

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

After recognising the protective identity in the previous session, the next step is learning to recognise the deeper intelligence beneath it. This process invites you to observe where alignment is already present in your life and where protection still leads your decisions.

1. Think of a recent situation where you felt tension, hesitation or inner conflict.

Describe what happened and how you reacted in that moment. Now pause and look again at that situation.

Ask yourself honestly: was my reaction coming from protection or from alignment?

Protection often tries to secure approval, avoid rejection, explain itself, or maintain control. Alignment tends to feel quieter and more direct, even if it requires courage.

Write down what you notice.

2. Consider a situation in your life where you already know the truth internally, but you have not acted on it yet.

This might relate to a relationship, a boundary, a decision, or something you keep postponing.

Describe what you already know inside.

Then ask yourself: what am I afraid might happen if I follow this truth?



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3. Notice where familiarity may be keeping you in place.

Sometimes we stay in patterns not because they feel good, but because they feel known.

Where in your life are you choosing what is familiar over what feels aligned?

Write a few sentences about what alignment might look like in this area.

4. Alignment is not perfection. It is direction.

Complete this sentence in your own words:

When I listen to my deeper self, I notice that...

Allow this sentence to become a starting point for observing your inner guidance more consciously during the coming week.

5. The soul communicates through the body but triggers also live in the body.

Notice a recent body signal you experienced (tightness, openness, relief, tension).

Pause and reflect: did this sensation come from protection or alignment?



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