

# The Little Book Series #3 **THE SOUL TRAIN**



By Wendy & Jillian, ABBA and Company

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Little Book #3  
**THE SOUL TRAIN**



**Earth Angel Definition:**  
*A messenger sent to earth in human form to  
share God's messages with the world!*

**As Given To Us By The Holy Spirit  
Written by  
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&  
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# **Introduction**

## **The Soul Train**

*She Who Has Abiding Faith* knew time was of the essence. The Father had been alerting all Earth Angels to hasten their efforts as time was running out. Many could now see the signs of the times transpiring before their very eyes, yet far too many were not paying attention nor responding to the still voice within.

*She Who Has Abiding Faith* knew soon the Soul Train would be heading for the Father's Kingdom. This, of course, would be the most important journey a soul could or would ever make!

Having resided on earth for a number of years, she knew all too well why there were so many who were not listening. Far too many did not understand the essence of life. Far too many did not understand the important role the soul plays in each and every being. As an Earth Angel she knew it was up to her and the other Earth Angels to share God's messages with the world. Messages which she knew were of the utmost importance as the salvation of man's soul would depend on one knowing what the true meaning of life was about.

Recently, she and her soul sister had responded to the Holy Spirit's request to write a series of booklets which would help all to understand that which was of the Divine.

The Holy Spirit was the Helper, the one who was the conduit to the Divine. It was the Holy Spirit who was here to assist the soul in its endeavors as it traveled down the pathway to the Divine.

Now, *She Who Has Abiding Faith* was being asked to write about the soul. It was imperative for all humans to understand the important role the soul plays in the essence of life!



# Chapter One

## Who Am I?

*“Let me introduce myself. I am commonly referred to as the Holy Spirit. I am here to guide your soul as it journeys on the pathway to the Divine. Many refer to me as “the Helper”.*

*I am glad that you have chosen to spend time with me. Your soul was created by our heavenly Father, and as such, you were created in our Father’s image.*

*Although your soul cannot be seen by the human eye, one might say it is your soul that constitutes that which makes each human being unique to one another. No two souls are alike as each soul is equipped with its own special gifts and talents.*

*Because the soul cannot be seen by the human eye, it is often disregarded and in point of fact, paid very little attention to. Of course, this is not the case for all inhabitants on earth, yet the vast majority does not give their soul the time of day. Pardon the pun but in this case it is indeed appropriate as time, most often or the lack of, is one of the greatest barriers to getting in touch with one’s soul. Yet, the soul is the essence of who you are. One might say then it is the soul who defines your personality.*

***Your soul is what our Father in heaven is most concerned about. For it is the only part of you that when your human body no longer existsts will return from where it has come. It is your soul who enters into the world with you and in truth, the only part of you that will leave this world when your physical being is no longer. Unlike your human body, your soul cannot die. Yet, what your soul learns and accomplishes while on earth determines what happens when your soul no longer resides within the confines of your physical being.***

*Our heavenly Father is most concerned about the state of your soul, as all souls are sent to earth to learn, to serve and to grow. All souls are enrolled in the School of Life be it on earth or in heaven.*

*Yet, much of mankind does not understand the true essence of life as they are far too distracted by that which is of the world. They are far too distracted by that which is of the external. All souls evolve and as such man needs to allow the soul to assume its rightful position in each being. **For one's soul is the sole purpose for being. Your soul is the very reason you are here in the first place.***

*The soul of man is the sun by which the body is illumined. Man's soul, in essence, is the sustenance which nurtures the body. Your soul is totally independent of your physical being which includes infirmities of the mind and body. As such then, the soul remains unaffected by your physical being. Yet, it is the soul who sustains the body. **When you nurture the soul the body responds accordingly, for to feed the soul is to feed the body. All healing takes place when the soul is nurtured. To heal the soul is to heal the body.** The soul in essence is totally dependent upon the Father and its ability to understand the heart and mind of his creator."*

*- Holy Spirit*

## Chapter Two

### Where Am I?

So now you know who and what the soul is and how important it is for you to believe in what cannot be seen. Your soul resides within the center of your being. Your soul longs to assume its rightful place as you travel on the pathway to the Divine.

