

an explorative journey into the depths of *your true self*

WEEK 2

Repose

A passage journey e-series | Autumn 2013 | www.wildearthspirit.com

Traveling the path... It's Oct. 25th, 2013

Soul {Core} Beliefs

Understanding and giving name to our core beliefs helps us easily access and connect with our higher sense of self. Our core beliefs can provide structure and strength. They can also be a home base to return to when we are feeling discouraged or find ourselves tangled in a “not enough” knot. Our gifts, abilities and those things that we believe about ourselves (on a soul-level) to be part of our true design. To get in touch with these things, it is wonderful to approach it from your higher sense of self; from the heart. Explore this a little and start a list.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.

“At the center of your being you have the answer; you know who you are and you know what you want.” —Lao Tzu

Reflect: enter and rest. It's Oct. 26th, 2013 

"Only when the clamor of the outside world is silenced will you be able to hear the deeper vibration. Listen carefully."
—Sarah Ban Breathnach

Today, we reach the last quarter of the moon. It's a time to slowly begin to let go of the intensity of the last week; of all that was blooming and birthing. Clear your sacred spaces. Organize a bit, putting things back in their places and prepare for the upcoming rest and release.

What might need some attention? What are some things that could use some clearing or organizing?

As you reflect, shine some light on your blessings and/or what you are grateful for.

Traveling the path... It's Oct. 27th, 2013

"THERE COMES A POINT WHEN YOU BEGIN TO CONNECT TO THE DOTS, WHEN THE CHOSEN PATHS BEGIN TO MEAN SOMETHING, WHEN THE PICTURE STARTS TO REVEAL ITSELF. IT IS PROBABLY NOT AT ALL WHAT YOU HAD ENVISIONED, BUT SOMEWHERE DEEP INSIDE, PERHAPS YOU ALWAYS KNEW. THE JOURNEY WAS THERE FOR A REASON. ITS WAS THERE FOR YOU AND FOR THE OTHERS THAT HAVE TRAVELED ALONG WITH YOU. THE STRENGTH AND COMFORT THAT COMES FROM THAT AWARENESS IS AMAZING AND BEYOND WORDS. ONCE EXPERIENCED, IT BECOMES THE BIGGEST PART OF YOU. SO LET IT UNFOLD. LET YOUR LIFE REVEAL ITS LESSONS. FOLLOW YOUR HEART, AS IT WILL NOT LEAD YOU ASTRAY. FIND YOUR PASSION AND LET ITS ENERGY RUN THROUGH YOU IN WAYS YOU HAVE NEVER EXPERIENCED. WITH THAT, YOUR REAL LIFE WILL BEGIN."

—[ANGELA BUSHMAN](#), [A SOUL'S JOURNEY HOME](#)

{Space for creative ideas or notes}