



Susan Bock

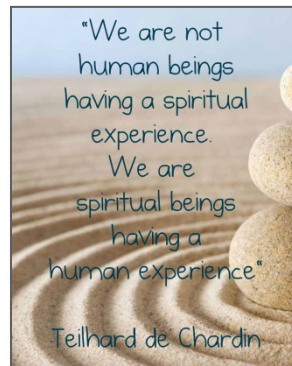
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Everyone talks about connecting with their soul, but what does mean? What is your soul? What does it feel like? How do you know when you are connecting with the true essence of You?

The truth is, these questions can be so overwhelming – so vast and so deep – that people are reluctant, hesitant and often stymied when it comes to answering them. They don't know where to start or what to do. They don't know whom to go to for help.

That's where I come in. And that's why you're here! This is my intention: the following pages are written to guide, mentor and coach you to identify your soul, connect with it and establish actionable concepts you can use daily to strengthen your connection and sustain it for the rest of your life.

Fact: each and every human being comes into this world with a soul or spirit. This is stated so beautifully by Pierre Teilhard de Chardin, a French philosopher and Jesuit priest:



Before we go further, I want to make the distinction between religion, spirituality and soul.

Religion, Religious:

1. The belief in a god or a group of gods
2. An organized system of beliefs, ceremonies and rules used to worship a god or a group of gods
3. An interest, a belief or an activity that is very important to a person or group

Spirit, Spiritual, Spirituality:

1. The force within a person that is believed to give the body life, energy and power
2. Having similar values and ideas; related or joined in spirit
3. The inner quality or nature of a person

Soul, Soulful, Soulfully:

1. The immaterial essence, animating principle or actuating cause of an individual life
2. A person's total self
3. An active or essential part of self
4. The moral and emotional nature of human beings

Why do I make that distinction? So that you and I can begin this adventure from the same place, space and understanding. Happiness is an Inside Job is about discovering or rediscovering your soul and connecting with your soul. That way, from this day forward, you will have a new perspective about your “self,” your family, friends and loved ones, and – most important – you will be connected to a force so powerful and vast, it defies definition.

Unfortunately, our society is not designed to support soulful living. It promotes acquisition, consumption and accumulation. Buy this to feel good about yourself. Take this pill to feel better about yourself. When you own this, you’ll be happy. No doubt, you can add to this list ad infinitum.

To put it very simply, we receive two messages each and every day:

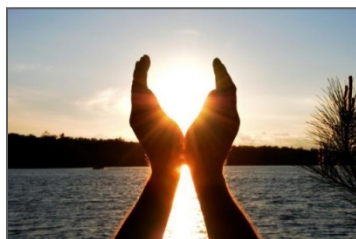
1. You are not enough
2. More is better

These messages are the foundation of the myth that happiness, wholeness, acceptance, success and love are acquired. It’s time to bust this myth, to stop buying into the belief that we need “fill in the blank” to be complete.

Here’s what I have discovered to be true:

We come into this world with a beautiful soul.

Our soul is connected to a source greater than we can imagine.



As children, we are completely connected to the wonderment, the divine, this unstoppable power source. As we grow, mature, start acting like adults, we lose the connection. It all but disappears from our awareness, consciousness and acknowledgement. The curiosity

we had as 5-year-olds is eclipsed by commitments, obligations, experiences and struggle – all a result of knowingly or unknowingly absorbing the messages that you are not enough and more is better.

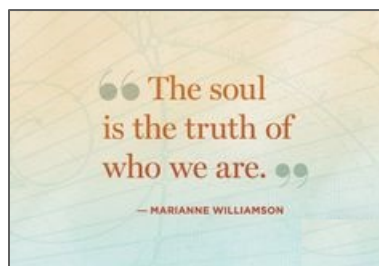
Here's the good news – there is a way of disengaging from these constraints, of breaking free of the tentacles that are holding you hostage. The way is to discover and connect (or reconnect) with your soul.

