

DISCOVERING AND LIVING

*Your Soul's Purpose*



*Deborah Skye King*

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~ The Keys to Your Future ~



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To

*Luminous*

You are the key to my future  
and for that I am eternally grateful

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You are all Masters in what you do and who you are, I am overwhelmed by the beauty, grace and

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# *Introduction*

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I am a professional past life regression therapist, a soul coach and a mother. I live in Toronto and have my studio, Soul Therapy Studio, in the heart of Toronto. At the studio, I offer courses on past life therapy, energy healing and also how to live and discover your soul's purpose. The Studio offers "Soul Series Seminars" monthly, as well as hosting international speakers. My personal practice focuses on the therapeutic aspects of retrieving information from the past; in particular, what holds back an individual from learning the truth about who they are and who they can become by reviewing the core issues that were first created in past lifetimes.

When we come to this planet, we are free to choose whatever we desire to create, but there are key moments and life changing experiences that we have chosen beforehand to remind ourselves that we have work to do. This work is about releasing the past and being present in the moment, so that we can consciously choose to create a future of possibilities that are no longer bound to

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the pieces of the past that keep one stuck in repeating patterns. About 90% of the world's population is living in the past. What do I mean by that? Remember a time when you reacted strongly to how someone said a word or expressed themselves because it reminded you of your sister or brother or an experience that left a bad taste in your mouth? Well, you are reacting to the past, not the person in front of you. Most people are lost in the past and are not connected with the present moment; they think of what they are going to do later or what went on yesterday or what may happen later on at an event or meeting. The human experience is not meant to be like this anymore! I say not anymore because we are at a juncture in our evolution in this Universe, (not just planetary) and this shift, as it is called, has a lot to offer those who are listening to the voice within. Many people these days are waking up to the inner voice and letting the ego voice quietly fade away.

The inner voice is where we will be going to in these next eight weeks. The inner voice will be directing you and comforting you along the way to self discovery. It will show you what your challenges are. Challenges can come in many forms. Here are a few: finances, relationships, career, family and personal ethics and integrity. You will find yourself challenging yourself to complete the exercises

that are given to you at the end of each week. Here you will find your truth and self worth. Why not bring yourself wholeheartedly to the project ahead? You are the one who will benefit. Also, you will notice that the world you have known will notice too!

What has transpired over these past eight weeks of writing this workbook has been miraculous. I have seen and felt personally the shifts and changes that take place in one's life as a result of committing to a plan. Commitment can come in many shapes and sizes; this one is created as a tool to allow you to become truly yourself in your life. How your life is created at present is not how the real you might have created it. You live in a field of outmoded expressions of self, and programmed behavior from your ancestors and society. You are about to make practical changes that will allow you the freedom to be who you really are, a person who is designed for greatness, personal joy, abundance and longevity. The list given here is an opportunity to appreciate what lays ahead of you as you begin to create the life of your dreams.

- Freedom to love yourself
- Freedom to nurture and support yourself in a new way
- Freedom to express yourself openly without fear

- Freedom from fear of rejection
- Freedom from the need of others' approval
- Freedom to be worthy of your deepest desires
- Freedom to have healthy boundaries
- Freedom to share your gifts
- Freedom to express your joy
- Freedom to express your sorrow
- Freedom to be in love with life
- Freedom to be healthy and wholesome
- Freedom to be clear of any mental clutter
- Freedom from outdated modes of behavior that do not serve your overall life or lifestyle
- Freedom to share your innermost self because you are now open to the possibility of unconditional love for yourself and others
- Freedom to be responsible and accountable
- Freedom to be given the opportunity to have this experience called life and love it!

As you embark on this eight week course, allow yourself the opportunity to be flexible and to nurture those parts of yourself that are blocking your progress. When an individual is aware that changes are about to take place in their lives, it

allows them to be more open and available to the flow of creation. When an individual is not aware, the opposite is true: it is challenging and the ego tends to want to control the situation and the outcome. In saying that, make yourself aware of what is going on as you go through these eight weeks, get a real sense of what you are about to create and how you would like the outcome to look like. It does not mean that it will. Sometimes the 'doing' is the key to the transformation and not the overall goal. The goal will get you there, but the actual action that you put into achieving the goal is where the real worth lies.

I ask that you receive the highest benefits available to you during this eight week process of self discovery and remembrance, and that you open yourself up to the divine, to your own divinity.

