

WILD *soul* questions + answers



ONLY FROM
THE HEART CAN
YOU TOUCH THE

sky
Rumi

WHAT ARE *chakras*?

Chakras are increasingly popular, but what are they? Chakra means “wheel” or “disk,” indicating a circular energy center at certain points up the center of the body. These centers are found in different cultures but the chakras themselves belong to no tradition. They are spiritual energy centers where the energy of spirit enters the body. They are not religious but reflect the universal energy of the soul as a map of the body. Soul means psyche, and you can think of this as an inner psychology of the body.

Each center has a different purpose and character, and when we understand and use them, they provide embodied guidance in our life. Corresponding to specific organs, the chakras harmonize and heal your physical, emotional, mental, and psychological or soul health. They embody a holistic system of health and healing. We use the star chakras to bridge heaven and earth in your heart.

IS THIS RELIGIOUS? WHAT IS A *soul* JOURNEY?

Be (I am) is based on a truth found in all religions but more significantly beyond religion. To be your Self is to begin to understand the saying, “I am that I am”. This can refer to God, Source, Spirit, Nature, the Creator, the Divine, the Universe - whatever works for you. Whether we use the power of a name or being, spirit is the foundation of this path, which maps a blueprint of the soul that is within all of us. It is who we really are. This spirit unites past, present and future together.

WILD *soul* TAKE COURAGE

WHY IS *creativity* SO IMPORTANT?

The soul is creative, and that is our nature. We are also a part of nature which is creative, so we create. There are many forms of creativity, from gardening to cooking, poetry to painting, decorating to dancing and all constructive forms can be viewed as an outreach of your soul. Throughout this process creativity will be used as stepping stones to guide you on the path. In all of its aspects, creativity is foundational to this journey. It is finding your passion and purpose.

WILL THIS TAKE TOO MUCH *time*?

This can take as much or as little time as you want to put in. Remember though that your time and energy is an investment, and the more you put in the more you will get out. You are investing in you.

ARE THERE *risks*?

There are always risks in life, and this process does not pretend to cure you from cancer but to heal you by making you whole. It is a path that leads through hardship to transformation, from anxiety, depression and fear to love, peace and joy. The road from one state to the other is not without its potholes. The nature of the soul is transformation. You are stepping from the shadows into the light. The danger has never been that you would die, but that you would never dare to truly live.

The path is a journey into the subconscious, that which is buried. It may require additional psychological support (beyond the psyche or soul) to help you on your way. The emphasis is on inner psychological transformation. It is up to you to tune into your physical, emotional, mental, psychological and spiritual well-being. Be compassionate with yourself and, when in need, use your wild soul emergency kit—and your soul tribe. The greatest risk is not following your soul, but take care of yourself upon the journey. Step boldly into your dreams.



I AM NOT
afraid, I WAS
BORN TO DO THIS
JOAN OF ARC



"Whatever you can do, or dream
you can begin. Boldness has genius,
power and *magic* in it." GOETHE