Discovering your soul is essentially discovering your true inner self or essence. Through this discovery, you are able to align with your purpose, your passions and a power greater than you, so that you feel whole.

Your soul is always there for you to connect with. It has never left you. You don't need to reach a certain stage of enlightenment or spend hours practicing; your soul is always available to you as a tool of guidance and support. You don't need special equipment or tools, no special clothing or accoutrements. You don't have to go to a certain building or room, a park or a mountaintop.

Your soul is with you right now, as you read these words. It resides within and is patiently waiting for you to say hi. Your soul asks nothing of you, expects nothing, demands nothing. It is present to give you gifts of encouragement, conviction, belief, strength. It is all-knowing and all-giving.

Your soul is all about you. Aligning with your soul can help you live a more conscious, mindful life. It can also help you transcend your ego and tune in to your highest purpose.



You can learn to awaken and heal your soul to access the inner powers you've lost or forgotten. The power of the soul is passion, creativity, intuition and connection with a power greater than ourselves. Regardless of which spiritual path or religion you follow, you can access the power of your soul to create a life worth living.

Your soul is endless, infinite and timeless and, as I said, it's waiting for you to say hi. So let's make the introduction by exploring four ways you can connect with your soul.

1. What do you love and/or love to do?

Without putting too much thought into it, make a list of things that you love or love to do. To help you get in touch with this, think about what you're doing when you completely lose track of time; when you look at the clock and are amazed that an hour – or two – have passed, and it feels like only minutes. Or think of the occasions when you are perfectly content, feel fulfilled and are completely at peace with yourself and your surroundings.

Keep going, writing as many things as you can – the more words, the better. If you really want to dig deep, challenge yourself to write 100 things. You will most likely be writing from the absolute depths of your soul.

All of the things written on this list, especially the first few words and the last few words, are ways in which you connect with and nourish your soul. These words are the way in which your soul feels alive and aligned. We have learned to replace our passions with duties and obligations. Most people have decided they don't have time to explore their heart's pleasures and passions, and starve their souls.

Make time each day to do something you are passionate about or that brings you genuine pleasure. The more you give your soul the things it loves, the stronger it becomes, and the more connected you will feel to it. Remember, your soul is the essential and active core of who you are.



2. What is your definition of soul, soulful self and soulful living?

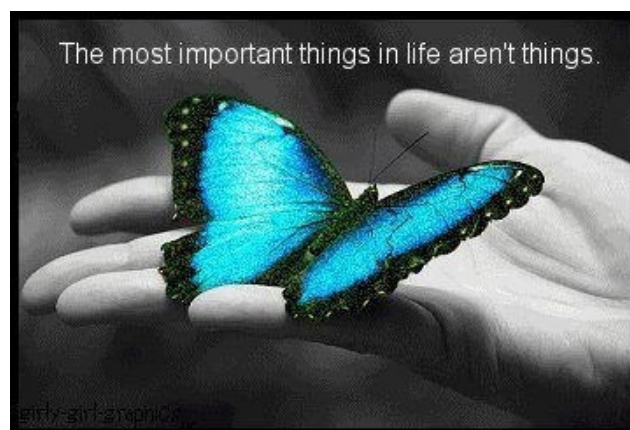
You may have “borrowed” definitions from others. We often do, because it is easier and faster. I lived for decades on borrowed definitions of success and soul. It wasn’t until I was in crisis that I took a time-out to discover my definition of success, what living a soulful life meant to me and what measures I was willing to take so that I could connect with my soul.

My invitation to you is to define or redefine what you deem important to you. Use your words, your experiences and your soulful connection to bring meaning, definition and clarity to your daily life. Take the time to go deep, and connect with the essence of who you are. Everyone has a soul and can have an unwavering connection or relationship with their soul. Everyone is soulful, and through their soul they can connect with a power greater than themselves.

You can do this by taking baby steps – you don’t have to create your dictionary in one day! Start by making a list of words you use to measure value, progress, importance, significance. Another way to think of this is – what are your benchmarks?