With Blessings & Love,

*Deborah Skye King*

If you would like to learn more about the studio, our classes, upcoming seminars or want to book your own private session, please go to our website at [www.soultherapy.ca](http://www.soultherapy.ca).



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# *How This Book Works*

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It is best to go through each chapter at a time. Do not fast track at all until you have completed the work for the previous week. If you are on week two and only halfway through the exercises that are given for each day and then peak into the next week, the momentum and the energy will shift for the week you are in.

How this book came about is that I offered an eight week course on-line that included coaching. Each person phoned me for an hour consultation and we figured out what needed to be cleared and what needed to be focused on. Some people chose to do the course by themselves without any coaching, and that was fine. What happened is that at the beginning of the week, people e-mailed me the information that they did the previous week; I reviewed it to find out where they were stuck and how I could coach them through their challenges and difficulties. We then set up a time to do the coaching, either through e-mail or by phone.

Those services are available to you also, if you desire to have a personal coach who can see your challenges more clearly than you can and is able to direct you without any attachments to the outcome; you may then take the opportunity and make the choice to move forward with support. If you know you are an individual who has a difficult time committing themselves to a project or to a plan, use the coaching services, as it will assist you in completing the course and creating a better future reality.

If at anytime during this program you need coaching, my hours are Monday – Friday 9:00 am-7:00 pm daily. My fees are very reasonable and are offered at a discounted rate for anyone doing the program, so take advantage of this service if you find yourself slipping or need support. Contact me at 416-906-5110 or e-mail me at [info@soultherapy.ca](mailto:info@soultherapy.ca).

Let the program work you and in return you will be amazed at the results!

# *Prologue*

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You have important work to do in this world. It may be challenging, it may bring up deep emotions, but more than anything, it will bring you to self-discovery!

Welcome to the 8 week program of awakening your soul and being in your heart. You will learn many new ideas and techniques that can change the way you think and feel about yourself and the world you live in. The one main criteria is for you to have an open mind, be 100% honest with yourself when answering any of the questions and be open to embarking upon a journey that will lead your soul into a divine awakening of your heart.

You are a gift from the Universe; you are precious, loved and deeply cared for. You hold great purpose on this planet and you are needed for the growth of all of humanity. What can you contribute to yourself or another that would make a difference in your world or theirs? You are embarking upon a

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journey that will allow you to recreate a life that is on purpose and bountiful. Whatever you need or desire already exists, you just have to know how to get it or manifest it. Together we will find a way to create it and bring it into your world so you may be in joy and feel the abundance that already exists all around and in you.

So, let's begin!

## Chapter One

# *Discovering Your Soul's Purpose*

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*You have important work to do in the world*

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What are you reflecting back to yourself by not allowing yourself to see or know your soul's purpose?

Who supports you in living your soul's purpose and who does not support you?

Who of all of your friends would be there for you to support you in discovering your soul's purpose and following through with you on bringing it to the surface?

Ask each family member, young or old; what do they think is your soul's purpose? Write down each person's answer, without comment or judgment.

Also, ask each personal friend or co-worker what they think is your soul's purpose.

This will help you in discovering your soul's purpose.

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*Once you realize what your soul's purpose is – you will stop wasting your time by distracting yourself from what you really ought to be doing.*

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Your soul's purpose is the reason you came here, the reason you were born. How you personally are meant to affect people is what your soul purpose is all about. It is not about what you do in life, that is your life's purpose, but how you affect people with what you do. Every individual has a gift to give to others and to the world; it may be compassion, unconditional love, or trust. Some people feel that their soul's purpose is their divine purpose; some people recognize that they have a specific mission but just can't put their finger on it. You hear it all the time at the office, in conversation and most often in your heart. The tugging and pulling of senses that bring you to a place where you just 'know' that there is more to the life you are living.

When was the last time you were in conversation with someone and you felt energized while speaking with them? You could feel your words come from your heart and connect with the other person as they listened and felt your energy? This happens when two people or more feel that they are expressing their true selves. Look at a great example: Craig and Marc Kielburger, two amazing brothers from Toronto who have created "Feed the Children", the largest organization run by children for children. At age 12, Craig went on a seven-week journey to Asia and it changed his life, and the life of thousands, even a million people since then. He and his brother Mark are now paired up with Oprah on the O Angel Network; they partner to feed, clothe, shelter and educate children of the world. They have been following the inner workings of their spiritual calling; they just keep on listening to the promptings of their souls, sharing their message with anyone and everyone.

