

# Soul Purpose Acceleration - 30 day immersion

Message from Mary Halima

Dear beloved, I want to personally welcome you to the Soul Purpose Acceleration 30-day immersion program! I'm so excited to serve you and share in one of the most defining and potentially life-altering moments in your life!

30 days designed to accelerate your soul and confidence to

- Shine your light
- Live your unique soul path
- Make a difference in your life for yourself, your family and the world
- Tap into your soul and passion
- Get you on track for holding the highest vision of your soul purpose
- Align your soul with your divine destiny
- Envision a life of your highest possibility and fulfillment

## WHY 30 days?

Because in order to make lasting change it takes 3 things

1. Doing something out of the box for you (this is it!)
2. Doing over time - 30 days or more (check mark!)
3. Receiving support - That's what I'm here for as well as receiving quantum help from the group coming together with a common purpose and focus!

## Here's How To Get The MOST out of this program!

### DID YOU JOIN THE FACEBOOK GROUP?

Remember to join the facebook group, hang out and fully participate! I'll be checking in often, answering questions and doing pop-up healing sessions

**JOIN THE WEEKLY LIVE GROUP ZOOM CALLS** - Date/Times: To be advised

**WEEKS 1,2,3,4** Soul Purpose Acceleration Healing Calls. Please note that calls are recorded and energetically infused for replays

**WEEK 5:** CELEBRATE and LAUNCH YOUR NEXT STEPS CALL! - stay tuned for date and time details - we'll do a survey to accommodate as many as possible

\*\*\*LISTEN AND RE-LISTEN TO THE mp.3's

\*\*\*PRACTICE USING THE SUFI CHANTING & HEALING TOOLS

\*\*\*JOURNAL/ WRITE your breakthroughs, insights, visions & 'downloads'

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## AND NOW WELCOME TO YOUR 30-DAY DAILY INSPIRATION GUIDE and SUGGESTED ACTION STEPS:

**DAY 1** - I invite you to relax, take a couple of deep breaths. AAAAH! You're going on an inner journey, a magic carpet ride, it's easy, and you love it! Your soul thanks you :-)

JOURNAL, Get a notebook or use your journal for you to keep your thoughts, feelings, downloads and insights. Journaling and writing is a manifestation technique. **Now that you've said YES! to know, heal and expand your soul purpose - the entire Universe is conspiring to support you!** The more the angels, muses and beings of Light see you're listening and being a good steward of your dreams, intuition and inspiration they are sending you - the more they will give you!

FIRST JOURNAL ENTRY: From your deep heart - write the answer to the question, (or if you prefer, make it a prayer to the Universe)

"What do I want to get out of this program?" What would be an amazing result for me?

AM - QUOTE OF THE DAY:

*"I have been a seeker and I still am, but I stopped asking the books, and the stars. I started listening to the teaching of my SOUL" - Rumi*

I encourage you to use this 30-day plan as a way to keep you on track and immersed in what's being offered in this program. It's not set in stone, and as always - follow your heart, your intuition, have fun and read ahead or skip around. Let yourself be drawn to what resonates for you. And that said - here's advanced 'warning'.....

### \*\*\*IMPORTANT NOTE\*\*\*

I could not write or talk about soul purpose without being able to talk about God/Allah/Divine/Mother/Father/Spirit/Creator/Source/Higher Power etc. Please know that when I use the word God, 'He' Him, or whatever I am not referring to an anthropomorphic white-bearded old man up in the sky. For ease, I might sometimes slip and use old terminology to try and express the Truth, the Divine Light the Creator, the One that Breathes us and regulates our organs, blood and heartbeat. Our language is so limited when it comes to the indescribable. Please accept my apologies in advance :-)

Ok - keep reading....it gets better lol

Where is God?

By Rumi

I tried to find Him on the Christian cross, but He was not there; I went to the Temple of the Hindus and to the old pagoda, but I could not find a trace of Him anywhere.

I searched the mountains and the valleys but neither in the heights nor in the depths was I able to find Him. I went to the Kaaba in Mecca, but He was not there either.

I questioned the scholars and philosophers, but He was beyond their understanding.

