

SELF & SOUL ALIGNMENT — THE TRUE SELF & SOUL INTELLIGENCE Learnings

- Your true self is not something you create. It is something you uncover beneath the protective identity you built to survive.
- The soul can be understood as the deeper intelligence of your life that quietly knows what is true, aligned and meaningful for you.
- The body becomes the instrument through which this deeper intelligence communicates through sensations, clarity and inner knowing.
- Fear from the survival identity usually feels urgent, contracting and seeks quick reassurance. Truth from alignment is often quieter and clearer, sometimes accompanied by discomfort but with an underlying sense of knowing.
- Alignment requires learning to pause and notice whether a reaction is coming from protection or from deeper truth.
- Choosing alignment often requires courage because it may change how you relate to people, situations and environments.
- When identity shifts from protection to alignment, behaviour changes and reality begins to reorganise accordingly.



EMPOWERED FREEDOM

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