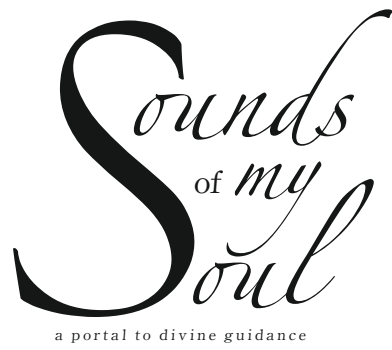


Sounds of my Soul

A PORTAL TO DIVINE GUIDANCE

Heal with Payal
EMOTIONAL EMPOWERMENT HEALER & COACH

LOVE. TRUST. HAPPINESS. JOY. FREEDOM. EXPANSION. AWARENESS. KNOWING.



Sacchidānanda

Sat~Cit~Ānanda

truth. consciousness. bliss.

WITH IMMENSE GRATITUDE
TO THE SOUNDS OF MY SOUL -
IN THESE WORDS, THE ECHOES OF ANCIENT WISDOM
INTERTWINE WITH MY OWN SOUL'S JOURNEY

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Sounds of my Soul

The sound of
my soul
is reverberating
with the calling
of love

About the Author



Payal Mehta is a dedicated spiritual wellness and healing facilitator with a profound passion for guiding individuals on their transformative journeys.

With over 15 years of experience, Payal has developed a rich tapestry of knowledge and skills in various modalities, including Theta Healing, Balanced Emotional Empowerment, Family & Business Constellation, Life Coaching, Channelling, Guided Meditation, Spiritual Life Coaching, Sound Meditation and Past Life Regression.

Her work is rooted in the belief that true healing occurs in empowering clients to reconnect with their innate potential. Throughout her career, Payal has worked with numerous international clients across UK, Qatar, USA, Singapore, Spain, India, Australia etc. witnessing incredible transformations as they shed limiting beliefs and cultivate a mind set of abundance and self-love.

Her approach centres around three simple principles: Resolve, Revive, and Re-Live. Whether leading healing retreats, facilitating corporate events, or conducting one-on-one or group sessions, Payal's compassionate guidance creates a safe space for personal growth and healing. In this book, she invites readers to embark on their own paths of self-discovery and empowerment. Join Payal on this journey, and experience the profound healing that awaits within you.

Heal with Payal
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*Sounds
of my
Soul*

Welcome

This book serves as an invitation to embark on a transformative journey of self-discovery—an exploration of the boundless love that resides within you, waiting to be unlocked and expressed in every moment of your life.

My name is Payal Mehta - my own inner journey and healing began more than a decade ago. Like many, I found myself navigating the complexities of life. For years, I grappled with feelings of unworthiness, insecurity, and self-doubt. I felt like a profound mess—constantly seeking validation, burdened by a lack of confidence, harboring anger and disappointment towards myself.

However, my quest for healing eventually became a catalyst for transformation. I aim to share my learnings through my own experiences, my healing work with clients and I have been guided to share channeled messages.

Transformation needs courage. You can live a life filled with trust, love, growth, peace, and purpose, regardless of your past circumstances. We are all innately designed for flow. Clarity, confidence, freedom, acceptance, and intuition - these are the gifts of our souls.

There is no particular sequence of pages to be followed.

Each message is from *the Sounds of my Soul*.

Heal with Payal
EMOTIONAL EMPOWERMENT HEALER & COACH

Sounds
of my
Soul

Truth

Our minds often resonate with feelings of loss and lack, perpetuating cycles of negativity and constraining our vision. In contrast, the soul sings an eternal song beckoning us to listen deeply. It communicates through intuition—the gut feeling that serves as a compass in life. Tuning in to this voice, alongside the alignment of body and mind, allows us to explore the depths of our true selves.

You are a reflection of the universal vibration and an embodiment of universal love. The cosmic depth within you flows with eternal acceptance, guiding you back to your essence.