I then looked into my heart and it was there where He dwelled that I saw him; He was nowhere else to be found.

PM - QUOTE OF THE DAY: *"What you seek is seeking you."* Rumi

(May your dreams speak to you tonight of your soul and whatever is in your deepest heart and soul's desires)

## Day 2

AM - QUOTE OF THE DAY

*"Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray."* Rumi

**BEGIN USING THE 32-page self-discovery workbook and exercises.** This is especially helpful If you don't already know your purpose, and/or you are looking to uplevel or express it more in the world. Make it fun, come back to it often as you remember more and more about all your talents and gifts - Do a little each day (or all at once for those Type-A's)

LISTEN to the mp.3 OR READ the pdf of the:

**Introduction to Sufi Spiritual Healing.**

This will help you be ready for the healings and meditations

Morning Journal question: - How is my heart today? What does it look like, feel like? Is it Open, closed, wide, shallow, deep, soft, hard, rough, smooth, light, dark? Get to know your heart and take time to check in for yourself

PM - How's your heart space now? I invite you to check in to your heart tonight - is it different than this morning or earlier today?

*"The only Lasting beauty is the Beauty of the Heart"*

~ Rumi ~

### Day 3

AM - Quote of the Day:

*"The desire to know your own Soul will end all other desires." ~ Rumi ~*

### **LISTEN to MP.3 "Sufi Heart & Soul Activation"**

Travel through the doorway of the heart that opens to your soul.

Get to know your own heart and soul. Journal about your experience

Our heart is the gateway to the soul and to the secret place inside where you and the Divine Beloved are One. The sufi path is a direct path to our personal connection with Divine Union, Divine Love & Divine Knowledge.

As the sufis say: "Know yourself, Know God"

*"Know that the human spirit was created in the best of form, meaning with a predisposition to receive the divine overflowing without intermediary, and that the human is unique in this rank as compared to other creations. The spirit is accessed through the heart and soul and is beautifully reflected in the hand. In this world on earth, it is our hearts that contain this spirit and it is the closest thing in this existence to the Divine Presence" from MUSIC OF THE SOUL*

Have you been on our facebook page yet?

PM Quote: *"Intellect takes you to the door, but it doesn't take you into the house"* Shams Tabriz (Rumi's Teacher)

### Day 4

**AM Quote:**

*"Why are you knocking at every other door? Go, knock at the door of your own heart" - RUMI*

Have you checked out the

**PDF - 4 Master Keys to Living Your Soul Purpose?**

These are the 4 Master Keys absolutely necessary for you to live your highest soul purpose.

I invite you to read it - it's only 11 pages.

QUESTION: which one of the 4 master keys describes YOU the most?

While we each carry a piece of each of the 4 Keys - One or Two at the most are what we are here to master for ourselves, our family and the soul of humanity!

It's called our "Soul Agenda" and the catalyst that jumpstarts you living your highest soul purpose for your joy, health & happiness.

Reminder: How's your journaling? Been on Facebook Group lately?

PM Quote: *"There is a fountain inside you. Don't walk around with an empty bucket"* RUMI

## **Day 5**

AM Quote *"So the single most vital step on your journey toward enlightenment is this: Learn to disidentify from your mind"* Eckhart Tolle

How's your journaling coming? No one is going to read it, try writing long hand, or just write stream of consciousness - write whatever comes to you

without thinking about it. When you write with a pen or pencil 'long hand' you'll be writing more from your heart and soul. Your hands are physically and directly connected to your heart and soul - you'll be surprised at what might come forth!

MORNING PAGES: Write 3 pages a day (ideally first thing in the morning) 'stream of consciousness' for 6-8 weeks and wait until AFTER the 6-8 weeks and then read back what you wrote - you may be amazed! (this practice is called the "Morning Pages" and is from the book THE ARTIST'S WAY by Julia Cameron.

Join the group on facebook today? - there's power in a group coming together with a common intention and purpose - we all rise higher together. I'll be checking in regularly - feel free to pop a question to me and I'll answer it.

Listen or re-listen to any of the mp.3's - you'll do a deeper dive each time you listen, and it's an opportunity to receive more healing and insights.