Most cases of depression and loneliness are the result of the loss of connection to one's purpose. There are other factors as well, but the crux of it is the disconnection from what you are meant to do here and share with others. It really is your emotional body that expresses your soul's purpose. It is not related to your career nor is it based on performance, but rather, how you express your-

self. One person's soul purpose may be "to help spread love", "to encourage others to transform", yet another's may be to "help humanity to become heart-centered." These things are expressed through emotion and the core of oneself; when that pure expression happens, the surge of energy that is felt throughout the body creates powerful endorphins that respond well to the heart, bringing you a sense that everything is in divine perfection.

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*You will be called to do that which you most likely need to work on yourself and to master.*

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If your soul's purpose is to "transform human consciousness", you will find that you will be at the forefront to do that very thing and will be challenged by the process itself. You may be called to stand up and passionately speak your truth in front of large audiences, even PTA meetings. Your soul's purpose will give you clues as to what it is by creating challenges for your own Self. Distractions in your life are the obstacles that you create to stop or challenge yourself, a reflection of the very thing that you need to master in yourself. Everything is a reflection. For example, you know



the saying "advice is cheap?" Well, it really is, as it only gives away your power, your own discoveries and, most of the time, your Self. How many times have you given away advice and the advice sounds perfect for you at that exact moment in time? Start seeing what it is that is being reflected around you, in your friends, your family, your work, your own thoughts and actions. What is it that calls you into action? I'm not speaking of the obligations or duties that you have, but the things that really inspire you? Some who are reading this are inspired by sharing themselves with others, by giving their time to support a cause they enjoy. Others are uplifted by seeing the outcomes that are created by their involvement with various projects and organizations. Whatever it may be, find out what it is that inspires and uplifts you. Even the gardening in the backyard can be your inspiration: "to bring beauty to a place and find harmony within oneself." If this is what you seek or what makes you feel balanced, bring that energy and spark to conversations and into situations with others. Share the energy you receive when you are acting in correspondence with your soul's purpose. In this way you begin to live the discovery of your soul's purpose.

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*Inquire, listen, be and do – those are the keys to discovering your soul's purpose.*

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If you listen to your gut, your instincts or your inner knowing, this will lead you to where you need to go. This is the roadmap to your destination. How many people really listen to this roadmap? Not many. All those little inner urgings to do something, phone a person or to communicate something to someone fall by the wayside for lack of listening to one self. Why do you think that those little inner urges are there in the first place? It's like a desire to have chocolate or a cool drink; when our bodies tells us this, we usually follow the inner prompting to get up from what we are doing and go seek the fulfillment of the desire. Why don't people listen to their own inner voice? Trust. Many people do not trust themselves. If you listen to your inner voice, not the ego, life will begin to flow. You will begin to manifest exactly what you need in your life. You will attract individuals who are on the same wavelength as you, those that will help to fulfill your soul's purpose. Life really is that simple: follow your intuition, listen to your core truth and fulfill your destiny. It sounds far too easy, doesn't it?

Why don't you give it a try for one week, that's all – just one week? When you feel an inner urge to phone someone, phone them, they most likely want to talk to you and you are picking that up. When you have the urge to go to a certain store

for no apparent reason, follow that urge and you may be very surprised to find out who you meet along the way. When you are told by your own inner voice to speak up when you usually don't, do so and see how you are in that moment and how others respond to you; you may be astonished by what comes about.

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*Your soul's purpose will push you to learn new skills, take you on new challenges and bring yourself to new heights.*

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You may find that the closer you get to your soul's purpose, the more you discover new facets of yourself, i.e. vulnerability, lack of self worth or fear of exposing yourself. There are many more issues that may arise, but you can begin to see where your personal issues may block you along the way. All the mental chatter or anxiety can be viewed as a marker that you are experiencing a shift, even though that shift may be uncomfortable for you. Allow that energy to move and be present to it, knowing that you can celebrate it as you allow it to move through you. If it is expressing itself as a challenge to you (no matter how long it has been there or if it is something new to you), take deep breaths and continue to move towards

your chosen goal. As you move towards your soul's purpose, there will be times that you will not listen to yourself or trust yourself. If this happens, observe the outcome when you don't listen or trust yourself.

