations I experienced at each phase of the growth cycle. They became familiar, dependable and trusted.

However, each season or Cycle of Growth is unique. You cannot look to the previous Winter and apply what you did then to what you're experiencing now. That's not how it works. While the symptoms, feelings and sensations are the same, how you navigate those waters will always be different.



Why? For you are always made anew! With each shift you make, you have grown and that means you have also outgrown the tools you used or path you took previously.

**GO INTO YOUR**  
*inner landscape*  
*where do you find yourself?*

TAKE A MOMENT AND FEEL. WHAT SEASON IS IT? ARE YOU IN THE DEPTHS OF WINTER OR THE HEART OF SUMMER? PERHAPS THE SEASON YOU ARE IN IS JUST STARTING TO TURN; YOU CAN FEEL EITHER THE 'DAYS' BECOMING SHORTER OR LONGER AND THE 'WEATHER' SHIFTING.

**DON'T THINK. JUST FEEL.**

*a whole other world exists within you  
are you ready to explore it?*

**FIND YOUR OWN RHYTHM AND BEAT**

The other wonderful realisation about going Into the Woods is that you will come to know your unique rhythm and beat.

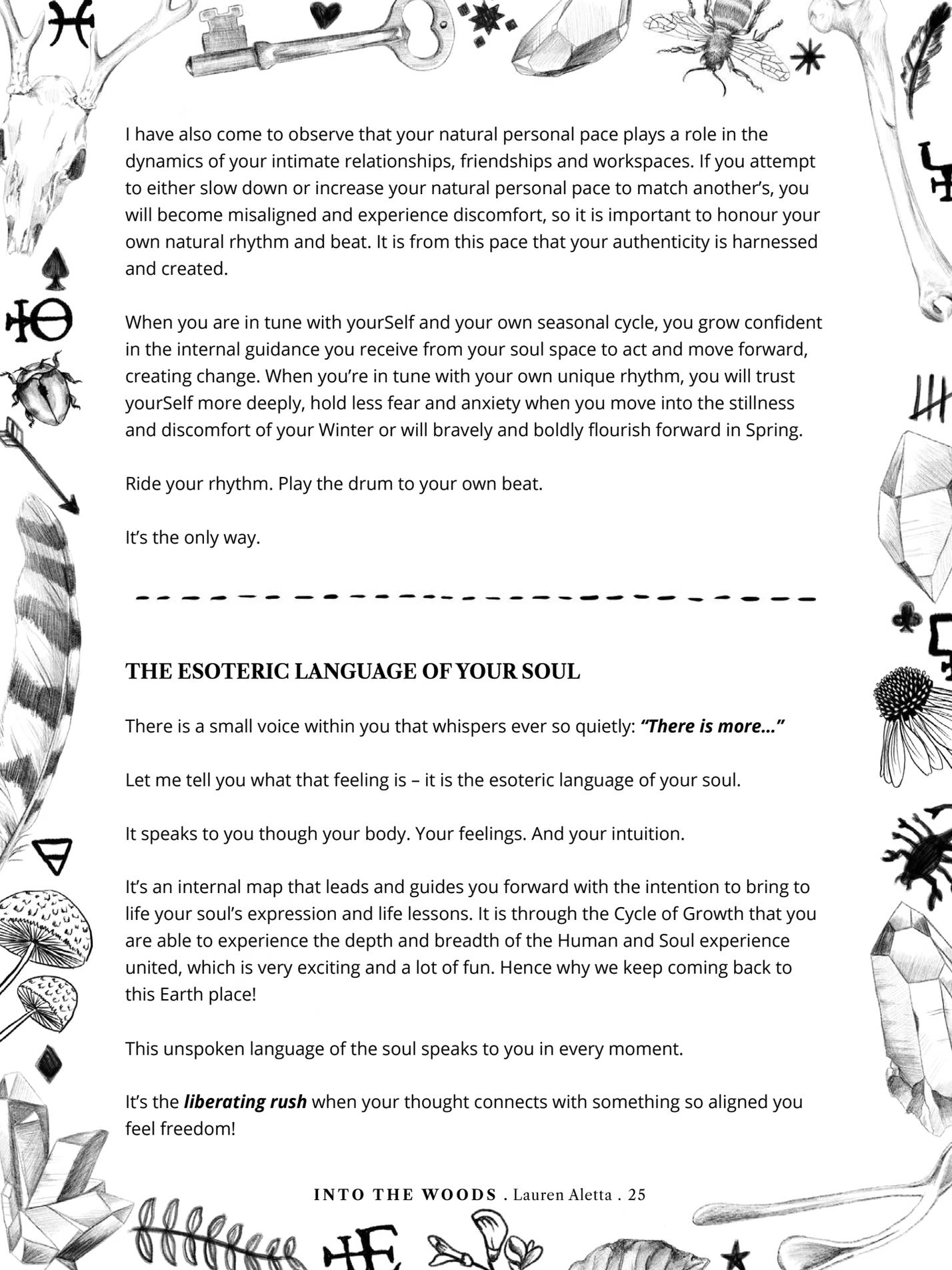
We all move and grow at different rates from one another. This doesn't mean a person who has a naturally 'faster' pace of movement and growth is better than a person who has a slower one or vice versa. It just is what it is.