PM Quote: *"We are earth people on a spiritual journey to the stars. Our quest, our earth walk, is to look within, to know who we are, to see that we are connected to all things, that there is no separation, only in the mind"* **Lakota Seer**

## **Day 6**

AM Quote:

*"Living from the heart and soul means that you have found the place within yourself that you can access, rest in, trust in and rely upon"* Mary Halima

If you'd like to live more often from your heart, soul, spirit, and/or if you want to do a deeper dive... I invite you to re-listen again (or for the first time) to the mp.3 that will help you the most:

**MP.3 - Sufi Heart & Soul Activation Meditation** -travel the inner dimensions and worlds of your heart and soul

PM Quote:

*"What are you searching for? Search for the heart of your soul. All the secrets are in the heart of your soul. Everything is inside you. You have many hearts, yet all these are one. I want every student to know his heart well, to know the truth of himself, to see inside his soul"* from MUSIC OF THE SOUL, Shaykh Sidi Al Jamal

**Day 7**

AM Quote: *"When you do things from your soul you feel a river moving in you, a joy. When action comes from another section, the feeling disappears"* RUMI

FREE DAY - HAVE FUN - What would today be like if you only listened and followed your heart?...what would you love to do today for yourself? What does your heart guide you to do for yourself today?

What if I told you that in the Divine's 'eyes" you are #1 - that's right - Number ONE! That it's ok to put yourself first - that in fact Receiving and Giving are one and the same. What does that bring up for you?

Learn to live from the inside out. Living from your deeper heart is the fastest way to raise your vibrations and ascend into the highest dimensions. The Divine ALWAYS wants to give you more, so ask. The Divine wants you to be happy, healthy, whole and fulfilled.

PM Quote: *"You, yourself as much as anybody in the entire universe, deserve your love and affection. -Buddha-*

**DAY 8**

AM Quote:

*"In healing yourself, you become a healer of others, you are healing the Planet. Know that there is no more sacred work than this!"* Anonymous

Ok - if you haven't already - it's time to listen to  
**MP.3: Clearing Soul Lineage and False Programming**

Trust the process, it works - time to clear thousands of years of the false matrix and misbeliefs. You're the one we've been waiting for! It's Your time!

Please journal or share your insights and experiences on Facebook. If you have any questions or comments for me - please post on the facebook page.

PM Quote: *"You are the person who has the secret Names of God. YOU! All the secret thing of the divine names are put in you. When you clear all your misbeliefs, pictures, programming, when you leave these, then when you are like this you are with the Divine Beloved. You return to the real start, to the beginning. You will BE the image of MERCY inside & out, and you will BE THE LOVE to give which has no end. You will BE THE QUIETNESS to give the quietness from God to God"*

## **DAY 9**

AM Quote: *"The Divine is inside you"*

As we heal, clear and clean the 'not us' we have more access to our soul and all the Divine Names, Qualities, Lights of Source that were written in our souls before we came into this earth plane. The more our soul purpose unfolds effortlessly, doors open, the Universe supports us - our highest and most joyous life awaits us.

*"Your cure is in you,  
But you do not see,  
Your sickness is from you,  
But you do not feel,*

You allege that you are a small star,  
While you contain the whole cosmos"  
From MUSIC OF THE SOUL, Sidi Al Jamal

How about listening to one more healing mp.3 today?  
(Or not.... Please feel free to follow your own heart and NOT your Mind!)

### **MP.3 SUFI SOUL CHANTING MEDITATION**

#### **Release Fear, Worry, Anxiety**

(And open to more PEACE, SAFETY, SECURITY AND HEALING)

It's Approximately 34 minutes. There will be a short teaching followed by a meditation where you'll be chanting and receiving the Divine Lights of the Source Code Name of YA SALAAM which translates to "Peace, Safety, Security & Healing"

This is a Master Sufi Tool and a Master Key for the times we live in - TRY IT!

PM - let's mix it up! How about a sufi affirmation prayer :-)

*"O God (Source/Universe) You are the Peace, from You comes the Peace, and to you the Peace returns. Let me live in Peace"*

### **Day 10**

AM Quote: RUMI

*"Who gave this soul to me? The one who hooded my eyes Like a falcon's, who soon will set me loose to hunt"*

We're one third of the way through our 30-days together - Let's check in!