Fear is the biggest obstacle in life on any level and is a part of the human condition. Note where your fears are; if you can live your soul's purpose, just what will have to change in your life? Who will you become and how will those people presently in your life respond to you? These are questions that should be looked at, as there are so many cultural belief systems that are created to stop many people from even beginning to have a sense of self, let alone following through with discovering their soul's purpose. Society has a way of masking the journey of the soul by creating media that does not fully support one's growth. However, you may create whatever you desire to create. Einstein's work never came from society's belief system nor from his cultural influence; it came from deep inside of him and he listened to it. By allowing that, he explored his soul's purpose and lived his purpose, thereby influencing all of humanity.

Look inside of yourself. You know what makes you happy. Listen to your inner voice, love who you

are no matter where you are in your journey at present and follow through with the urges that prompt you every day. Listen to your dreams and make them real in this world where you get to create anything you desire. When it comes from your core, it is easily created. It is your fears that create discord. Allow them to be there, for they serve a purpose of their own: to show you where you may need to heal yourself. Thank the fears, feel gratitude for the obstacles and never give up.

As you discover your soul's purpose, make notes of how you feel, how others are responding to you, and how you are responding to the new energies emerging from within you.

Take flight!



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## Chapter Two

# *Who Are You Really?*

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*And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.*

Anais Nin

Who are you really? What kind of question is that? If someone approached you and asked you who you are, how would you respond? Not many people would know how to respond to that one question, but it is something that we all think about, ponder upon; some search their whole lives for its meaning. We are going to explore the idea of who you are and how that can and will bring you closer to what makes you – you.

How would you like to change, transform and shift throughout these eight weeks? Will it be your intimate relationship with yourself, your spouse,

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your lover or friend? Will you engage in a relationship with your co-workers or family members and reach a pinnacle of unconditional love with others and yourself?

This week is all about exploring of who you really are. So much of our lives is spent being someone, something, but if given the opportunity to be exactly who you are, your life might not look or feel the way it does right now.

Explore on any day at 12:00 noon

Location: anywhere

Write out at least 2 paragraphs about who you believe yourself to be.

## **CONNECTING FROM THE SOUL**

When you were a child, most things came easily to you. Nevertheless, you were guided on some level to learn to take care of your basic needs and become responsible for yourself. As you got older, you realized that you had to become responsible for yourself, and at times accountable for who you were in any given situation. As an adult, that sense of accountability somehow got lost in the shuffle of attempting to figure out just what was



going on. See, responsibility and accountability go hand in hand, but in our culture responsibility is more often talked about than actually lived. To be accountable for any experience that happens in your life means you are taking full responsibility for the part you play in creating the environment, the situation or outcome, and that your response to this situation or outcome is yours and yours alone. Do you know what that means? It means that every action, word, thought, deed and emotion is yours and yours alone. Every hurt, pain, injustice, love or joy is and has been created by you. Yes, you. What does this have to do with who you really are? Everything!

As you explore who you are by writing each day, you will begin to feel and sense the connection you already have with your soul.



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## Chapter Three

# *Awakening the Inner Self*

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*Only 3% of the world's population set any goals. These 3% accomplish more than the other 97% combined.*

Dr. Demartini

### **GOAL SETTING - ORGANIZING - ACHIEVING - BELIEVING**

- o Goals are to be of a realistic nature.
- o Goals are to be believable to you and achievable.
- o Goals are to be specific, the more detail the better.
- o Goals are to be harmonious with your higher values. They should be created with what you already know or are interested in.

- o Goals are to be prioritized; having a list of what you desire creates a stronger foundation from which to work.
- o Goals are to be given completion and achievement dates. This way you can have markers for what is being created and what you need to do in order to complete a goal.
- o Goals are to be for what you would love, not for what you wouldn't. Only state the positive aspects of a goal.
- o Goals are to be written in the present tense.
- o Goals are to have an action plan for their achievement.

*Inspired by Dr. John F. Demartini*

Begin this week with enthusiasm for what you are about to create, enthusiasm and presence that will sustain your goals and outcomes for the week. Please list in order: goals for the days and the week. You can revise these goals at any time. You will be asked to be accountable for setting your goals.

How to complete them? Your goals should be realistic. If you can only handle 4 new clients a day, don't write "would like 6 new clients today", when this would not make sense and would not be

balanced for you. Your goals may include habits, relationships, personal traits you would like to refine, personal growth, new home, location, or they may be work related. Anything you would like to bring into your life is a goal.

