

# Introduction

## *Purpose and Structure of This Book*

This book "Adventure of the Soul" has somehow made its way into your hands. This has no doubt happened for a reason. It is very probable that you are in a process of figuring out how to interpret the messages that life is constantly sending us. You hold in your hands a book that shows many techniques for converting these messages into something useful and ways of being aligned with your life path every step of the way.

Anyone who can view life as a journey or an adventure where there are lessons to be learned all along the way - I don't particularly like the words 'lesson to be learned'; seems archaic and generates the wrong image - instead I use the words 'gifts to be collected' along the way. We have the opportunity of converting these gifts into something useful and even beautiful if we develop the ability for recognizing them. The intension of the book is to share the vision, so that no matter what your stage in life, no matter what is happening in your life, you can see the gift that lies beyond the apparently adverse or challenging circumstance that you are being faced with. Here is how the book is laid out.

### Chapter 1: *Life Comes Calling*

We will learn how to recognize the calling. We will discover how the messages present themselves in our scenario and have a closer look at the three different levels of intensity in which they come. Then we will look at how to interpret the message and convert the gift within it, into something that benefits our life journey.

### Chapter 2: *Experience Being Aligned - The 10 Methods*

We explore 10 ways of aligning ourselves with our spiritual path. There are many ways of achieving instant alignment though listening to our body, by feeling and opening our heart and being attentive to our inner voice. We will look at following intuitions and paying attention to coincidences and synchronicities which all form part of finding the way. We also cover the importance of meditation, which is important for being able to hear the messages being sent by the soul, which in turn has the purpose of helping us get aligned with the next step to be taken in our journey.

### Chapter 3: *The Gentle Calls - Annoyances and Inconveniences*

We have a look at the different messages that come from the soul; starting with the gentle calls, which manifest themselves through discomforts, setbacks and inconveniences in our daily scenarios. We will look at ways of listening and aligning ourselves with these messages. Each calling has a gift hidden inside and finding that gift, which can be found in the most unexpected places, can transform our adventure into a pleasant journey. It forms part of the art of living.

### Chapter 4: *The Intense Calls - Physical Discomforts and Symptoms*

Here we will look at the more intense messages that come to us through the physical body in injury and disease. If one has been resisting or ignoring the 'Gentle Calls' and has not been able to make the adjustments necessary on the road of life, then a new opportunity presents itself with

more intensity. These events have a more dramatic effect on the course of our life. We will look at how to interpret the more intense calls. We will become the artist and the conscious creator of our reality through a process of visualization and deeper understanding.

#### Chapter 5: *The Seed Event*<sup>1</sup> - *The Root of the Ailment*

Here we explore the meaning behind the events that keep reoccurring in our life. We will go looking for the root and origin. We look at patterns of behavior and the form that symptoms can take with special attention on how to interpret those that we have, up until now, seen as unpleasant events. A disease is a calling that points towards a need for personal transformation. That is the gift that we will learn to recognize and collect.

#### Chapter 6: *Collecting the Gift - Integration, Transformation and Healing*

Here we will see the process of personal transformation that can be drawn from the callings. We will learn to find and recognize the gift that is in the seed event. One of the differences between a person who can heal and the person who cannot heal, is the willingness to accept the need for personal growth and transformation. We will journey to our inner temple and collect the gifts that have the power of healing us. This healing can also have an effect on everyone around us, including family and all interpersonal relationships; future and past.

---

<sup>1</sup> Seed Event, refers to the event which is the root cause for any physical, emotional or mental symptom. We will look for the gift through decoding the Seed Event.



## Chapter 1

# Life Comes Calling

### *The Art of Listening to What Life is Saying To You*

What? Are you talking to me? Hopefully the following pages of ideas and examples will help make the clear answer a yes. Life sends us messages in a myriad of ways. For understanding Life's language, we need to awaken a part of ourselves that has gone to sleep, we need to revive the creative artist within us that seems to have forgotten his or her art; the art of listening to Life<sup>2</sup>.