How are you doing? What do you need?

Remember to use the tools - they work!

Journal/Write Your Morning Pages

Check in on the Facebook Group

Listen to the mp.3's

Practice Chanting Ya Salaam - for more Peace, Safety, Security & Healing

Are you using the 32-page Self-Discovery Workbook?

***I would love to hear from you! I am hear for you and praying for you daily. I want to support you - please post in the Facebook group so I can respond and get to know you***

PM Quote: *"What you focus on expands exponentially" (Just do it!)*

## **Day 11**

AM Quote: *"There are a thousand ways to kneel and kiss the ground; there are a thousand ways to go home again."* – Rumi

One way to find out who you are in truth, is to spend daily time with your heart. Your heart is home. There is a direct physical connection to the Divine that can be reached through you deep heart. This connection opens the gateway to your soul and divine union with the Ocean of Love and Truth of you. This is where you can taste 'the wine of the love' Rumi speaks of in his poetry. It's indescribably beautiful!

I invite you to listen or re-listen and practice the

**mp.3: Steps to the Sufi Heart Meditation 'REMEMBRANCE'**

PM Quote:

*"You are not a drop in the ocean. You are the entire ocean, in a drop."* RUMI

## Day 12

AM Quote: *"Don't be satisfied with stories, how things have gone with others. Unfold your own myth" – Rumi*

You are as unique as your fingerprints! Your fingerprints were formed at 16 weeks in utero - 4 months before you were even born!!!! It is the exact same time the angels inscribe your decree from Divine Creator. It's written in your soul before you're born and encoded in your fingerprints! Amazing!

Like Oscar Wilde said: *"Be yourself - everyone else is taken!"*

(If you haven't purchased the Package C - there's still time to upgrade and receive the hand kit and 90 minute Soul Purpose Hand Analysis Reading that decodes the energetic imprint in your unique fingerprints. You will know without a doubt, your soul purpose, lessons, gifts and more! "It's All in Your Hands")

*Other ways to know your soul purpose, mission:*

Meditate, listen to the mp.3's and ask your highest self and Source/DivineCreator to reveal it to you....

Come to the weekly live calls where we will be exploring it more and doing a deep dive meditation to connect you to Source so you can get it directly

Use the 32-page "Self Discovery Workbook" - take inventory of all your gifts, talents, trainings, feelings, passion etc. You will remember who you are.

REMEMBER, Your soul purpose is who you are. You don't have to go to school for it or make a career about it, UNLESS you want to! No matter what your age or station in life - you can release the "not you" and open to being, holding, SHINING YOUR LIGHT for you, your family and the world.

**YOU are a unique and glorious creation of the Divine**

**YOU are here to express your gifts, talents and Light & the world  
needs you  
YOU are already wired for success  
YOU are the one we've been waiting for! It's YOUR TIME!**

PM Quote: *"Once you have the urge to find out who you are, the whole Universe is helping YOU"* Mooji

**Day 13** Message from Chief Arvol Looking Horse:

**"You must decide. You can't avoid it. Each of us is put here in this time and this place to personally decide the future of humankind. Did you think the Creator would create unnecessary people in a time of such terrible danger? Know that you yourself are essential to this World. Believe that! Understand both the blessing and the burden of that. You yourself are desperately needed to save the soul of this World. Did you think you were put here for something less?"**

**(That's all for today beloved!)**

**Day 14**

AM Quote: from Rumi

*"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."*

Sufi healing is gentle, yet powerful.

The mp.3's are meant to heal you and release you from any of the 'not you'

I hope you are receiving from them. They are meant to be listened to again and again.

For Package B peeps - have you booked your 1-1 healing session yet? 45 minutes all about you! Clear what's in the way and receive more love, light,

guidance, and whatever your soul is needing. The healing session is recorded on zoom so you can re-listen and receive even more!