There will be many distractions in life that will purposefully take you off your desired path of personal and spiritual growth. You will learn how to recognize these distractions and then grow from them. How? Once you recognize something in your life that is stopping you from your personal or spiritual growth, write it down. It could be a relationship, a job, responsibility that you do not care to have; anything that you find that moves you away from inner peace. It can also be your friends and family who prefer to live in drama and are constantly in need of your attention, distracting you from the necessary input into your own life because you are so busy taking care of other people's lives.

- 1) Recognize when something or someone is taking you away from what you really want to do. It's 1:00 pm and you have scheduled a yoga class to relax and connect. Your sister or boss phones, and asks you to do you a favor. You listen and then say yes to them. You have now changed your plans but it has also taken

you away from your time for you to center yourself, to connect and to nurture yourself. Be aware when you do for others something that is counter to what you have planned for yourself.

- 2) Take at least 15-30 minutes in the morning or evening to plan out your next day, set the intention for the following day and determine the outcomes you would like to manifest e.g. 6:00 am wake up for half hour meditation, 6:30 am focus on computer work for one hour, 8:00 am make sure mind is clear and ready for day, 10:00 am schedule meeting for tomorrow, 1:00 pm write down accomplishments of the morning, 4:00 pm organize tomorrow's work, 5:00 pm clear mind and leave behind all work at work, 7:00 pm yoga. Every person's list will be very different as no two lives are the same. The point here is to create a structure that works. The level of manifestation that will take place by doing this is astounding.

This may seem menial at first, but this is how the Universe works. If you set a clear intention of what you want, then write it down and then act upon it, you will find your days manifesting just as you have described or scheduled them. This is not a mysterious way of being, it is a universal law.

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*You will be receiving coaching from the universe as you go through these eight weeks, to assist you with your goals. Take your time in discovering you.*

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## **THE INNER SELF**

The inner self is a place that holds all knowledge. When you listen to this place, there is a space where creation speaks for you. It knows how to make the best decisions and protects you from falling flat on your face. Lack of self confidence comes when a person is not in touch with this aspect of themselves; it is called their inner self or intuition. Second guessing yourself or choosing the wrong thing is never a problem when one is connected to the inner self. You listen to your inner senses and do what you feel or think is best for you, most often realizing that the outcome usually benefits all in the end. Even when the outcome may seem a bit disastrous from your current perspective, how the soul defines the outcome may be radically different from the human perspective. How a person perceives their world is very jaded by many circumstances and instances that may not be related to what is taking

place at present. In my private practice with clients, I come across varying degrees of how the emotional and psychological energy fields continue to play out lessons until an individual learns the lesson, embodies it and then fully owns it. There is no place for victim hood or feeling bad about making certain decisions. From the soul's perspective, everything is placed in perfect order and once this is understood, there is no need to be disempowered in life.

With the assistance of your inner self, you can take back ownership and have the confidence to live a life on purpose and feel strong in the face of adversity. Here are some questions I'd like for you to ask yourself. Be extremely honest with yourself; this way you can learn more about the emotional impacts that have affected you and might still be affecting you today. Please read one question at a time, and then write with an open heart.

- 1) What would you choose to do as a career/ job that would bring you joy and happiness, without any restrictions at all? Even if you did not have the degree, schooling or financial resources to have this job or career.



- 2) Who would you be if you could live out your dream job? How would your life change from the present one? List the benefits for having your life the way you dream it can be.
- 3) Quiet your mind and sit still for one moment. Breathe deeply and then answer this question: what would you develop in yourself, if you had the opportunity to do so? How long do you think it would take you to master this quality?
- 4) Again, breathe deeply then answer the question. Imagine yourself developing the quality you just spoke of and wrote about. What would you do with it and yourself, once you had mastered it? How would it benefit yourself and others around you? How do you think/feel it would benefit your fellow brothers and sisters?
- 5) If you took a good look at your life, what would you say is distracting you from your desired outcome?

## **TECHNIQUES TO LIVE BY**

Each day bring with you a piece of paper, or laptop, journal, notepad, a pen and some water. Sit with yourself uninterrupted for at least five minutes,

quiet the mind, center the heart and relax. For the next seven days take these moments to reflect on your life and ask yourself, if there were five things I might have done differently or better, what would they be? Relationships, family, work, personal development, life experiences. Take your time with these, they could be as detailed as you like, the more detailed the better. Really get into creating those moments from a different perspective or standpoint and make it feel like you're actually reliving them now. A lot of people will say, oh, but I wouldn't change a thing – really? If that is you, really think and feel if there is anything you would change, even if they were good lessons. The goal here is to recreate the scenario until it is complete and recreated in a new light.