As we begin to navigate this internal energy field, we slowly unearth our authentic selves. While the external world may seem chaotic, inner peace can guide us through the maze of uncertainty.

By reconnecting with our true nature, we foster the dissolution of pain, mistrust, shame, guilt, and feelings of victimhood. These emotions evaporate in the ocean of love that embraces our true selves, granting us the freedom to exist without external definitions of worth or success.

Our identities are not contingent on bank accounts, relationships, or material acquisitions. These aspects of life hold relevance, but true fulfillment stems from the depths of consciousness, awareness, and life force within us.

*Sounds
of my
Soul*

Soul

The soul is infinite, transcending time and space, accompanying us through countless lifetimes. It is unchanging, eternal, and a perfect—a reminder that within each of us lies the potential for growth and understanding. This essence is who we truly are.

The soul is a womb of life, holding a love so pure that it nurtures us, guiding us to uncover our truths. It acts as a compass, revealing when we are out of alignment.

When experiencing anger, hurt, or pain, I now recognize these emotions as signals from my soul, guiding me back to my true flow—the flow of life, love, learning, and personal growth.

We can transcend the limitations of our immediate experiences and tap into the expansive vision of our soul.

The sound of your soul is a harmonious blend of silence, being, love, and formlessness. As you explore this vastness, the burdens of life and feelings of victimhood fall away, revealing the radiant light of your true self.

The understanding of soul contracts with those who have touched your life brings clarity. Some individuals stay, while others leave, but all create significant impacts.

*Sounds
of my
Soul*

Purpose

Fundamental questions arise:

Who am I?

What is my purpose?

Am I living my purpose?

Your journey, though brief in the grand tapestry of existence, serves a profound purpose. My purpose is love—a commitment to love myself and others. I live my purpose each day by spreading love and recognizing the need for self-love.

In this earthly existence, I manifest love through my work, relationships, and creative expressions.

I cultivate love in every moment when I listen with my heart to another, tune into my emotions to heal my pain, and believe in a brighter future.

*Sounds
of my
Soul*

Abundance

Abundance resides within you; it is an integral part of your being.

It encompasses love, harmony, wealth, rich experiences, expansion, hope, and trust. The "God particle" within you has created a unique existence, guiding you to learn profound lessons through joy and challenge.

It creates upheaval to teach you the art of anchoring, sickness and pain to guide you toward healing, disappointment to reveal hope, and setbacks to promote resilience. Yet, amidst this intricate journey, do you recognize the abundance that lies within?

In the serene spaces of existence, you reclaim your identity as a vessel of love, abundance, and truth. In this infinite journey, your soul song beckons you home, a reminder that abundance is not merely an aspiration; it is an inherent state of being.

Awareness

The Journey to Higher Consciousness

Numerous texts have elaborated on the levels of consciousness and the paths to attaining them. However, I propose that a simple flow of awareness is key to unlocking deeper realms. As you cultivate unity, equilibrium, and calmness, an intrinsic desire for more of this profound energy emerges.

Your soul is guiding you home. Each experience, when approached with heartfelt intent, serves as a catalyst for unveiling deeper aspects of self and soul.

The significance of experience lies not in the quantity but in the willingness to begin—anywhere. You have always been capable of unlocking the hidden secrets that have been within you. Your thoughts may discourage you, suggesting that now is not the time for connection, or that painful events lead to deeper insight.

Regardless of where you are on your journey, the sound of your soul reverberates with a call of love, urging you to embrace your authentic self. Begin...

*Sounds
of my
Soul*

Embrace Exploration

As you embark on this quest, challenge the limiting beliefs that suggest spirituality isn't for you, or that meditation is unattainable.

Just as physical exercise strengthens the body, spiritual practices fortify the soul. Initially, the mind may resist, suggesting distractions or instant gratification.

Acknowledge these voices, thanking them for their perspective, and consciously choose to remain committed to your journey.