Although it cannot be seen, the soul longs for you to listen to that which is the essence of who you are. **In a sense your soul is what your personality is comprised of. No two souls are identical, yet all souls reside within each being. All souls are unique and all are endowed with their own gifts and talents; those gifts they will need in order to accomplish their sole purpose on earth.**

You will find within your soul that which is an expression of your deeper self; those feelings and convictions which belong only to you. Your soul cannot be contained as it evolves. You might say it will return from whence it has come! **When you think of your soul in this manner you understand it is not merely confined to your mortal body but in essence is immortal.**

This being the case then, one needs to understand their soul does not depend on their physical body or any aspect thereof. Yet, how you respond to the longings of your soul definitely affects what the soul is able to accomplish.

**Some say when you find your soul, when you finally accept the importance of the soul, is when you will indeed find your true purpose!**

What you are meant to learn is contingent on where you are in your pursuit of enlightenment. **Your soul is most anxious to complete each lesson and yet, for many they must repeat the same lesson over and over again.**

There are many reasons for this. Primarily, the biggest reason is most do not understand their reason for being in the first place. And so it is, they do not learn what is necessary in order to advance in their understanding of that which is of God; of that

which is of the mind and the heart of our Heavenly Father.

**Each being formulates its own lesson plan as a result of free will.** Yet, if they pay attention to the *still voice within*, they will soon see what they first perceived to be true was not a reality.

**Your soul longs to be one with the Divine. Your soul knows from where it has come and longs to accomplish that which it has been sent to learn.**

No two lessons are the same. **What the soul needs to learn is often not that which is of the world.** It cannot be measured by the standards of man and does not respond to that which glorifies man but rather that which pleases the Father.

**Your soul is the part of your being our Father is most concerned about and so it is you should be as well!**

## **Chapter Three**

### **The Divine Instinct**

(Commonly referred to as **Sensus Divinitatis**)

All souls are endowed with a **Divine Instinct**. **All have the ability to commune with their Heavenly Father.** All humans are endowed with an innate knowledge of God and the truth; *that which is the reality*. God Himself has endued all men with some ideas of His Godhead. **This sense is not learned and is not dependent on any religion, education or social environment. In short, it is not dependent on that which is external or of the world.**

**Sensus Divinitatis, like memory, like intuition, like sense-perception delivers beliefs about God.** A sense of Divinity is engraved on every human mind. Man is made in the image of God and has a sense of awareness of his Creator. What is known about God is evident within!

**Many who exercise the sixth sense develop an innate ability to connect with that which cannot be seen. Far too many confuse the sixth sense with the Divine Instinct.** None the less, when the Divine Instinct is exercised one is influenced by the impulses coming from the soul and the spirit levels of man.

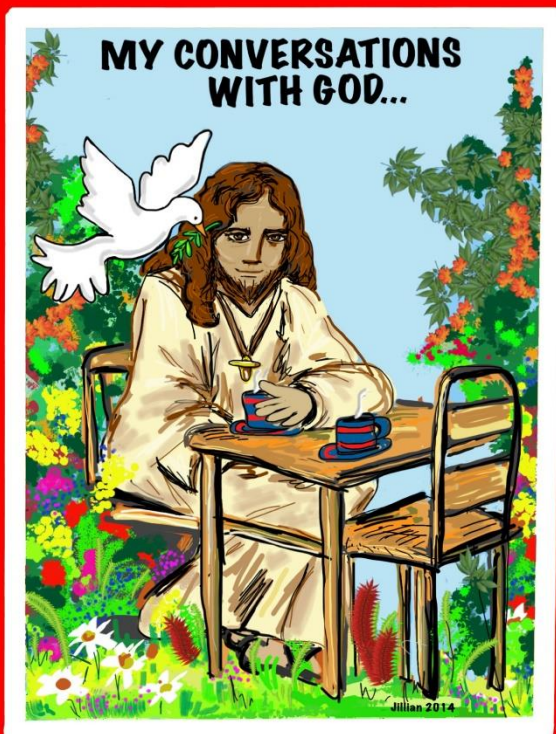
The Heavenly Father has sent the Holy Spirit to guide and help one's soul learn what it needs to advance in the pursuit of enlightenment. There is, therefore, a battle between what is of the flesh and what is of the spirit raging within each and every body. **What is of the flesh responds to the five senses. That which is of the spirit responds to what is of the Divine Instinct or what some refer to as the sixth sense. All have the ability to exercise this Divine Instinct, yet, very few actually allow their higher awareness to emerge.**

The soul longs to complete its mission on earth. For the soul is nurtured and responds to that which is the truth. The ego

responds to that which is but an illusion; that which it perceives to be true.