After you have completed the lesson, sit for at least 15 minutes in quiet solitude. Ask yourself: “what have I just learned about awakening my inner self?” and “how does it feel in my body to have authentically and truthfully answered these questions?”

## Chapter Four

# *Balancing Your Life*

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If you talk to anyone who lives in a city and works a lot or who has children, you will hear time and again that if they could only find some balance in life, then they would be fine. But how would you define balance, what would it look like to you? To me it looks like this: being able to do what I want when I want and to be fully engaged in the situation or person that I am dedicating myself to in the moment. Not worrying about what is to happen after dinner or the next day, but to be peaceful in the moment. If I am doing the dishes, playing with my daughter, cycling by the water or at the studio for ten hours straight without any breaks, I should be in a state of balance and inner peace, but am I? When I move out of my center, I remind myself that certain parts of my inner self are coming up for review or preparing to exit, and I should allow for those parts to breathe through me, and not hinder their movements. Like anything in life, if you allow it some freedom of movement,

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observe rather than judge it, it may set itself right back into alignment or it may fall way off course. As you go through the exercises this week, remind yourself that you can be on a seesaw or you can be in calm waters: your choice. Choose wisely, as it's all for your benefit.

## **SIMPLIFY AND SET GOALS**

A Course of Action:

- 1: begin the day with an open mind toward what you desire to create in the moment
- 2: write down any challenges you think you may encounter
- 3: set up a plan for how you will accomplish your goals
- 4: if any challenges occur, remember to have a marker, something that will show you that you have arrived at your predetermined destination, so you will know you have accomplished what you have set out to.

Today's Priority Actions: write them out in your calendar or on a blackboard so you can see what they are.

What are your agreements today, with yourself and others? You have agreements upon waking or have created them beforehand with others to take action or be present with them. List them: e.g. call Daniel and set up appointment for an interview; another is, making sure to go to sports store and pick up Mike's baseball helmet. It can be anything at all. Just make sure to write them down, as we have so many thoughts running through our head that stop us from remembering what we set out to do only 10 minutes beforehand!

At the end of the day, make a list of the things for which you are grateful. What did you accomplish and what did you receive or benefit from? This is very important for you, as you are acknowledging yourself for what you have done. Most people do not receive acknowledgement in their endeavors, it is not part of our society or culture. By beginning to acknowledge your accomplishments, you will begin to see or sense how responsive you are; next time you want to accomplish something, you will do it with passion!

Balancing your life is no simple task. As you create one thing, you will begin to realize that you will have to release something in your life that is no longer serving you. One has to have priorities and realize that some things are more important than

others: long term vs. short term, personal accomplishments vs. business accomplishments. What we do now and the choices we make in this moment affects all future outcomes, it actually creates our future by deciding what it is we desire to focus on and also what our intentions are in creating a new outcome.

Let's say you have the goal to loose 10-15 pounds or gain them. You have given yourself exactly three weeks to accomplish this goal. You first must set up a list of intentions that will assist you in creating an outline, a platform from which to work. If I state: Mondays, I go to the gym or to yoga, work out for one hour, eat grapefruit, have a protein shake of greens and then take the dogs for a walk for half hour, then I will have to follow through with this. If I don't, the only person who is suffering is me for not living up to my word.

Be honest with yourself, if you are going to state your goal, discern if it is a real goal or if it's a "let's see if I can pull this off goal". Is it realistic and attainable? Sometimes we make our goals so big that there really is no way to fulfill them and then we feel like we have failed, and that does not assist you in creating a life of your dreams, does it?

If you have a daily plan of action or a weekly one, making it realistic and in accordance with your

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current lifestyle, then you will be able to move through it easily and with grace, completing the tasks that you have set out. It can be anything in your life, from your children, your work, your behaviors or responses to life. It could be a goal to pay all of the debts that have accumulated by living a life that is beyond your means. It can be anything. The goal here is to create balance, so you will have no stress, and be present to what is going on around you by achieving fulfillment of your choices. You will also see how you act in your own creations.

In the course of action you will see that there is a daily task to set goals so you may create your day with purpose and have a template that will assist you on your daily journey to a life of balance, purpose and power. Give it a try for at least five days in a row and see how you do and what gets created.