Over time, the intensity of resistance will diminish, making way for acceptance and inner alignment. The sound of your soul will grow louder and more distinct, guiding you to delve deeper into the layers of consciousness, eventually illuminating the recesses beyond even the subconscious mind.

Answers

Resistance to any aspect of life dulls the heart's voice.

Embracing all experiences as they are - activates the powerful, magnetic energy field of the heart. The heart possesses the extraordinary capacity to embrace multiple realities and extends beyond the limitations of the human mind.

Throughout history, sages and saints have shared their wisdom, our misinterpretation lead to the formation of limited and isolating belief systems and identities that often divided humanity.

Yet, transcending these man-made constructs brings us closer to our authentic selves. These frameworks can serve as stepping stones on our journey, but ultimately, all answers lie within us.

This is the inherent design of our existence—to embody both everything and nothing simultaneously.

As you embrace practices that resonate with your essence, you unlock profound depths within. This journey transcends mere destination; it is an ongoing exploration of self-love and the abundance that dwells within.

*Sounds
of my
Soul*

Emotions

At its core, truth represents an acknowledgment of one's current state of being. It encompasses the full range of human emotions—the highs and lows, joy and sorrow. Embracing the truth of the present moment allows for the experience of authentic feelings, including anger, pain, hurt, and disappointment, all of which are legitimate responses to our circumstances.

It is essential, however, to recognize these emotions without becoming ensnared by them. A prolonged attachment to negative feelings can inflict greater harm upon ourselves. While processing our experiences is vital, clinging to past grievances inhibits our ability to acknowledge the truth of the present. The distinction between what is and what could be lies within the realm of potential.

When we choose to dwell in negativity, we inadvertently impose additional suffering upon ourselves. Therefore, consistently affirming our current emotional state while infusing it with a positive intention is crucial. For instance:

"I acknowledge the pain, hurt, and anger I am experiencing in this moment. I fully embrace it, while also recognizing my strength and resilience to navigate through this pain in due course. I honour all aspects of my being. While this emotional dimension is currently predominant, it does not define my entirety. Other positive facets of my identity may feel muted, yet I am aware of their existence and set the intention to bring them forth into the light over time."

This practice facilitates a gentle progression towards hope and healing.

*Sounds
of my
Soul*

Acceptance

The journey toward acceptance often begins with resistance. Recognizing resistance as an initial sign illuminates our disconnection from our current reality—our truth.

This recognition does not imply that we should passively accept every situation without discernment; such passivity can undermine our inherent fighting spirit. The challenge lies in achieving equilibrium within the resistance. Do we perceive it as overwhelming, or do we harness it as a catalyst for transformation?

As humans endowed with free will, our choices yield corresponding outcomes. Cultivating awareness of our patterns, habits, and conditioning is paramount, despite the difficulty of uncovering self-truth. Our ego frequently seeks to rationalize our actions, but it is essential to listen to the truth within, as it serves as a guiding force rooted in compassion.

Acceptance can be a double-edged sword. Should we resign ourselves to tolerating disrespectful treatment or unkind words, we grant others permission to diminish our value. It is imperative to understand that acceptance does not equate to passivity; instead, it should arise from a foundation of self-worth and empowerment. True acceptance affirms our inherent dignity and strengthens our boundaries, directing us toward healthier relationships and a more fulfilling existence.

cont...

*Sounds
of my
Soul*

Acceptance cont.

To navigate the complexities of truth and acceptance effectively, one must engage in a conscious practice of recognition and affirmation: - "I know how to feel acceptance."-

"I am worthy of acceptance."-

"It is safe for me to embrace the present moment."-

"I activate the version of myself that is capable of acceptance."-

"It is indeed possible for me to accept."

By grounding ourselves in these affirmations, we cultivate not only resilience but also a deeper understanding of our capacity for growth and transformation. In doing so, we position ourselves to tread lightly forward, filled with hope and the prospect of healing.

Invisibility

Invisibility is not the absence of light, but rather the suppression of your own brilliance. It is time to reclaim your visibility, to shine unapologetically, and to celebrate the beautiful tapestry of your existence.