Once you have the list, choose one word, and think about it and what it means to you. As an example, let’s look at success. You want to be successful – how do you know when you’ve achieved it? What is success in your life? Relationships? Family and friends? Professional? Physical? Spiritual?

This is not a race; there are no prizes for the first to finish! This is your life, and you have choices to make each and every day that can pull you away from or take you closer to your goal of achieving success. Only when you know what success means to you can you make the choice that will take you closer.



3. How are you feeling?

A typical response to this question is: “Fine,” or “I’m fine.” We may say it when we’re not fine, or we’re just so-so. It’s fast, easy and expected. I’m fine, you’re fine – now let’s move on.

Your feelings are the most direct route to your soul. Your feelings don’t lie; your soul doesn’t lie. To create a strong and viable connection, you have to get honest with your feelings. This can be scary, intimidating and even frightening. Speaking from my own experience, I had spent decades running, hiding and burying my feelings. I went to great lengths *not* to feel – including adopting addictions and destructive behavior. Here’s the irony. The further I sank into the addictions, the worse I felt; and that downward spiral continued. I fed my addictions rather than face my feelings and nourish my soul.

Fear is what drove me into the arms of addiction; hope is what pulled me free from its clutches. In a moment of utter despair, I made an appeal for help. I said the words out loud: “Please help me.” It was completely honest, genuine and authentic – and that was the first time I realized the power of expressing my feelings. It was a massive relief. I felt heard. And I sensed the hint of hope, the presence of something greater than myself that would be with me on my journey out of the darkness and into the light.

Getting honest, opening up and acknowledging your feelings is the beginning to living in the light of your soul. I invite you to find the path that will enable you to experience your feelings and open the door to connection. Let the light into the darkness.

For some of you, the path may be journaling; for others, it may be talking into a voice recorder. For some, it is therapy or counseling. Still others will choose drawing or sketching. The method matters not; what does matter is that you find what works best for you to express the repressed emotions that are bottled up inside you. What lies beneath your repressed feelings are your creativity, passions, intuition and imagination. It is like finding buried treasure. The price you have to pay is your willingness to feel, accept, own and express those uncomfortable emotions of anger, hurt, disappointment and fear. When you do, you’ll create a more harmonious space for your soul to dwell.



4. Connecting with Nature

Spending time in nature and really being present to all the beauty around you can instantly connect you with the essence of who you are. Being in nature can also help you put your life into perspective and quiet your mind, especially if you are stressed, worried or anxious.

Are you thinking, “Who isn’t stressed, worried or anxious?” Or, “If you had my life, you’d feel stressed, worried or anxious.” Here’s what I know – those feelings are always available to us. And when we allow – yes, allow – those feelings to take up residence, they can eclipse all other feelings. I’m not suggesting these feelings are bad – to the contrary. Each of these feelings serves a useful and vital purpose in our lives. The trap we fall into is allowing them to consume our lives. The trap isn’t visible, tangible or identifiable. It is insidious and seductive.

Here’s the good news; nature is there for you. When you are feeling stressed, worried, anxious (or fill in the blank), it’s time to go outside. Being in nature – observing, experiencing, enjoying and noticing how your breathing deepens as you inhale the fresh air – your muscles begin to relax with the increased oxygen. You may want to take off your shoes and socks and wiggle your toes in the grass, or take a walk on the beach and feel the warmth of the sand with each step you take.

Take this opportunity to awaken all of your senses – what are you hearing, seeing, smelling, tasting and feeling? Once you have reflected on your five senses, go deeper. What is your sixth sense or higher self saying or feeling? What is being communicated to you on the deepest level of your soul?

The beauty of this exercise is that feelings of stress, worry and anxiety will diminish, if not completely disappear. If you are unable or weather does not permit you to step into the sunshine, then consider taking a mental vacation and visualize yourself in a mountain meadow or on the beach in Hawaii or strolling through your garden. Use all of your senses to experience the full benefit of the setting, the tranquility and the beauty. It’s all there for you, anytime, wherever you are!



