

## Making Soul Time - Use Your Greatest Asset

*The Importance of Connection*

### Making Soul Time

In the last few weeks, like many of us, I was caught up in the hyper-busyness of the run up to Christmas. Somewhere in the midst of so much 'doing' I forgot to 'be'. Luckily I take regular essence blends and was guided to Lady's Slipper in my attunement blend, an essence which helps re-integrate our spiritual purpose with our daily work. This gave me the key to why I was feeling so tired - I wasn't drawing from Source for inspiration.



At that point on a dark, wet winter's evening my friend suggested we went for an evening of group soul work. We both had work deadlines but I knew she was right - I stopped listening to my head telling me to stay in and started listening to my soul which needed nourishment. The best decision of the week. I woke the next morning centred, happy and full of purpose.

### A Top Stress-Reliever

A regular gathering of like-minded souls to plug into the Light or Source or whatever you personally call it, is the best way to keep perspective. Andrew Ferguson of Breakthrough Network puts it very well:

### Your Greatest Asset

*In tough times, your greatest asset is your inner self. This connects you to your next greatest asset which is your connection to other good-hearted people. The answer is not to do more. The answer is to be more. Sit with yourself and listen. Then do what is necessary and take the greatest care of all your relationships. This counters the greatest dangers over the next two years which are isolation and loss of integrity.*

*Balance the inner and outer work you do. A combination of self-awareness, honesty, responsibility and care is the way through recession. It is also a reminder of what actually works best all the time.*

### Holy Basil - Your Soul Mate

A wonderful essence to help you stay disciplined with your spiritual practice is Holy Basil, pictured above. It's an excellent essence for meditation and feeling a sense of spiritual renewal. Great for when we procrastinate or allow our spiritual practices to fall by the wayside because we feel we have too many other things to do, this essence can give a gentle nudge to ensure that whatever amount of time feels appropriate is given over to the needs of the Soul.

I love helping people with soul issues. If you'd like to discuss a consultation or any other kind of soul support, just call 01273 77 33 24 on Mondays, Tuesdays or Thursdays.

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