Throughout various stages of our lives, many of us have encountered the sensation of invisibility—being made to feel unseen by others or even by ourselves.

We often find ourselves retreating into the recesses of our beings, seeking refuge in the comfort of invisibility to fit in, to be perceived as ordinary, or to gain acceptance and a sense of belonging.

What causes a radiant, vibrant soul to dim its light in order to blend into the background?

Several factors may contribute to this phenomenon: the sting of humiliation, a pervasive sense of inadequacy, deeply ingrained patterns of conditioning, a profound lack of self-belief, or the fear of being unworthy of expressing one's true needs and desires.

We routinely mask our true selves, worrying about the judgments of others concerning our choices—the way we dress, the words we use, our modes of communication, and even the company we keep.

This intricate web of facades and personas often obscures our authentic selves, leading to a form of self-imposed invisibility.

*Sounds
of my
Soul*

Invisibility cont.

As I reflect on my own journey, I recognize a lingering resistance to becoming visible—an apprehension that my contributions might be dismissed, that my authenticity may elicit mockery, or that I may not measure up to expectations.

Despite knowing there is value in my voice, I still grapple with the desire to remain hidden, fading into the tapestry of life.

Yet, amid this internal struggle, there is a profound and persistent call from within—a whisper that urges me to dismantle the barriers that confine me. It beckons me to release the chains of limiting beliefs and to liberate my spirit. I yearn to rise above the shadows, to embrace life's freedom, and to proclaim to the world who I am, what I do, and how I can contribute.

It is imperative for me to share this authentic version of myself, to wear my scars with pride and honour the personal journey I have undertaken to overcome them.

The question then arises:

What am I choosing? If I cannot see my own worth, how can I expect others to recognize it?

Do I acknowledge the love that I am—the love I bring to the world and that flows through me?

Am I aware of my passion, my commitment, my loyalty, and my honor?

Do I perceive the resilience of my spirit?

cont...

*Sounds
of my
Soul*

Invisibility cont.

I encourage you to pose these questions to yourself, reflect on your responses, and cultivate a deeper, stronger bond with your own essence.

If you find yourself perpetually giving to others without allowing for reciprocal love, you may be enacting a form of invisibility—unseen not only by the world but also by yourself. It is essential to recognize and embrace your worthiness and deservingness of receiving love. The universe offers its abundance in many forms—a coffee shared with a friend, cherished moments spent with loved ones, the beauty of nature, laughter, gifts, music—love indeed flows to you in myriad ways.

Open your heart to acknowledge this love. Despite any barriers you may have erected, the universe has consistently cradled you in its embrace. Reflect on the many moments of care that have materialized around you: a kind word from a stranger, a well-timed check-in from a family member, or the companionship of a friend. These instances represent the flow of love, transcending mere transactions.

Often, we have misguidedly categorized these exchanges as obligations, driven by discomfort in receiving and the compulsion to reciprocate. Instead of merely reacting, take a moment to be present and fully appreciate the love that has come your way.

cont...

*Sounds
of my
Soul*

Invisibility cont.

It is time to unveil all facets of yourself.

Allow the invisible parts of your being to emerge into the light. Only by embracing your entirety—including those aspects you may have previously felt ashamed of, regretted, or wished to forget—can you attain a sense of wholeness.

*Illuminate
these hidden parts
with the brilliance of your own love,
and in doing so,
you will find true completeness.*

Death

Death: A Journey into Light and Liberation

Death is not an end, but an explosion of light—an entrance to eternity and truth. It signifies the continuation of the soul's path, marking an important transition in the tapestry of existence. Each life we lead is but one chapter in the vast narrative of our eternal journey. Rather than a conclusion, death is a guarantee of peace and a return to wholeness.

For many, the idea of death is shrouded in darkness and fear; however, it is, in truth, an expansion into light. As the physical form dissolves, the energy of the soul lifts itself upward and outward.