PM Quote: *"Don't wait any longer. Dive in the ocean, Leave and let the sea be you."* RUMI

### **Day 15:**

AM Quote: *'Remember, what you focus on expands exponentially & easily'*

Hello again! **By now we should have already had 2 live zoom meetings! Were you able to be on the zoom live? If not, please listen to the replays!**

The live calls are for healing, clearing and then filling you and beautifying your heart soul. Making more space for joy, happiness, health, holiness, freedom, passion and fulfillment. We're accelerating your soul purpose. Experience the power of a soul-focused group coming together with a common intention and purpose - It's soooo Powerful!!

Got any questions for me? Come on to the facebook group. I want you to get the most out of this program that's possible!

PM Quote: *"Ask and you shall receive"* (you know who said this right?)

### **DAY 16**

AM Quote: *"Everyone has the perfect gift to give the world - and if each of us is freed up to give the gift that is uniquely ours to give, the world will be in total harmony."* Buckminster Fuller

FUN EXERCISE - Let's Play - Get your notebook ready

Try this one on...

Imagine you have been asked to be on Oprah's Super Soul Summit - you have a 15 minute slot to share whatever you want to share about...what you know, believe, have learned, are passionate about or teach - it's up to you!!

OK GO!.....write about it from your heart, just keep writing - see what comes out...have fun....be wild....be crazy...be YOU!

PM Quote: "Everyone is gifted, not everyone has opened their package"

Guide Martin

## **DAY 17**

AM Quote: *"Finding your passion isn't just about careers and money. It's about finding your authentic self. The one you've buried beneath other people's needs."*— Kristin Hannah, from the book Distant Shores

One of the most common soul lessons I see in people's soul blueprint and fingerprints is "Lost Self Worth, Guilt & Shame" It's a soul lesson we came to clean. It the programming from the thousands of years old false matrix. It's not the truth of who we are. And we can heal from it. It's not real, behind this false matrix is soooo much Light, Love and our Divine Sovereignty.

The result of believing this deeply soul-in-grained pattern or assigned soul lesson, is that a person with this will tend to over give, serve to the point of servitude and slavery and will put others first at the expense of their own selves. It becomes a way of life and keeps us from living our soul purpose.

If you recognize yourself as more of a Giver and are giving at the expense of your own needs:

### DO THIS NOW!

Listen to the mp.3 CLEARING SOUL LINEAGE and FALSE PROGRAMMING

### OR DO THIS!

Chant for 20-30 minutes the Divine Source Code that heals Unworthiness, Guilt, Shame, Lost Self Worth, Powerlessness

### **AL MALIKU-L-MULK**

Chanting this aloud so that it vibrates in your deep heart re-wires you to the truth of who you are.

*"When we repeat this Divine Name, we realize that we have been sent to this earth as divine representatives in order to rule and serve the universe and ourselves. If you repeat this name 212 times every day, doubt will change into confidence, and the fear of owning nothing will dissipate....The Divine created the entire universe as an expression and proclamation of the "His" Divine Names and Attributes"*

From the book DIVINE NAMES the 99 Healing Names of the ONE LOVE, by Rosina-Fawzia Al-Rawi (HIGHLY RECOMMEND THIS BOOK, it's available online)

PM Quote: *"You were born to Light up the World!"* Mary Halima

### **Day 18 - Sufi Path of Love**

AM Quote: *"You are the Love"*

A reading written directly for your soul (not your mind). I invite you to read the following with your heart and soul and let it infuse you. Receive the transmission encoded in this reading from the book MUSIC OF THE SOUL

*"When you find the love, you find yourself. The secret is in the love. You are the love not another. Everything is in the love, and everyone needs the loved. If you find this, what more could you want? When you know, what could you want? When you have the knowledge of the love, you feel peace in your heart. The jewels are inside you. This is the holy meaning. But look and reach so that you find every meaning and do not hesitate because inside every meaning is the quality of the love. The love has seven qualities (7 dimensions) and this love knows no differences. If the Muslims, Jews, Christians and the people of any other religion, knew their religion well, there would only be one religion, the religion of love and peace and mercy.*