The first challenge is that life does not speak to us in conventional language and it uses all kinds of ways, channels and methods to get the message through. It is a very sophisticated form of messaging that we have to learn how to decipher in order to understand what is transpiring in our scenario. Through a heightened awareness and through restoring our ability to see and hear those messages, life can become a smoother ride. Some people are naturally tuned to the frequency of their life and life purpose, resulting in a fairly smooth journey.

We are spiritual Beings in a human adventure, although most of the time we just perceive ourselves as nothing more than a physical body and our identity seems to be defined by the sum of our thoughts, passions and possessions. It can also seem like life is a constant struggle and we sometimes feel abandoned and all alone. We can even reach a point of not wanting to carry on, however we are here to live this experience and it has a lot to teach us.

More than just a mind trying to direct a physical body through a mystery that we can't seem to rationally understand, we are the expression of consciousness in a human being. This miraculous body is host to the intelligence that is the creative origin of the universe. Each and every one of us has the complete knowledge of the universe within us and we have everything we

---

<sup>2</sup> Every time that I use the word Life with a capital "L", I am inferring a synonymous definition to Divine Consciousness, Unity or God and the spiritual dimension that is in each and every one of us; our Soul.

need to live a complete and healthy life. That is part of what we have come here to savour, discover and experience.

In *Adventure of the Soul*, we explore the human journey from our arrival in the womb to the moment we abandon this physical body to rejoin Oneness. Once our purpose has been realized, we continue our journey back to where we came from. This experience on earth, which is of a spiritual nature, can be elevated to a blissful experience through being more attentive to the movements and details that happen all around us and by listening more carefully to what Life is saying to us.

It can be said that we are reaching a certain mastery in the art of listening to what life is trying to tell us when we are able to see the messages contained in the events that happen in our daily occurrences; specially the events that we interpret as negative, uncomfortable and sometimes even contradictory. If we are attentive and listen carefully, we have the ability of hearing the message clearly; then if we are able to take that message and integrate it into our lives, it has the potential of being converted into a gift. I will refer to integrating the gift throughout this book.

It can be easier to interpret the message when it is delivered in a pleasant experience along our life path. An easy one would be something like winning the lottery; another would be falling in love. It gets more complicated when the experience appears as an obstacle or a setback in your life. It becomes even more of a challenge if it shows up as an injury or an illness in your body.

Welcome to the art of listening to and aligning yourself with life. We all have the amazing ability to do so and the aim of this book is to awaken that capacity. This book is about awakening the conscious and creative artist that we are, in creating our own reality as well as our own body. We will learn how to see what is behind life's occurrences and develop a way of aligning oneself with its purpose; which will in turn lead to a healthy body and a feeling of peace in your life.

## Life Sends us Messages

Sometimes, things happen in our life that are totally unexpected; something unforeseen and not in the plans. Although we try hard at times to coordinate and schedule what goes on in our lives, it would seem that we are not always in control.

If you look at your life as though it were a sailboat navigating in the open sea and on a given course, then one of these unforeseen events can be seen as the impulse that changes your direction of travel. A change in the direction of the wind perhaps. If you are attentive and responsive, a slight adjustment in the rudder to correct the course can make it go smoothly and feel rather natural. Conversely, if no adjustment is made, then the sails start to flutter and flap. You may still have time to make the adjustments and return to smooth sailing, but if you persist in not making any adjustments, then the fluttering and flapping gets more chaotic, forward movement slows and the whole situation can become rough and dramatic. You could even end up, as they say, dead in the water.

In *Adventure of the Soul* these unforeseen events are messages from Life, with the purpose of getting us to adjust our course. It is a calling from Life or from our soul, reminding us to follow our path in a conscious way. Life is constantly reminding us to stay tuned to the moment. If we deal with the call right away, then the adjustment or the turn can go smoothly and gently; we could call this, *instant alignment*<sup>3</sup>. You will know that you are aligned and in tune with

---

<sup>3</sup> You are in alignment when what you think, what you feel, what you say and what you do are all going in the same direction; in other words there is congruence in what you think, feel, say and do.

what needs to happen because you will feel good about what has happened even with the inconvenience that some occurrences can bring on.

As mentioned, if you do not deal with the calling by making an adjustment, which basically amounts to ignoring the situation and continuing on the old course; then there will be a more intense calling for a more dramatic adjustment somewhere further down the road.