Yet, in this transformative moment, some souls struggle. Why is that? The traditional concepts of heaven and hell have been widely misinterpreted. The energy of love does not punish us; rather, it is our own awareness and acceptance of our actions that can hold some souls back—suspended in a state by feelings of guilt, shame, pain, and anger.

As the welcoming light beckons, it is these burdens of heavy energy that can keep them tethered. Coming to terms with our misalignments takes time. It requires digestion, confrontation, acknowledgment, and acceptance. This grappling with one's past actions can create what is often described as a living hell—a hell defined not by an external devil waiting to inflict punishment, but by the internal realization of the consequences of one's choices.

cont... *Sounds
of my
Soul*

Death cont.

In this space of reflection, awareness brings forth profound realizations about lessons learned, karmic actions taken, and the emotional weights we carry. The light may seem distant, but the desire to return home is inherent within us; however, it is our own hesitations that can keep us from moving toward it.

The duration of this process varies greatly. For some, it may last mere seconds or minutes; for others, it could extend into months or even years. In the realms beyond time and space, a single moment can feel like an eternity. Yet, as one begins to envelop themselves in love and learning, they gradually rise back toward the light.

The aid of guides, angels, ancestors, and beings from higher frequency realms comes forth—each one radiating love and assistance as you journey home. Upon returning to this space of love, choices abound.

Extensive literature discusses the various stages of existence here, and I honour those insights. What I feel compelled to emphasize is the essence of free will; nothing is imposed upon us. We can choose whether to undertake another earthly incarnation, to remain in the energetic dimension, to serve as spirit guides for others, or to pursue further growth and understanding. The power of choice lies within us.

Ultimately, death is a dance of life, interwoven with love and wholeness. Embrace it as the beginning of a new adventure, a transition filled with potential and enlightenment.

*Sounds
of my
Soul*

Overwhelm

There are moments in life when we may find ourselves overwhelmed, feeling lost amid the vast ocean of existence. It's natural to experience these cycles; they often signal a crucial turning point in our personal journey.

The First Step: Pause and Reflect. When you feel the swell of uncertainty and doubt, the first step is to stop.

Silence the refrain of “I can't,” “I don't know what to do,” and “I don't know where to start.” Deep down, you do know. You may simply be disconnected from your inner wisdom.

Pause. Breathe. Ground yourself. Quiet your mind.

One effective way to achieve this is through sound—chant a mantra, hum a tune, or sing a song. Engaging with sound creates a mental space free from thought, helping you to refocus.

After two to five minutes, shift into silence and breathe deeply. Visualize your breath entering your heart; with each exhalation, envision your heart expanding tenfold. Picture yourself enveloped in a cocoon of safety, love, peace, and harmony, illuminated by a radiant golden light. With each breath out, gently affirm to yourself: “Reeeelaaaaxxxxx.”

cont...

*Sounds
of my
Soul*

Overwhelm cont.

Next, connect with your heartbeat.

Place a hand on your heart and feel the awareness of your fingertips linking to your body and your heart space. Be present. Notice your breath. You breathe instinctively; it's a natural rhythm within you. Just as breathing is innate, so too are the answers and pathways you seek. There's no need to search externally. Instead, surrender to the wondrous connection that lies within.

This inner voice—the Sound of your Soul—awaits to embrace, guide, and nurture you along your path. Be open to receiving this experience.

The Power of Connection and Intention

When you remain connected to your inner self, you cultivate a sacred space within—a sanctum sanctorum—where options, answers, and multiple paths are illuminated. Your inner wisdom becomes your guide.

Do not despair during times of overwhelm; they often precede significant advancements in your journey. These moments are not random; they are invitations to grow into the next version of yourself. Within this process lies an opportunity to discover more about who you truly are.

cont...

*Sounds
of my
Soul*

Overwhelm cont.

Transformation requires action and intention.

