

10 MESSAGES FROM YOUR SOUL

with White Eagle Medicine Woman

Are you ready for some true soul nourishment and to answer some deeper soul questions? Welcome to 10 Messages from Your Soul, I am White Eagle Medicine Woman.

Amidst the many roles and demands on your life daily, when do you have time to ask the bigger questions... Like what is my true Soul Purpose? What did I come to Earth to learn, to give and to serve? If, in the bustle and business of doing it all, you soul still feels a bit neglected, undernourished or you lack passion, meaning or direction, you don't necessarily need to escape the world and go on some three-month spiritual retreat. All is not lost!

What's true is that your Soul is always communicating with you, constantly responding to your inner questions and prompting you all the time, but maybe you have forgotten how to listen to its cues and messages. The voice of the soul is often overlooked but its not that complicated to uncover it and unleash it!

As the founder and Director of The Whirling Rainbow Foundation and Grandmother Drum International Peace Project. I have traveled as an international shamanic healer, teacher and world musician. I have toured in 20 countries across a million miles with the world renowned 7 ft Alaskan Grandmother Drum, the largest crystal inlaid healing drum in the world. During these last 20 years, I have worked with, learned from and lived with over 200 indigenous tribes. Living close to the earth and their soul, these tribes carry ancient wisdom teachings that are simple and can help you not only get back to your soul senses but also will help you track the daily steps along your soul path.

In the next hour, I will share 10 Signs or Messages from Your Soul, to help you once again to have eyes to see and ears to hear your soul's true calling and how to take daily action to nourish your soul so you can serve your unique purpose to humanity and Mother Earth.

1. **Ask and You Shall Receive!** The two most famous lines in nearly every spiritual text are “Ask and you shall receive and “people without a vision, perish.” This means you are more than entitled to know your purpose and let it guide your soul’s destiny. So Ask! Your three Purposes this life include **Your Higher Purpose:** What are you here this lifetime to learn? **Life Purpose:** What are you here this lifetime to give to the world? **Soul Purpose:** What are the gifts, talents and abilities your soul carries that will enact your service? Does the next step on your path Serves You, Serve Others, and Serve the Earth? Your Soul Purpose is what gives your life true meaning. It moves you from the ego’s personal gain to the soul’s personal service realigning all your decisions to serve The Highest Good of All!
2. **Pay Attention to How Your Soul Answers:** Pay Attention to the HOLY TRINITY! Your Soul will always respond to your daily soul questions with the same answer at least 3 times. What is showing up 3 times? The three dreams in life include your Living Dream (daily life), Day Dreams (what you fantasize or worry about throughout the day) and Night Dreams. When you get the same message in all three dreams, this is called a “Major Wake up Call from Your Soul!”
3. **Take Stock of Your Soul’s Skills and Abilities:** You know more than you think! Your soul is the immortal vehicle of your Spirit traveling and evolving from lifetime to lifetime. The natural artist, teacher or healer is an example of gifts and skills you acquired from your Ancestors or from your own past lives. What are your gifts and talents acquired from your bloodlines and past lives? How can you tap this knowledge daily to enact your soul’s path of service? Ask that this information be restored, rebooted, renewed, revived, and recalibrated so that you more fully respond to your calling. The Soul Vine Journey* is a great way to more about the skills and talents you brought into this lifetime.
4. **Track Your Soul Contracts and Clearings:** You made contracts before this life to assist and heal your own Ancestors, to clear negative patterns, beliefs and addictions from your bloodlines. Knowing which contracts from your past serve you to keep and

which ones need to be broken is important to your Soul's Purpose and Evolution. The Soul Vine Journey* is a great way to review your souls records regularly and do the clearings necessary.

5. **Sing the Song of Your Soul:** Your Soul Tone, Soul Codes and Song of Your Song allow you to stay in resonance with your true soul's calling. Your Soul Tone is your unique sonic fingerprint. Soul Tones are like a note of music. Soul Codes are multiple notes that then make up Your Soul Song. In Tibet, the Dalai Llama's chant master can make or break you by sounding your actual soul tone like a singer can shatter a glass. Science calls this innate sound of the soul your base resonant frequency. In certain tribes of Africa, when a woman plans to have a baby, first she receives the child's soul song. This song is sung during the lovemaking act, in pregnancy, childbirth and all major events of the child's life to anchor the child's soul purpose on earth. Learning your soul tones and soul song can root your purpose and calling and help you to remember your contracts and lessons. How do you start? Ask and you shall receive! You can start by toning the universal soul sound of OM for ten minutes a day. This is seed sound of the universe and will assist you to get on the right channel. You can also tune up your seven chakras daily with the following 7 tones, 3 times each, from the root to crown chakra: uh, ooo, oh, ah, aye, a & ee. The Soul Tone and Song of Your Soul will come from deep within, its primal and natural, and it feels like your soul is coming home. Since drums connect you deeply with your soul, playing a hand drum can assist you to access your Soul Song. *"Rock Your Soul Song!"*
6. **Eat Your Soul Foods: Soul Sustainability** What do you find absolutely delicious and blissful? What activities move you into complete timelessness? What were some of your favorite things to do at age 7? What do you love to do regardless if you were being paid? If you had all the money in the world, what would you be doing? Describe your dream job or life.
7. **Engage Your Soul's Stage Players:** To enact your soul guidance, you have 5 Inner Shields or Archetypes: Your Higher Self, Inner Man, Inner Woman, Inner Boy, and Inner Girl. Each member of your inner family has skills and abilities to bring power, intuition,

joy and peace to enact your soul purpose. Learn the art of Balancing the Shields** daily.