**In order to exercise one's Divine Instinct they must seek the truth! This truth cannot be found through what is of the external. It can only be found when one turns inward to the sanctuary within.**

The Holy Spirit understands what is the reality. He is here for all souls to avail themselves of, yet, far too many do not accept nor understand God's Spirit can live and reign within each being. **For what kind of a Father would send His child on a journey without a way and a means to commune with Him?**



**"I AM ALIVE AND I WANT TO SPEAK WITH YOU!"**

## **Chapter Four**

### **The Ego Versus The Soul**

The ego negates that which is of the soul. In many ways you can say they are indeed polar-opposites of one another. While the ego responds to what is of the external, your soul responds to that which is internal, that which is intrinsic. Your ego depends on validation from mankind, whereas the soul thrives on those things which are pleasing to the Divine.

**The ego, for many, is the image they have of themselves or what titles and status they hold in society.** In a world where your worth is dependent on such things as whether or not you have a partner, what material things you have acquired, how many friends and what level of education you have obtained (the list goes on and on), one can see why the soul receives so very little attention.

#### **You know the ego is in charge when:**

1. You seem to be going around in circles, thinking the same things over and over again.
2. You allow negative emotions such as anger, hurt and disappointment to consume you.
3. You engage in negative dialogue regarding yourself or someone else.
4. You are easily offended when things do not go your way.

**Yet, these are not the things our Father is concerned about. He does not care about the degrees you may or may not have. He does not concern Himself with the knowledge you have obtained from man! What He is concerned about is your Higher knowledge. Knowledge that enables the soul to learn and accomplish its purpose. Your soul is your true self! It is the essence of who you are. Your soul never changes. It is who you were created to be. It is your innate personality.**

### **You know your soul is in charge when:**

1. You allow the Holy Spirit to guide you, your inner voice.
2. You accept who you are.
3. You are filled with **enthusiasm** for what you are called to do.
4. You do not judge nor justify the behaviors of others.
5. You are forgiving of others, understanding we are all in the process of being perfected.
6. Your desires are not based on the expectations of others.
7. You are able to lose yourself in that which you love.
8. You have a sense of true purpose.
9. You have a strong connection to the Divine.
10. You willingly share those gifts which come naturally with others.
11. You understand all are responsible for one another as all are enrolled in the School of Life.

Your soul never changes. It is immutable for it is your true self. It is your natural self who you were created to be. In the School of Life, one must understand not only the difference between that which is of the ego and that which is of the soul, but what the essence of life truly is. **When one understands the true meaning of life, the very reason for their being then and only then will they be on their way to achieving a higher understanding. An understanding that can only be obtained through God!**

Each soul is on its own distinct journey. Each soul is here to learn what is necessary to increase its understanding of the Heavenly Father. The soul desires to exemplify those characteristics which are of the Divine, not those characteristics which are of the ego. It is important one allows the soul to assume its rightful position in each and every being. This can be accomplished when one seeks the truth!

*“With My help, the help of the Holy Spirit, each soul will be guided to accomplish that which is its very sole reason for being. Life does not start and end with this world. The soul is eternal and*

*will, when its time on earth is completed, return to from whence it has come. This learning does not stop when one's soul leaves this earth. The process of Higher learning is ongoing, be it on earth or in the heavens above. I will always be there to guide each and every soul, for you belong to the Father as I belong to all who believe in Me.”- Holy Spirit*



## Chapter Five

### Conclusion

*She Who Has Abiding Faith* was so thankful her trusted friend the Holy Spirit shared with others that which was imperative to know regarding the soul! She understood the School of Life was there to help all to understand and develop those characteristics which were of the Divine; those traits and characteristics which exemplified the fruits of the spirit.

She also understood the meaning of the times and that the battle between good and evil was now fully engaged; a battle that was far greater than ever before. **She could not help but feel if others understood their soul was the sole purpose for their being they would do all they could to insure they would be joining the multitude of souls enroute for His Heavenly Kingdom!**

*She Who Has Abiding Faith*, as the name implies, had faith good in the end would indeed prevail over evil. If it were up to her and the myriad of Earth Angels who now resided on earth, there would be many more that would, before time ran out, climb aboard the soul train, where upon arrival, would reside with their heavenly Father for now and ever more!