Take that step—though it may feel daunting and pull you away from the safety of the familiar or the confines of a mediocre existence. Embrace this discomfort; it is often the catalyst for profound growth and authenticity along your path.

Embrace Hope and Self-Worth

Hold on to hope. Major milestones are achieved when we refuse to give up on ourselves. Recognizing your unique place on this Earth is vital. You are worthy and essential; there is only one you among billions. In the intricate tapestry of creation, your existence is no mistake.

You are light.

You are love.

You are joy.

You embody connection, success, and growth.

You simply are.

In closing, dare to live fully. Do not merely survive; instead, embrace the vibrant possibilities that life has to offer. Your journey is an intricate, beautiful story waiting to be written.

Step into your power and let your light shine.

*Sounds
of my
Soul*

Journey beyond

In the realm of existential exploration, we often find ourselves weighed down by the transactions of our lives—relationships, choices, and experiences that we cling to.

Yet, what if we could transcend this pain by surrendering to the profound understanding that we are interconnected manifestations of the same primordial life force?

This essence, which can be symbolically likened to Shiva, encompasses the unseen and unheard aspects of our existence, urging us to recognize that we are both distinct and unified—a reflection of the vast universe itself. Shiva is that which is not. I am not this human experience. At the core of our being lies an infinite source of knowledge and wisdom.

While science tirelessly seeks to unravel the mysteries of consciousness through empirical research, it often falls short of grasping the essence of nothingness—an essential state that transcends the confines of human cognition and mechanical interpretation.

True understanding emerges not through external validation, but through personal exploration and experience. As we embark on this inward journey, we may catch glimpses of a deeper reality during meditation—an inner universe waiting to be explored.

This journey invites us to delve beyond beyond the depths of the ocean, beyond the limitlessness of the sky.
There is a place within me where truth exists.

cont...

*Sounds
of my
Soul*

Journey beyond cont.

To access this truth, we must be willing to surrender our ego and cultivate awareness. Our attachments—whether to beliefs, fears, or the illusion of security—often act as barriers that prevent us from experiencing this realm of truth.

This is the essence of Maya(illusion)—a reminder that reality is not always as it appears. The journey toward understanding is multifaceted and deeply personal; this text serves merely as an introduction to a much larger exploration.

You are the silence, the nothingness, the vast infinite that transcends your name, identity, and physical form.

If these concepts resonate but feel distant, rest assured that the energy imparted through these words carries an inherent awareness that reawakens a deep-seated knowledge within your everyday life.

To begin your personal journey into this exploration of the self, I invite you to sit in silence with yourself. Observe the resistance that arises—the racing thoughts, the discomfort of stillness, the protesting body.

This process begins simply; start with one minute of silence, gradually increasing to 30 minutes over the course of 30 days. With time and practice, you will find a profound sense of peace emerging, revealing the next steps of your journey clearer than before.

Embrace this exploration with an open heart, for the journey into the depths of your being is where true transformation begins.

*Sounds
of my
Soul*

Journey beyond cont.

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*Sounds
of my
Soul*

I Awaken

You can add “I” and these will turn into the energy of affirmations. Eg. I awaken and align to my abundance.

Awaken and align:

Awaken to my greatness

Awaken to my love

Awaken to life

Awaken to truth

Awaken to humanity

Awaken to compassion

Awaken to soul

Awaken to expansion

Awaken to joy

Awaken to kindness

Awaken to hope

Awaken to light

Awaken to freedom

Awaken to your being

Awaken to answers

Awaken to empowerment

Awaken to growth

Awaken to alignment

Awaken to flow

Awaken to you

Awaken to others

Awaken to authenticity

Awaken to embrace

Awaken to vulnerability

Awaken to compassion

Awaken to spirit

cont...

*Sounds
of my
Soul*

I Awaken cont.

You can add “I” and these will turn into the energy of affirmations. Eg. I awaken and align to my abundance.