WE ARE ALL

beautifully  
unique

Signatures of Light unto

Ourselves



I have also come to observe that your natural personal pace plays a role in the dynamics of your intimate relationships, friendships and workspaces. If you attempt to either slow down or increase your natural personal pace to match another's, you will become misaligned and experience discomfort, so it is important to honour your own natural rhythm and beat. It is from this pace that your authenticity is harnessed and created.

When you are in tune with yourSelf and your own seasonal cycle, you grow confident in the internal guidance you receive from your soul space to act and move forward, creating change. When you're in tune with your own unique rhythm, you will trust yourSelf more deeply, hold less fear and anxiety when you move into the stillness and discomfort of your Winter or will bravely and boldly flourish forward in Spring.

Ride your rhythm. Play the drum to your own beat.

It's the only way.

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## THE ESOTERIC LANGUAGE OF YOUR SOUL

There is a small voice within you that whispers ever so quietly: "***There is more...***"

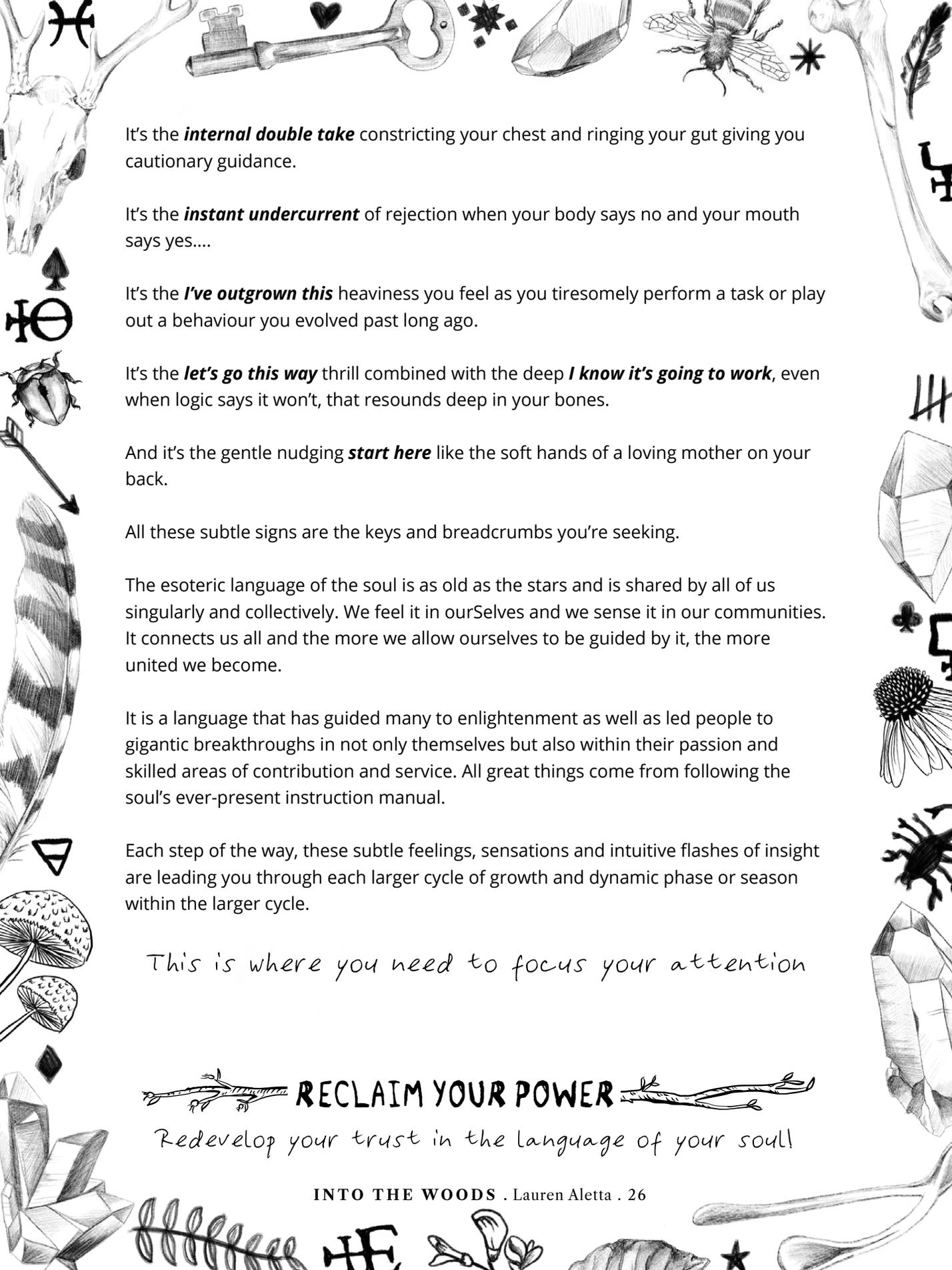
Let me tell you what that feeling is – it is the esoteric language of your soul.