## **POINTERS TO CREATING A LIFE OF BALANCE**

Simplify! Simplify! Simplify! Really now, simplify. Do you really need that green lawnmower that is the latest model? Or what about the latest health food product that costs double the amount than your other effective brand you have been using for years now? The clothing sale is a sale, but do

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you really need another shirt for the dinner date? How about the oversized barbecue? It looks so... cool, but your balcony at your apartment or condo really does not need a full-sized model, does it? All those old messages in your inbox – do you need to keep them there? No you don't, they are taking up useful space, clear them out. See everything in your life is symbolic; everything is made up of energy. Release anything that does not serve you from your life, and watch magic happen!

## **SHIFTING YOUR PERSONAL NEEDS**

Take a look at where your energy goes daily, to your siblings' problems, your work load, your friends. Or does the energy stay within your circle of your life, your needs and what it is that makes you happy? How do you fulfill your own personal needs? List them. What is it that you do to make yourself happy? This will show you where there are opportunities for changes to take place that you might not have realized. Next week we will be taking a look at the ego and how stepping up to the plate makes all the difference in your life. When you have ideas and desired intentions that can be viewed unbiased, you have a greater opportunity to create from a place of power. E-mail me with your outcomes and accomplishments.



## Chapter Five:

# *Bringing Awareness to All That You Do*

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### **STEPPING UP TO THE PLATE**

What we are going to do this week is catch ourselves in the act of not being authentic. Authentic means being true to who you are at the core of yourself. When you said you were going to do something, did you complete it? If you thought about saying something to someone, did you follow through and say it, and speak honestly? When you wanted something done, did you do it or are you waiting for someone else to do it for you? When your thoughts stray into the negative, are you catching yourself in the moment and rectifying the thoughts by embracing the positive aspects of the person or thing? Here's the big one, are you being honest with yourself?

This week-be honest with yourself. Step up to the plate – do what you said you were going to do. Just by doing so, you will allow your energy field to magnetize the positive to you – try it out!

Being aware of all that you do takes some practice. Most people develop a habit of just going through life and not really thinking just what it is they are doing. Today, there are many more individuals who are questioning their reality, their happiness, their health and their prosperity. It is an inquiry that continues throughout life as you develop and grow. With each passing year, your needs and desires change and conform to your ever changing environment, society's beliefs and the emotional stance you are adopting.

Why does it take practice to be aware of yourself? Think about this, when you brush your teeth in the morning, are you thanking every tooth for the pleasure of biting into the food that you eat? Or to the language you speak, without your teeth you would sound pretty funny and your vocabulary would change, wouldn't it? Most people take for granted the teeth they have, the language they speak, the air they breathe, but just imagine if you gave thanks to the very things that sustain you? How would your consciousness change, your vibratory level (energy level), and how would you

begin responding to yourself? When you take a shower or bath, do you give thanks to your body for every part that assists you in moving freely around the space you dwell in? Do you ever give your feet a massage at night and thank them for the awesome job they are doing every day by supporting you? Go for it, give it a try!

As you already know by now, you more often hear others or yourself cursing the body, the aching bones, the sore feet, and the pain in the back and on and on. Why do people do this? Is it a learned behavior, one that you may have picked up from generations past as you heard your parents or grandparents in conversation about their own bodies?

Begin to make the conscious choice to learn from yourself and the unique body you inherited upon birth and appreciate how lucky you are to have all your own little quirks that make you who you are; praise who you are and take pride and ownership in what makes you powerfully you!

So, this is part of stepping up to the plate; ownership, responsibility for yourself and being accountable for who you are in all your shining glory, as well as all the dark corners that have been suppressed, locked away or pushed into

denial so that you can continue to live a life that is not 100% integral. Now, that is not a judgment, it's a reflection so that you can see where you might not be authentic with yourself and others.

How will you know this? By the sudden feeling that you are not complete in conversations or not feeling clear with yourself and feeling like you left something out while speaking with someone. You already know how this feels, it's like you are not being true to yourself, but you don't catch yourself in the act because you think no one else will, or no one will call you into account for your actions or deeds. We know perfectly well when we are not honest, in integrity or in alignment to our truth. You can feel it, sense it or receive insight at the time that you are not 100% fine with what just went on.

Just for this week, keep a small notebook with you and write down every time you curse yourself or others and every time you honor yourself or others. Keep track of how often you acknowledge the uniqueness and inherent beauty that everyone holds and shines even in their sadness or despair. Each person is made up of golden light, a reflection of God and the Universe. Begin to see that in others and you will soon start to see it in yourself also.