***“CAN YOU HEAR THE CALL?  
GET READY BECAUSE THE SOUL TRAIN IS COMING!  
ALL ABOARD THE SOUL TRAIN!  
LAST STOP OUR FATHER’S HEAVENLY KINGDOM,  
WHERE SHEER JOY AWAITS ALL WHO BELIVE IN HIM!”***



## **ABBA and Company Mission Statement**

ABBA and Company has been founded as a result of its supreme commitment to the betterment of mankind. The primary objective is to teach others to maximize their potential for the good of self and others. ABBA and Company believes that all individuals are created with an inherent gift which when nurtured and encouraged will provide a significant contribution towards the improvement of mankind!

## **ABBA and Company**

ABBA and Company specialize in "JOY". We have written a series of books as well as have over 600 videos where we share messages from the Holy Spirit that will feed and nurture your soul! We also offer workshops on "Joy for the Soul". When you nurture the soul you heal the body and will have a new passion for living. You will discover the true meaning of life and be inspired to use your gifts and talents for the betterment of all! A new world is coming! Come learn the secret to a more joyful and fulfilling way of life!

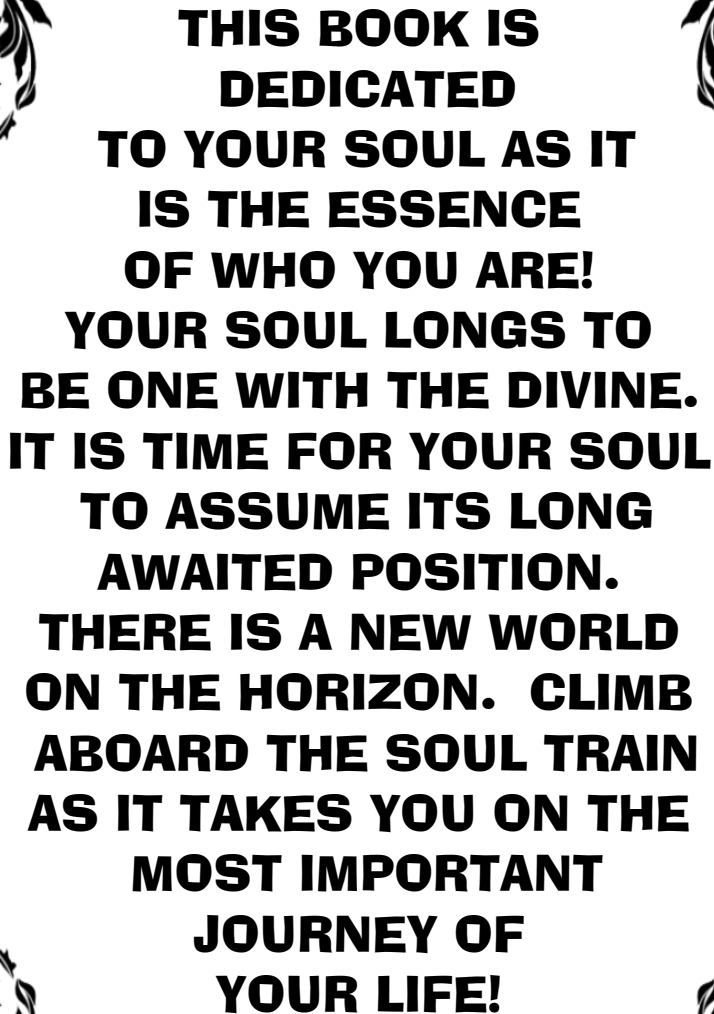


**UNITED WE MUST STAND  
FOR DIVIDED WE WILL SURELY FALL  
IT IS UP TO US TO ANSWER THE CALL.**

**WHAT HAS BEEN FREELY RECEIVED SHOULD  
BE FREELY GIVIN  
THIS MY FRIEND IS THE SECRET  
TO LIVIN!  
“WHEN YOU USE YOUR GIFTS  
AND I USE MINE,  
TOGETHER WE CAN MAKE  
A NEW WORLD  
SHINE!”**

**-ABBA and Company**



A decorative border with ornate floral and leaf patterns in each corner, framing the central text.

**THIS BOOK IS  
DEDICATED  
TO YOUR SOUL AS IT  
IS THE ESSENCE  
OF WHO YOU ARE!  
YOUR SOUL LONGS TO  
BE ONE WITH THE DIVINE.  
IT IS TIME FOR YOUR SOUL  
TO ASSUME ITS LONG  
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THERE IS A NEW WORLD  
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*Wendy & Jillian*