It speaks to you though your body. Your feelings. And your intuition.

It's an internal map that leads and guides you forward with the intention to bring to life your soul's expression and life lessons. It is through the Cycle of Growth that you are able to experience the depth and breadth of the Human and Soul experience united, which is very exciting and a lot of fun. Hence why we keep coming back to this Earth place!

This unspoken language of the soul speaks to you in every moment.

It's the ***liberating rush*** when your thought connects with something so aligned you feel freedom!



It's the **internal double take** constricting your chest and ringing your gut giving you cautionary guidance.

It's the **instant undercurrent** of rejection when your body says no and your mouth says yes....

It's the **I've outgrown this** heaviness you feel as you tiresomely perform a task or play out a behaviour you evolved past long ago.

It's the **let's go this way** thrill combined with the deep **I know it's going to work**, even when logic says it won't, that resounds deep in your bones.

And it's the gentle nudging **start here** like the soft hands of a loving mother on your back.

All these subtle signs are the keys and breadcrumbs you're seeking.

The esoteric language of the soul is as old as the stars and is shared by all of us singularly and collectively. We feel it in ourSelves and we sense it in our communities. It connects us all and the more we allow ourselves to be guided by it, the more united we become.

It is a language that has guided many to enlightenment as well as led people to gigantic breakthroughs in not only themselves but also within their passion and skilled areas of contribution and service. All great things come from following the soul's ever-present instruction manual.

Each step of the way, these subtle feelings, sensations and intuitive flashes of insight are leading you through each larger cycle of growth and dynamic phase or season within the larger cycle.

*This is where you need to focus your attention*

 **RECLAIM YOUR POWER** 

*Redevelop your trust in the language of your soul!*



THIS IS YOUR WILDEST ADVENTURE

it's **RAW, REAL** *and the most*

*rewarding experience*

OF YOUR LIFE

**Why?** Because you have the opportunity to be and do You.  
Not always unabashedly or conveniently, but with honesty and truth.

And what can only ever stem from that is a life rich in alignment!

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## YOUR SOUL CONTRACT

Most of us can feel deep within a sense of ourSelves that is the greater, grander and larger aspect of Who We Are.

It is this feeling that informs us of what we are capable of and propels the search for our soul purpose so we can be of service to the world in divine ways. You want to know what you should be doing with your life. What your true gifts and talents you possess. Who you are and why you're here.

You look out at the world around you in search of meaning and answers while ignoring what it is you're being gently guided to do internally.

The well worn path family, culture and society has carved out for us to follow casually undermines and erodes our connection, leaving us with an ever-present, low-lying



sense of conflicting fear. Fear that you are not honouring yourself and that innate knowing in your chest you're here for something more. And then there's the fear of stepping away from societal constructs and what that may mean as well. Slowly but surely this is all changing now.

Since birth, you have been connected to an unseen energetic flow of wisdom, knowledge and information (also known as your Soul Self. However, we have come to a point in our lives when that flow of insight is so foreign we barely even recognise its whisper, let alone trust it. After decades of ignoring the natural flow of intuitive wisdom and soul purpose information (unique and distinct to each individual), we are coming back full circle and returning to and living from the knowledge within.

What we so often forget – or maybe don't even realise – is that our life's work is the result of the true work we do in developing a connection between our Human Self and our Soul Self.

***Your soul contract is with yourSelf.***

Your soul contract is not in expressing and living out your soul purpose. That is the byproduct of having an aligned and powerful relationship between your Human Self and your Soul Self! When this relationship is symbiotic, it is growth inducing, life inspiring and will organically ripple out into your whole being, naturally urging you to make changes, to course correct and live your life differently.

A deep-seated connection and unfolding of your Soul Purpose will then follow.

A self-certainty will rise and your path will become clear each step of the way and not before.

You will begin to emit a powerful and vibrant frequency and your life will change in deliciously subtle and sometimes grand ways.

***You do not 'find' your Soul's Purpose.***

***You do not have to look for it.***

***You have a contract to honour between your Human and Soul Self.***

***From there, the magic will cascade.***