As a bonus, here's a **Soul Connection Meditation** from www.LifeAdvancer.com.

When you relax, you can quiet your mind and listen to the voice of intuition. If you are new to meditation, it doesn't take a lot of time to learn. The easiest way is to be guided into meditation with a CD. You can Google "relaxation meditations" to find a good CD that can help you not only relax but heal your connection with your soul. When you relax and turn inward, you can encounter the loving compassion of your soul.

After you've read through this mediation, I suggest you read it out loud and record it. When you replay it, you can enjoy the full benefit of the meditative practice. Here is a basic soul connection meditation:

Sit in a comfortable position with your eyes closed.

Bring your awareness to your body and the breath. Breathe in and out deeply from the belly five to six times.

Start to sense the space and stillness surrounding your body. Don't judge, just observe. If any thoughts come up, don't resist them; simply allow them to pass without engaging in them. Imagine your thoughts as leaves floating down a stream: they are there, but you are just looking at them, observing them as they go by.

Continue noticing the space that is inside of you, and use your breath to increase the space inside and around your body. If it helps, you can imagine this space as a white light, filling you and the space around you.

Go deeper into this space; allow your entire body and mind to sink deeper. Keep up with your breathing, and use each inhale and exhale to guide you.

Once you feel a connection to this space, you may begin to feel tingles or the gentle hum of your soul.

At this stage, ask your soul for guidance, for a healing, or to present itself to you more clearly through life.

Notice what starts to occur within you now. All experiences will be different, so stay open to what your soul is communicating to you.

Finish the mediation by gently coming back into the awareness of your physical body and opening your eyes.

You may need to practice this mediation a few times to really see the benefits. Start with just five minutes a day. Set a timer so you don't have to watch the clock. Each time you visit this meditative space, find comfort in knowing that every aspect of your being will benefit from this. With practice and consistency, you will visit the very depths of your soul.



We've covered a great deal of material in a short time, and I want to ensure I've delivered on my intention of serving as your guide, mentor and coach to assist you in identifying your soul, connecting with it and establishing actionable concepts you can use daily to strengthen your connection and sustain it for the rest of your life.

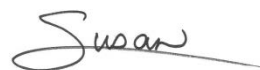
For the past decade, this has been my message: whether talking to an audience of one or one thousand, my goal is for you to have a fresh perspective of your "self," your life and your soul.

It was a struggle for me to maneuver through the shadows, dark places and landmines of life to emerge into the sunlight and begin living a soulful life. And it is so worth it! It is my pleasure and purpose to be an inspiration and motivational resource for women who seek to connect with their soul, so they can experience more joy, love, peace, contentment and fulfillment in their life.

Our world is volatile and in chaos. We can change this when we connect with our souls; we can achieve inner peace and harmony. To achieve this connection, we don't need a big vocabulary, special clothes or all sorts of fancy equipment. All we need is H.O.W. – this may be familiar to some of you.

H: honesty
O: openness
W: willingness

My soulful prayer is for you to find your H.O.W. and embark on your adventure of living a soulful life.

Handwritten signature of Susan.

If you're ready to take the next step in finding your happiness, then you'll want to schedule your complimentary [EXPLORE | EXPAND | ENRICH](#) session with me.

This is my gift to you and during this discovery session you'll learn specific actionable steps you can start taking immediately!

How cool is that?!

Schedule your session now so you don't miss this amazing opportunity – a \$250 value.

Click here: <https://meetme.so/SusanBock> Click on the first option Explore Expand Enrich.

You only have one future, so make it the best you can imagine!

P.S. Ask yourself every morning; "What can I do today to help someone?" "How can I serve?" "Who could I call to lift their spirits?" When you give out of service and unconditional love you receive and feed your Soul. Being kind, loving and supportive of others is its own reward.

**MAKING ONE
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