*When anyone knows why he/she lives and walks in this created world, then he/she begins to know him/herself. We are here only to know the Divine Love/Source/AllThatIs. Live all the time in the garden of love. When your heart feels love, then everything around you is quiet and at peace. Live to love and know the God (the Divine Love/Source/TheOneness.)"*

from the book MUSIC OF THE SOUL/Sufi Teachings, Shaykh Muhammad Sa'id al-Jamal ar-Rifa'i as-Shadhuli, former Head of the Higher Sufi Council in Jerusalem and the Holy Land, Teacher at Al-Aqsa Mosque in Jerusalem

NOTE: feel free to meditate on this, journal any thoughts, inspirations etc. IF you're led to it, please let me know what your take is on this in Facebook

PM Quote: *"You are the reflection of God. There is nothing, only God. Where is another? Give everything to the Divine and you will begin to know yourself. When the Divine made you He made beauty"* Music of the Soul

## **Day 19 an excerpt from my forthcoming book in progress :-)**

AM Quote:

*"Go easy on yourself, you are clearing thousands of years of misbeliefs and false programming"*

Your soul is 70,000 times bigger than your body – it's expansive, spacious, deep and beyond the everyday. It's subtle and more closely connected to the Divine Light of the Creator that sits inside you. It includes what Carl Jung calls the Collective Unconscious. It contains your Life Purpose and it also contains at least 7-14 generations or more, of information that you came here to clean. Information that's in our DNA, in our ancestral history, our ethnic background, our cultural background, our gender history and our religious history phfew!

Whether or not you think you are connected to it – this deep history is in your soul and has impact on you in the here and now even if you may not be conscious of it!

We were each born into the exact family, DNA history, gender and ethnic background that is perfect for our soul's growth and purpose. This 'stuff' is what we came here to clean, purify, re-wire for ourselves and for the evolvement of the soul of humanity. It's our Soul's agenda. It's our opportunity to know the truth of who we are and who we are NOT.

For example, let's take a look at the messages and misbeliefs that we carry and can release:

**DNA**– we think nothing of saying 'heart disease runs in my family, my father had it, my grandfather had it and his father etc etc. So what we're really saying is – on a soul level our spirit was born into this family – no mistake – we are connected to this pattern at a soul level and there's no accident we are placed here. AND WE can stop this pattern with us!. Through whatever soul and spiritual practices or path you choose – you do not have to be fated to heart disease – just because they had it.

As you may know, most disease happens on a soul level before it shows up on the outer level of the body. Therefore, for some reason YOUR soul needs to learn about heart disease and the lessons of the heart. Maybe it's about learning to love yourself, issues around receiving love for example, so that's why you were placed in that soul group or family. Again, it's not a 'given' that you get the disease, in fact you can be the one to stop the pattern in the lineage by doing your spiritual work, learning about love and working on your soul's life lessons which you were assigned and which are written in your fingerprints

**As it says in the holy book:**

*"Allah (God/The Divine/The One) does not allow any disease without also having a cure for it – the only thing there is no cure for is death"*

So part of our soul's agenda is to clean the patterns we're given/assigned to clean/clear.

**EXERCISE to help you to uncover any misbeliefs, labels, patterns that will help you to unveil your soul and the truth of who you are:**

**Health/DNA** – write down some of your family's sayings around health and disease, what diseases are prevalent in your family? Heart, kidneys, cancer, alcoholism etc. Again, it doesn't mean you're going to get those diseases – but –energetically – what is the energy or the misbeliefs or patterns behind the disease that you might be here to learn about? Hint: It serves as a clue to your life's lessons around love, self-worth, fear, unforgiveness etc.

**Religion** – Whether or not you are practicing that religion now, your soul may be carrying the imprint and patterns of that religion you were born into or that your ancestors practiced. For example, I was born into the Catholic religion. My soul and my being carried pictures or misbeliefs around who God is and what it means to be a human. Issues around worthiness, original sin (born 'bad'), and thinking or being told that the purpose of life was to come here to suffer and sacrifice.

Ok – so what messages did you receive from your religious background? Take a moment to notice, jot down or think about for a minute. Sacrifice, Scarcity or maybe Poverty? Poverty as in you have to be poor to get into Heaven? Guilt, Suffering, Unworthiness, all work and no play etc etc

These are deep things in our souls that need to be cleaned and transformed and that may be preventing us from living our highest purpose, passion and joy!

