Soul Play Treasure Map Experience

Welcome! Thank you for being here & I am super excited to share my 5 Principles of Healing with you and to invite your Soul to come out to Play!

Soul Play is a vibration… it permeates everything! Just observe a 2 year old child at play… they live in present moment awareness. "Let's play" is their mantra. My work is predominantly about awakening and awareness. This is when the healing can actually happen and then we can move on to alignment and joy.

Soul Play is about remembering who we came here to be. It is about digging deep and exploring and expanding your own "energy signature" or "soul purpose." It is about clearing out the old and creating an "opening" to be ready to birth the new.

Soul Play is about living from your most authentic self so that your soul is made visible.

My 5 Principles of Healing process will take you on a journey into uncovering and allowing your unexplored brilliance to shine!

5 PRINCIPLES OF HEALING

#1 Creating Sacred Space / Setting Intention(s)

#2 Listening

#3 Releasing

#4 Witnessing

#5 Opening

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Let's focus on an experience using **Principle #2 ~ Listening**.

The practice of Principle #2 builds intuition and self trust. "Listening" to your inner voice and paying attention to your inner guidance leads to profound experiences and living in alignment with your soul. It also keeps you connected to your heart and the wisdom of your body.

Living your life from this place can feel uncomfortable and vulnerable at times, yet it creates such a sense of empowerment and deep joy as you are truly following your heart and your soul's path.

"Listening" and then taking inspired action can be very fun and leads to magic.

I invite you to listen to the **"Soul Play Treasure Map"** inner journey audio I created for you.

First, find a comfortable place to lie or sit down.
Create sacred space (Principle #1) by lighting a candle, smudging, saying a prayer, etc and have a journal handy. You can also print out this page and journal your experience below or record your voice.

Let's get started!

Click for Audio Recording (12 minutes)

JOURNAL YOUR EXPERIENCE

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"**Soul Play**" is a way to practice the new information in your daily life. This creates new neural pathways and thus creates a whole new vibration! "When you change your inner world, your outer world changes as well."

As part of your "Soul Play", set aside at least 5 minutes a day to practice Principle #2.

- Create sacred space and ask yourself this question.
- "What does my soul want me to know?"
- LISTEN and then journal or record yourself.
- Then "play" with taking the next right action/baby step.
- Pay attention to the magic and joy that occurs in your life!

I invite you to allow your SOUL to PLAY with Principle #2 ~ Listening.

IMAGINE what your life can be like once you've embraced ***"listening"*** to your inner voice and paying attention to your inner guidance.

IMAGINE what you could create!

You will have more VITALITY, ENERGY, ABUNDANT HEALTH, JOY & HAPPINESS.

When you EMPOWER yourself, there is NO LIMIT, you become PURE POTENTIAL….
your SOUL is at PLAY!

For more ways to **Soul Play** visit my website at www.soulplay.us.

ABOUT MELANIE

I have spent most of my adult life changing my "inner" world so my "outer" world changes. It is my spiritual practice to live the most authentic life possible.

I have a passion for truly witnessing people. I love to help people dive deep…to excavate and find their pearls and treasures within. To assist in accessing the parts that they can not see or that has been covered up by so many things. To clear out the old and hold the space for others to shine and make their souls visible.

In working extensively with clients in my healing practice, I developed my own principles and modality ("Melanie's 5 Principles of Healing") combining my experience, education, scientific & medical background.

I've been called a "Soul Purpose Guide" because I assist you in your soul remembering who you are and help you to live in your full "soul expression."

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