

## **5 Keys to Soul-Level Healing**

### **A Workbook Guide to Remembering Who You Truly Are**

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#### **How to Use This Workbook**

This is more than a guide, it's a soul map. Print it, write in it, return to it often. Use it to clear, remember, align, and expand.

Each key includes:

- A soul teaching
  - A guided reflection
  - Truth-testing prompts
  - Energy-clearing statements
  - Activating affirmations
  - Space for journaling
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#### **Key #1: Reconnect with the Truth of Who You Are**

**SOUL TEACHING:** You are not your wounds. You are a divine being of light encoded with soul memories, ancient wisdom, and limitless potential.

**TRUTH-TESTING PROMPT:** Use your body's innate knowing:

"Is it true that I am limited by my past?"

- Stand up, close your eyes, ask the question aloud. Notice if your body subtly leans forward (yes) or backward (no).

#### **CLEARING STATEMENT:**

"I clear all distortions and false identities that have veiled my true essence. I now choose to remember who I truly am."

## **ACTIVATION AFFIRMATION:**

"I am a radiant soul, infinite, whole, and free."

## **JOURNAL PROMPT:**

When do I feel most connected to my true essence?

### **Key #2: Honor the Inner Child + Shadow Aspects**

**SOUL TEACHING:** Your inner child and shadow are not flaws to fix—they are fragments longing to be held in love. Your soul healing begins when you bring light into the forgotten corners.

## **TRUTH-TESTING PROMPT:**

"Is there an inner child part of me that feels unheard or unloved?"

## **CLEARING STATEMENT:**

"I witness all parts of me now with compassion. I release shame and fear, and I offer love to the child within."

## **ACTIVATION AFFIRMATION:**

"Every part of me is worthy of love. My inner child is safe with me."

## **JOURNAL PROMPT:**

What part of me is ready to be seen and heard today?

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### **Key #3: Clear Ancestral + Past Life Patterns**

**SOUL TEACHING:** You carry stories in your field—some aren't even yours. These may stem from ancestors or past lives. Your soul came here to transmute and rewrite these patterns.

### **TRUTH-TESTING PROMPT:**

“Am I carrying patterns from my ancestral line that no longer serve?”

### **CLEARING STATEMENT:**

“I release inherited burdens, vows, and programs that do not belong to me. I stand as the liberator in my lineage.”

### **ACTIVATION AFFIRMATION:**

“I choose freedom. I choose now. I choose me.”

### **JOURNAL PROMPT:**

What pattern feels like it doesn't belong to me?

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## **Key #4: Embody Your Soul Frequency**

**SOUL TEACHING:** Your frequency is your power. You magnetize not by force, but by becoming the vibration of what you desire. This is feminine magnetism. This is Divine Alignment.

### **TRUTH-TESTING PROMPT:**

“Is my energy aligned with my soul's highest timeline today?”

### **CLEARING STATEMENT:**

“I release all frequencies that dim my light. I calibrate now to my original divine frequency.”

### **ACTIVATION AFFIRMATION:**

“I am magnetic. I attract all that aligns with my soul.”

### **JOURNAL PROMPT:**

What is one thing I can shift today to raise my frequency?

**VISUAL:** A human body radiating rainbow or golden light.

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### **Key #5: Take Aligned Soul-Led Action**

**SOUL TEACHING:** You are not meant to stay in constant healing mode. Healing clears the way for embodiment. From embodiment comes your mission, your magnetism, your movement.

### **TRUTH-TESTING PROMPT:**

“Is there an aligned action step my soul wants me to take today?”

### **CLEARING STATEMENT:**

“I clear paralysis, fear, and confusion. I allow my soul to move me forward now.”

### **ACTIVATION AFFIRMATION:**

“I trust my soul. I act from love, not fear.”

### **JOURNAL PROMPT:**

What aligned action is my soul asking of me?

### **Truth-Testing Basics**

#### **How to truth test using your body:**

1. Stand relaxed with feet shoulder-width apart.
2. Say a true statement aloud, like “My name is \_\_\_\_.” Notice the direction your body subtly leans.
3. Now try a false statement.
4. Use this for checking if beliefs, foods, actions, or relationships are aligned for you.

**Tip:** Your body is a quantum compass. It knows.

### **Final Soul Reminder**

You were never broken. You are awakening. You are remembering. You are returning to your true frequency. The journey inward leads to the freedom you've been seeking outward.


You are worthy. You are powerful. You are home.

With love,  
Amber Courtney

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### **Want to Go Deeper?**

Book a 1:1 session or join my next activation journey at:

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