Awaken to consciousness

Awaken to confidence

Awaken to enhancement

Awaken to responsibility

Awaken to acceptance

Awaken to safety

Awaken to mirrors

Awaken to being awake

Awaken to right choices

Awaken to guidance

Awaken to courage

Awaken to respect

Awaken to self respect

Awaken to self love

Awaken to harmony

Awaken to free will

Awaken to completeness

Awaken to wholeness

Awaken to inner knowing

Awaken to intuition

Awaken to forgiveness

Awaken to healing

Awaken to illusion

Awaken to security

Awaken to success

Awaken to abundance

*Sounds
of my
Soul*

Justice

Justice often feels like a lofty pursuit, one that positions us as the deciders of right and wrong, where our disappointment in others can fuel a powerful desire for retribution. We routinely tell ourselves, “I can forgive, but only if they acknowledge their wrongdoing.” Yet, what if we confronted a harsh truth: what if that acknowledgment never comes? The discomfort of this realization can be profound, and it often provokes a torrent of emotions—especially anger and resentment.

Take a moment to sit with that discomfort.

.This anger deserves a moment of reflection. Detached from the tumultuous waves of emotion, what might you discover about your ego? It delights in the illusion of power, in the role of the judge. The crucial question emerges: what if love and forgiveness existed beyond the confines of conditions?

What if the key to freeing yourself from the shackles of pain lies in forgiving not just the perpetrator, but also yourself? We must recognize that every interaction carries with it an opportunity for self-examination.

Perhaps you found yourself in situations where you did not speak your truth or allowed an unhealthy dynamic to persist, becoming an unwitting participant in a harmful cycle.

This nuanced understanding is echoed in the work of family constellations, The complex relationship of victim and perpetrator reveals that each has something to learn from the other—an entangled dance that often leaves both parties feeling unjustly treated.

cont...

*Sounds
of my
Soul*

Justice cont.

While seeking justice is a time-honored impulse, remember that the universe has its own rhythms of cause and effect—Karma. It ensures that every action carries with it an inevitable consequence, requiring each individual to face their own decisions. While the yearning for justice is natural, dwelling in bitterness or anger only sows seeds of suffering within yourself

Now, I invite you to sit with a poignant question: how long will you remain anchored in the pain of waiting for someone else to claim responsibility and offer an apology that may never come? The burden of pain—whether it be from anger, humiliation, insecurity, or self-doubt—does not serve you.

Consider the liberating notion of relinquishing that burden. True self-love means acknowledging the hurt while also allowing yourself the grace to forgive _ sometimes ourselves. Your healing does not depend on another's admission; it flourishes when you reclaim your narrative and take ownership of your feelings.

Your time on Earth is finite, and how you engage with it shapes not only your journey but also defines your legacy. Choose wisely.

Each day offers the potential for healing, growth, and self-empowerment, carving a path toward a more fulfilling narrative.

It is only through the choices we make that we truly reclaim our stories and our lives

*Sounds
of my
Soul*

Intention

At the heart of our existence lies a profound calling—a beckoning from the depths of our soul that urges us to align our purpose with our goals. When we pause to listen and contemplate, we can identify the intentions behind our actions, creations, beliefs, achievements, expressions of love, and the very essence of our being.

What intention drives you?

What fuels your desire to interact with the world, pursue your passions, and make a meaningful impact?

Intention is more than a simple wish or hope; it is a powerful declaration that shapes our reality. To live a fulfilled life, we must ask ourselves: What intention helps us recognize our unique place in the world? What actions resonate with the core of who we are and what we stand for?

When we define our intentions, we begin to articulate our values and the essence of our journey. My intention stands as my proclamation. It is a bold statement echoing throughout my life, asserting: "I am here; I matter." Claiming my space within the universe, acknowledging my worth, and embracing the value I bring to the world are integral to this process.

Every intention serves as a proclamation of our values and aspirations. Whether it is the desire to uplift humanity, support a single friend in need, engage in charity, contribute to community initiatives, show compassion, give love, or volunteer time and energy—each stems from a deep calling of the soul.

cont...