Re-wired for success!

As we clean these pieces our soul actually gets re-wired for success and allows more light and time for our Purpose and Passion. Because, guess what? If you have deep feelings of unworthiness (or "I'm not enough") chances are you're not going to leap into the spotlight shining your light and expressing your purpose – right? Or if you have a deep misbelief that you 'should' be poor in order to be 'saved' it will hold unconsciously hold you back.

**Gender Roles:** What's it mean to be a woman, mother, sister, daughter in your lineage? What messages did you inherit as a man, husband, provider, brother, son?

**Tribal Roles:** What are the 'shoulds' and messages from your tribal past? This can be subtle and it's held in your soul. *For example, I was recently working with a client doing some sufi healing. As I was praying and using the Arabic and the Divine Name of Allah, we both could hear her ancestors from her Jewish heritage screaming 'no' 'no' on the inner! We invited them into the healing and showed them the One Love which broke the chains and covenants from old!*

**Cultural Roles:** How do you dress, what do you eat, is it choice or habit, explore your lineage and history - keep what is useful, be conscious of your choices and the prescribed 'shoulds' and 'have to'

**\*\*\*\*Important note\*\*\*\****I am in no way am saying we should blame our parents, our culture, our ethnic background – what I am saying is: this is a place to look for YOU – there are no mistakes where each of us is born – which family, which DNA inheritance, which ethnic, cultural and religious background we were born into...it is EXACTLY what YOU needed for YOUR SOUL to evolve and so that your soul can begin to FULLY EXPRESS YOUR SOUL's HIGHEST PURPOSE!*

I invite you to ...LISTEN AGAIN OR FOR THE FIRST TIME TO THE  
**MP.3 Clearing Your SOUL Lineage and False Programming**

PM Quote: - similar to this morning.....

**“Go easy on yourself, you are clearing thousands of years of outdated conditioning”** Paulina Serafina

**Day 20** - Ok Day 19 was 'heavy' let's lighten it up!!

AM Quote *“When you're in the heart, nothing needs to be done to bring change. It will happen automatically and with Grace”* Drunvalo Melchizedek

FUN DAY TODAY - GO PLAY - Do what opens your heart and soul and move your body!

What do you love to do?

Nature, Create, Yoga, Sing, Chant, play with your children, quiet time in the bath, read a book, plant a garden?

What nourishes your body heart and soul! **“DO THAT”!**

It raises your vibration and Light Quotient. If you're breathing, your on purpose too lol

Sending you lots of hugs and kisses today.

PM Quote *"The Real Revolution is the Spiritual Evolution of the Heart"* (me)

**Day 21** Finishing up Week Three! WOW

AM Quote: *"Everyone has the perfect gift to give the world - and if each of us is freed up to give the gift that is uniquely ours to give, the world will be in total harmony."* Buckminster Fuller

Time to check in - YIKES! Only 9 days remaining.  
Anything you haven't had time for that you'd like to do today?

Journal, write, go on facebook, listen to that mp.3 you haven't listened to yet? Try more sufi chanting, hug yourself, eat chocolate? :-)

PM Quote *"When you do things from your soul, you feel a river moving in you, a joy!"* RUMI

**Day 22**

AM Quote: *"Go out there and be a loving presence in the world and abide in the presence of your being"* Adyashanti

High vibrational number 22 - Have a magical day!

PM Quote: *"Wherever you go, leave a heart print"* (Anonymous/Facebook)

## **Day 23**

AM Quote *"Surround yourself with people that lift your soul and bring out the best in you"*

Who you hang out with is a reflection of you. In the Artist's Way by Julia Cameron she asks us to look to see who we gravitate to? Artists, Healers, Leaders, Teachers? Etc. It gives us a clue as to who WE are...are you an artist, healer, teacher, leader ???

PM Quote:

*"Your heart is the light of the world, don't cover it up with your mind"* Mooji

## **Day 24**

AM Quote

*"Be a Lamp or a Lifeboat or a Ladder. Help someone's soul HEAL"* Rumi

2 SURVEY QUESTIONS:

Have you been sharing what you've been doing lately with this program?