The soul is conscience and it is connected to everything that is around us, it is our spiritual dimension. Life's callings are the soul calling and trying to make contact with self to guide us and align us with our spiritual nature and our path of purpose. This is manifested on different levels through what we call gentle callings and intense callings. The gentler calls come to us through intuitions, dreams, synchronicities and events that we perceive in our external reality, on the stage of life. Sometimes it is referred to as our inner voice.

Life does not have the luxury of telling us what is happening with conventional language. Language is a creation of humans for the purpose of understanding each other. You may have observed, that even between us, it is not always the most effective method of communication. So Life sends us messages in a myriad of ways and these are what I call the calling or the call. These callings contain a gift within their message and this gift can be converted into something valuable and powerful in our process of evolution and personal growth.

If we listen well and hear the call, we then have the opportunity to respond or react. It now becomes the art of saying 'Yes' to what life is presenting. It is about saying yes in every moment and not just to the things we like. We will cover the many techniques in achieving this forward movement in our life. If at any given time we do not hear the calling properly or we just ignore it, then it will just reappear at some other inopportune time. Usually it comes back a little louder and with more intensity in order to be heard or noticed and this is all in an attempt to help us reach a deeper understanding of what is going on and make the adjustments necessary for moving forward. The easiest and most direct way for being aligned with your life or spiritual path is to embrace what Life is offering. We often talk about going with the flow. This is the flow that I am talking about.

We also have the choice of saying "No" at every turn in our journey; we can choose to be in constant confrontation with what presents itself, crashing into barriers and swimming against the current. We will go through the process of saying "Yes" to our impulses<sup>4</sup> and intuitions and being one with Life every step of the way. Beyond the idea that you would be fulfilling your purpose, it is much easier to be in tune with our life path by being able to identify and follow all the impulses and instincts that keep coming at us on a constant basis.

You can align yourself with your instincts or you can ignore or resist them. If you resist, the impulse will only get bigger and stronger the next time it arises. If you resist again, then it will irrupt with even more power. The call goes from being a light one to what I call an intense calling.

The more intense calls affect the physical body in a more notable way and tend to have a more drastic effect on the rhythm of one's life. Physical pain, injury, accidents, separations and losses are examples of major events that indicate a need for change on the path of life. More serious manifestations, such as chronic disease, physical discomfort and injury, are louder messages from the soul. These events have a greater effect in shaping or reshaping our life journey. They are signs. If we choose to ignore these messages or don't pay attention to the signs and synchronicities, then that will ultimately have an effect on the path we are choosing; the path that we are in fact creating.

A grave illness is an intense call from the soul, which is pointing towards a major adjustment in the course of one's life. All these events contain a message and when we listen and

---

<sup>4</sup> Impulse, as in a psychological impulse that we feel and which influences our life experience as well as our ontogenetic story. Ontogenetic being defined as "The origin and development of an individual organism from embryo to adult" and of course all the way to dissolution, that which we call death.

pay attention to what is going on, there is a gift to be found there. When resistance disappears and we engage in what is happening and flow with what is happening, all can be good. Internal change translates to notable forward movement in one's circumstance.

This book is aimed at anyone who recognizes life as a journey or an adventure where there are gifts and jewels at every turn in the road. I will share many technics for developing the ability to recognize them. The intention of this book is to share the vision, so that more and more people, in whatever stage of their journey, can interpret the messages and see the gift that is beyond the adverse or unpleasant circumstance that is being experienced.

Something made you pick up this book. Maybe someone recommended it, maybe the title peaked your interest, maybe you heard of our courses or you just fell upon it. Whichever way it happened, you could see it as one of those gentle calls in your life; a synchronicity perhaps? Our soul is always sending things our way and putting things on our path. Sometimes we just happen to notice these things, sometimes we miss them and other times they slap us square in the forehead.

Welcome to the fact that you said 'yes' to this calling, which is a guide to enjoying your path in life, a path filled with the twists and turns of the unknown. It is an honor to be part of your journey.

I hope that this book can accompany you on this inescapable journey; the journey of discovering what you really are.