*Sounds
of my
Soul*

Intention cont.

These intentions are nourished by a wellspring of purpose, compelling us to act in service to ourselves and others.

To tap into this wellspring, cultivate a practice of listening—truly listening—to the sounds of your soul. This is a journey inward, where silence unveils deeper truths. Setting intentions requires us to dig beneath the surface, beyond mere affirmations, to a place of core-level energy and understanding.

Intention is not simply a mantra recited for the sake of habit; it is a deep conviction that reverberates throughout our being. It is a knowingness, a powerful activation of energy that resides within us, waiting to be acknowledged and harnessed.

When we set a clear intention, we embark on a transformative journey that shapes our actions, illuminates our path, and guides us toward our highest potential.

Visualize how these intentions shape your actions and interactions, crafting a life that feels purposeful and rich with meaning.

As you move forward, let your intentions serve as a steady compass, directing you toward meaningful achievements and enriching experiences. Embrace this transformative process, and allow the power of your intentions to lead you to a life defined by purpose, connection, and profound fulfillment.



Transparency

Seeing through - can you look and see through your own illusions and delusions.

Do you have the strength to unravel the stories you have told yourself. The beliefs you created to keep you safe. The judgements you passed on people and situations that veered your opinion from equilibrium. Be transparent with yourself. Meet yourself where you are at. View your own being through the lens that you view others.

What do you see? Describe what you see. Pen it down.

What are your regrets.

What are your learnings.

What is your growth

Where have you taken responsibility for yourself and what shifted when you did.

What traumatic event changed the course of your life?

Where did it bring you to.

What do you respect about yourself.

What do you wish you could have done differently and made your peace that you didn't.

If you have not made your peace, what can you do for yourself to gift yourself that peace.

What is the cause of your stagnancy if you feel stagnant.

What more do you wish for yourself in your life.

What are you grateful for.

What spiritual event/person/sentence influences you that you feel inspired by.

cont...

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Transparency cont.

What about you made you run away from yourself.

What is your deepest fear.

How could reframe that fear to empowerment and positivity.

How much do you believe of the answer you have given above.

Do you trust yourself and believe in yourself.

What and who do you need to forgive?

What have you held on for so long that it's just part of you - but you never wanted it to be part of you. You have carried it too long.

What happens if you just dropped it here and now.

What does your mind tell you.

What does your heart tell you.

How ready are you to open up yourself to vulnerability and love again. Not necessarily from another, but first -for yourself - to yourself.

Explore. Explore. Explore.

Explore the nature of life. Explore the transparency it offers you. See the transparency of its love. Recognise you are worthy of the transparency of love. You are here to receive. You were made to receive. Life always happened for you. Did you see the transparency of that.

Allow the light to pass through you so you can see the beauty of your life, of creation, of your making. Of love, of flow, of your past. Be transparent with yourself. True love lies there. To accept and embrace all of you. You are a multi dimensional being made of light and love. Transparency allows you to see beyond the veils of the mind. Flow with love my dear one, you are just the light. Be transparent be love.

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Connect with me

Dearest Reader,

Do you dare to love? Dare to break through the chains of doubt, fear, insecurity, overwhelm, confusion, anger, hurt and pain? YOU CAN.

There are times we cannot do it alone. Talking to a friend, family member or a therapist always helps. Please reach out to anyone and know that you are not alone. You needn't remain frozen - chained to trauma, unable to exist and merely surviving. We were never born for that.

If you have questions on what next, how, the way forward, I would love to support you in connecting you to your own brilliance. We all have it - always have and always will. Navigating and learning how to access this wisdom within us - empowers you to have the answers, have the tools to access them independently of any therapist and me!

That is my intention - to empower each individual to shine bright in your own brilliance, live your life with joy, being proud of who you are and feeling the flow of love and confidence. Moving forward with clarity, conviction and purpose.

If you are ready for your next step - I am here. Please reach out to me, I would love to hear from you!

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