Anyone notice a positive difference about you?

(just sayin')

PM Quote

*"We cannot force someone to hear a message they are not ready to hear. But we must never underestimate the power of planting a seed"*

**Day 25**

AM Quote

*"You cannot find your soul with your mind, you must use your heart"*

Gary Zukav

Ok, I know you know that by now that your mind is great for accounting but it's not a guidance system, nor is it meant to be in charge!

- just checking :-)

I love you!! Keep up the good work - only 5 more days

PM Quote: *"Trust the Wisdom of your soul, it knows the way"*

**Day 26**

AM Quote: *The mind was designed to be the empty space for the visions of your heart to be manifested through.* Nicky Hamid, Professor of Happiness

What does your heart want to manifest today?

Maybe you'd like to do a sufi heart meditation and see if any inspiration comes through?

Maybe you'd like to write it down? Or not?

Hmmm maybe you'd even like to join us over on facebook today?

PM Quote

*"You are a multidimensional being. The energy on the planet is calling for us all to raise our vibration. It's time to step up to your next level of your spiritual evolution"*

*(Congratulations - You're doing it!)*

**Day 27 - doing a deep dive today.....for those who have ears to hear, and eyes to see.**

AM Quote *"Find the Light that burns within...*

*that light is your spark...*

*that spark is you...the rest is window dressing"*

My Invitation to you.....

To ponder, feel, see, experience the Light of this passage. If you want, you can copy it by writing long hand word for word and it will reveal the deeper meanings to you in your soul.

*God is the Light of the heavens and the earth.  
A metaphor for His light  
Is as if there were a niche  
And within it a lamp;  
The lamp is enclosed in glass.  
The glass is as a brilliant star,  
Lit from a blessed tree,  
An olive tree, neither of the east  
Nor of the west,  
Whose oil is luminous,  
Though fire scarcely touches it.  
Light upon light,  
God doth guide whom He will to His light.  
And God doth set forth metaphors for men,  
And God doth know all things (Surat an-Nur:35)*

PM Quote:

*"Beloved, you have to know that there is in the body a heart (al-qalb). In the heart there is a soul (al-ruh) In the soul there is a secret (al-sirr). In the secret there is an invisible thing (al-khafii). In the invisible thing there is something even more invisible (al-akhfa), and in the most invisible thing is a heart of essence (al-fu-'ad). In this essence there is God (the Divinity Within)"* An-Nur Illahi: The Light of God, from MUSIC OF THE SOUL,

**Day 28 End of week 4!**

**Only 2 more days to LAUNCH YOUR NEW SELF!**

AM Quote

*"Every life has a purpose. We need to let go of the past. Live in the Present. Do not waste today worrying about what will happen tomorrow. Embrace your true spirit, embrace and listen to grace and you will be transformed in the moment. Do not fixate on what you want, but give thanks for what you have"* Caroline Myss

I invite you to begin searching inside your own heart, life, higher self, what are your intentions for your next steps? We'll be doing an amazing and powerful sufi protocol to launch you for your next steps - what's your dream? Where do you see yourself? How do you see yourself?

PM Quote *"Never think that what you have to offer is insignificant. There will always be someone out there that needs what you have to give."* Be Happy

**Day 29**

AM Quote *"Your true purpose is to be your own unique self and do so with happiness and freedom from fear. Your life is meant to be filled with beauty and joy"* Bryant McGill

I invite you to take a look back to what you wrote on DAY 1 of the course.

What was your intention? What did you receive from the program?

Look, see, feel your heart - any difference from 29 days ago?

How has your life changed? Any changes in your relationships?

PM Quote *“When you do things from your soul, you feel a river moving in you, a joy!”* RUMI

### **DAY 30 - bittersweet for me - how about you?**

*We will be having a special launch party to celebrate the wins and a time to meet together to feel the love and the truth of the new creation that you are!*

*I will be leading us with a 30 minute sufi protocol to open the energy for your next steps. This protocol connects you on the inner to all the people, places and things you need to continue your inner and outer soul journey!*

\*\*\*Stay tuned for date and time - we'll taking a survey to see which works best for all Insha'llah (God willing)