8. **Align with Your Soul Righteous:** Our indigenous Grandmothers teach that the true meaning of righteousness is listening and aligning daily to your soul's Right vision, Right place, Right action, Right people, and Right timing. Along with this comes the 4 R's of your Soul Guidance: When you receive guidance it should "**ring**" true, you then need to **respond** and take action, it then begins to **resonates** within you, and you merge with it in utter joy and **rapture!**
9. **Commit Your Heart and Soul:** Your soul is your Spirit's vehicle and your heart is the engine. In the Native American Medicine Wheel teachings, these five directions or pistons in your heart engine are known as following the "Good Red Road". Each of these five directions must be working to give your soul the go power it needs. The East is your Creative or Sexual Life, the South, your Emotional Life, the WEST you Physical Life, the North your Mental Life and the very center of your heart, your Spiritual Life.

Mental Life: Clear heartedness

Be still and wait for clear soul guidance. If you take action before something is clear, you will regret it. If you are clear and refuse to take action on your inner guidance, this leads to depression. Speak your vision and truth without judging others truth.

Creative & Sexual Life: Strong Heartedness:

Have the courage to be who you are and show up to your soul's guidance. This means trying new things, showing up to take the first steps without effort or holding back. It means you are not at the affect of others opinions but true to your soul's guidance. It involves stretching yourself by taking new risks but not so many that you get stressed.

Emotional Life: Open and Soft Heartedness

Cultivate your soul vision with loving affirmation and focus on what Is. Say what you love. Pay Attention to what has heart and meaning in every interaction. This is what it means when your say "**Bless Your Soul!**"

Blessing work connects you with the most power pray to manifest your soul destiny: Gratitude!

Physical Life: Full Heartedness: Ground your vision with daily action steps. Put your whole self in, regardless of the outcome! Make sure decisions are 100% yes or say no. Remember you can only maintain what you can sustain. Be open by not attached to outcomes as the infinite universe might have an even better plan to manifest your soul desires.

Spiritual Life: Light Heartedness: Your Spirit is the driver of you soul vehicle and determines your Higher Purpose and Life Purpose this lifetime. Discipline simple means becoming a disciple to oneself. A sense of humor and flexibility are key to experiencing joy in the journey.

10. **Embrace Your Soul Mysteries:** You have heard often you are the creator of your reality. Through your Intentions (words) and your Attention (where you focus your energy) you create your reality. Intention +Attention =Manifestation. This is also called your "I am" power. But how do you handle the unexpected, unplanned and unknown calls from your soul? Ask your soul, *"Is there is something even better or more aligned with my Soul Purpose that I have missed?" Please show me!"* Remember you are both the dreamer and the dream. As a dear friend and singer songwriter Shawn Zuke wrote *"Dreams don't always happen like you think they should, because dreams are dreaming too!"*

Sometimes you receive a vision that feels too big or impossible to you. When I received the vision of the Grandmother Drum International Peace Project, I felt a bit overwhelmed and told the Grandmothers that there were people more qualified than me. They agreed, but said that those people were not called. They gave me a response I have never forgotten and said *"We don't call the qualified, but we do qualify the called!"* Trust that you will be given everything you need at the perfect time to fulfill your soul purpose!

Exercise: Tracking Your Soul Journey

Take time out to create a Medicine Wheel Storyboard or journal the messages from your soul at the end of each day. Here are some questions to help you track your soul journey.

CENTER: Whirling Rainbow Woman: Ignition: What awakens your inner light? What uplifts your Spirit? What do you do daily to expand your consciousness? What's your relationship to the God/dess within? When do you last experience a spiritual awakening?

NORTH: Eagle Woman: Inspirations- what inspired you today? Who are your role models? What guidance are you receiving during daily meditations, dreams and quiet time? When was the last time you made time to be alone in silence and meditation? What is the greatest vision of your own soul purpose?

EAST: Dragon Woman: Initiations- what challenged you today? What do you really want to create? What new starts can you take to show up for your soul guidance today? What new learning's or risks will help to expand you? When was the last time you sang your soul song?

SOUTH: Serpent Woman- Intuitions- What touched you today? What's your woman's intuition or gut knowing whispering to you? List the messages from your soul today. What's your inner sense? What are you doing daily to rewrite and share your story to be the heroine of your journey, affirming yourself and focusing on what is working?

WEST: Wolf Woman Imaginations- what surprised you today? What actual physical steps did you take to ground soul guidance today? What's the one step you need to take? What beliefs limit or expand you to dream big, to dream the impossible dream? When was the last time you went dancing?

**Soul Vine Journey is a Live Recorded Teleconference with White Eagle Medicine Woman scheduled on 8-8-2017. Register now at <http://www.whirlingrainbow.com/courses/soul-codes-of-the-new-earth/>*

***Balancing the Shields is a dynamic private healing session with White Eagle to teach you how to work with your 5 Inner Shields daily for maximum efficiency with minimum*

effort on your soul path. Book your session at:
<http://www.whirlingrainbow.com/product/balancing-the-shields-session-3-4-hrs/>

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