GUIDE

UNCOVER WHAT'S HOLDING YOU BACK



5 BLOCKS YOU NEED TO UNCOVER TO UNFOLD YOUR TRUE POTENTIAL

DISCOVER the secrets to transforming your inner and outer world

AWAKEN to a new way of observing yourself

UNCOVER the 5 blocks that could be preventing you from living joyfully

NOTE FROM THE AUTHOR



HELLO, MY FRIEND.

I'm the Founder of **SOUL VIE**, an energy healing haven located in Tasmania, Australia.

As an Energy Healer & Way-Shower (Reiki Master, Certified Emotion Code Practitioner & Access Bars Practitioner) I work with people the world over, helping women who are ready for change in their life.

Soul Vie was created for you. I'm passionate about helping people to reach their full potential and to live life authentically.

My signature program has helped dozens of people to unshackle themselves from their emotional baggage and to achieve the change and freedom they desire in their life.

I hold an unwavering focus is on **peace, success, ease and love** - these are the keystones of my programs.

I'm so glad you're here. Welcome.

Robyn

CEO and Founder of soulvie.com.au

SELF SABOTAGE

1

Self sabotage is the internal war you have with yourself.

If you're not moving steadily in the direction of what you SAY you want, there's one thing for certain...you're self sabotaging.

Do you make progress on your goals, then suddenly you're back to where you were before? You're on the roller coaster of one-step-forward, then slide right back to non-serving behaviours?

It comes down to how WORTHY we feel we are. Self-sabotage is the outer manifestation of our inner feelings of shame, anger and unworthiness. Perhaps it's manifesting in your finances or relationships?

Our negative beliefs drive us to sabotage ourselves. We only create what we feel worthy of having.

You can conquer it. Find someone who can help you discover your limiting beliefs and start living a life without self-sabotage.



BEING 'TOO' RESILIENT

2

Ever heard of the term 'go hard or go home'? Many of us are taught to be resilient...too resilient. There's healthy resilience, then there's the kind of resilience that does not serve us.

How often do we push ourselves beyond our limits, wearing our resilience as a badge of honour, only to burn out, let people down and steal from ourselves?

Healthy resilience is our ability to bounce back from difficult times. It is linked with self-love, yet half of women worldwide feel more self-doubt than self-love, and many wish they had more respect for themselves, This leads to becoming too resilient.

Learning to develop self-love is an important skill in a happy, healthy life. By honouring your own needs and prioritising your health and happiness, you'll also have more love to share with the people around you.

It's OK to say no! Learning when to say "no" can help protect your time and energy so that you can give your all to the things you truly care about.

Don't compare yourself to anyone else. Comparison is the thief of joy!



BEING OUT OF ALIGNMENT

3

When our body falls out of alignment with our soul, it will show up as fatigue, physical pain, distress or body imbalances.

Discomfort is a sign you are out of alignment.

If your body's energy is out of whack, it can cause all kinds of physical and emotional issues. Not the least of these is making it easier for you to perpetuate negative patterns. This is due to the energy of negative emotions already being trapped within you, where they can stay for years or decades.

If you have a tendency to doubt yourself or can't seem to break free of your fears, anxiousness, or insecurities, for example: about money or relationships, it's possible that trapped negative energy is to blame.

Often it will be a repeating pattern that puts us out of alignment. When we can begin to notice our patterns as having a root cause and work on releasing the underlying issues, we have a greater chance of falling back into alignment.



EMOTIONAL BAGGAGE

4

Do you struggle with sadness, anxiousness, or other emotional distress? Fighting these emotions day in and day out may be detrimental to your wellbeing.

The subconscious mind is a mega computer, holding every single thing you have ever experienced in your life and knows your body right down to the cellular level. When we experience negative emotions sometimes they can become trapped as low-vibrational energy in our body. Because this is stored in our subconscious mind, we don't even know it's there.

Fortunately, there are several things you can do to release potentially harmful, trapped emotional baggage.

- Next time you feel anxious, fearful or sad, take a minute to visualise ridding yourself of negative emotions . Put them in a box and send them away from you.
- Write down a list of the negative emotions that plague your thoughts and actions. Make a positive affirmation or statement of intent, such as “I will be patient and kind,” or “I’m proud to practice showing more love.”
- You can seek the help of a healing professional to help you shift your emotional baggage for good!



NOT LISTENING TO YOUR BODY

5

Are you still under the notion that your body is a separate self-contained object from your mind?

The body is a collection of cells. These cells are akin to shadows that simply respond to frequencies within the subconscious mind (or our energy field). If the frequency (vibration) is in its natural state then the cell is also operating in its natural state. However, if the frequency is off then the cell is off and this becomes a messenger to sound the alarm.

We need to be thankful for and listen very clearly to what that messenger is saying. It is the only way that we will know what needs to be corrected.

We experience aches, pains, malfunctions and energy loss. These are the messages we get through the cells of our body (the messenger).

Don't shoot the messenger, be sure to ask and then listen. What is this telling me? Allow the subconscious mind to reveal and release the imbalance.

Start tuning in to the messages your body is trying to tell you.



SOUL

One positive action can
create an entirely new life.

CAROLYN MYSS



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