Stepping up to the plate:

- o When you say you are going to do something- just do it!
- o When you decide to be something, be it!
- o When you choose to be happy, allow nothing to stop you from being it!
- o When you are happy, share that with the world no matter what!
- o Your plate is clean right this moment, what are you willing to bring to others?
- o How will you assist another human being in shining their own light without blocking your own?
- o How will you learn to allow others to share who they are, without judgment?



## Chapter Six:

# *Preparing for the New Self to Emerge*

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Are you prepared? What a funny question, being prepared for something so brand new that you do not even know what it is. Many people would answer this question with a big resounding 'yes'! Why? Because so many of us are willing to allow the new aspects of who we are to enter into our lives that we say yes to life in all it's myriad ways that compel us to change, shift and transform who we believe ourselves to be. Go through this list and see if you are aware of your own preparation for the emergence of your new self.

- ★ You find yourself creating challenges in life that are representations of the old life you are seeking to leave. Family issues are created, dramas within your work to distract you from leaving or getting promoted. Friends calling you on old issues

or experiences that have no relation to what you are stepping into or who you are at present. More or less things that are holding you back from embracing your new self.

- ★ Thinking about past experiences and the negative impacts they have had in your life. This can be the letting go process by revisiting it to say goodbye. Or, this can also be a reminder that it is no longer part of your life and you are grateful for the experience and all you learned.
- ★ Contemplating what your perfect relationship will be, it can be work related, intimate or friendships. Even a new relationship with yourself. This is a lead into the future representation of you. As you dispel the belief that you are your past, you bring forward your future by expressing what you do want.

## **IS YOUR NEW SELF SUPPORTED AND BEING PREPARED?**

During any course of action that allows your new life to emerge, there is a purging of the old, a recreation of the challenges that once were present and now are leaving the mental, emotional and physical bodies. They come in the form of emotions that



are still lingering from the past, and also from cellular memories that are being recreated or released. Remember we are multidimensional beings; there can be a multitude of clearings taking place that your conscious mind cannot fully grasp. You may be releasing a chain of events that spans over 2,000 years, with the same players and the same events, only in a different context. There is a constant stream of new energies supporting you in becoming your greater self, even if it seems you might be struggling with the changes or challenges that are presenting themselves to you.

Here is a widely held belief; you create your own reality, right? While you create your own reality and repeat patterns that have been stored by impressionable memories, you may come to realize that once you are aware you are repeating the same theme, you may want to learn the lesson that is being repeated. If you find yourself recreating a situation in your life that is not beneficial, take a second look at what the issue is here and why it is present? Why are you recreating the same theme or drama? Why is it that the story gets retold and repeated? Start to create in your heart and mind the story that you want to live in is the one that serves you the best. Not living for your friends or family, but you. You are the only person

who is living in your mind and your flesh and feels your feelings. Others can understand, but not many people on this planet can actually feel what another is feeling or thinking or being. It is time to create the being you so desire to nurture, support and love, you!

Energetically the new you is already created, just as the past has an energy held in your memories. Each time you recreate the past, you are giving energy to the past. When you place your intention into the future, you are creating the present part of you now. Enjoy the process and the imagery that comes with that, and remember to be playful as you create.

During the Spiritual Past Life Regressions that I do at my Studio, I am a witness to profound truths of the human expression and how the emotional and mental planes interact with the physical body in manifesting emotions and storing them within a person's energy field. A recurring theme can be taking place from another lifetime that is still affecting you here. The therapeutic aspect of this work is understanding from a core level what it is that is recreating itself and why. When a person becomes aware of the situation or reason behind a certain pattern, it is then more likely for the whole being to release this pattern, as it no longer

serves them. In releasing the old, the new you is allowed more movement and freedom to shine through. When we are able to let go of patterns that no longer serve us, we get to experience the liberation of spiritual renewal. Each time there is a letting go of the old, there is born a new future in the discovery of you. Allow yourself the opportunity to let go on any level that is necessary for you to birth your new divine self. It is always there to assist you in further discovering your own inner beauty and unlimited potential.

Make a list of people who support you, friends, relatives, deceased or famous people, and your angels. This list will allow you to realize just how much you are supported and how much preparation you have already received.



Chapter Seven:

# *Preparing for Mastery of Self*

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## **PREPARING FOR MASTERY IN LIFE**

How does one come to be a master at anything? With diligence, focus, repetition, and constant surveillance of what is being created and how it is being created. What I mean by this is, if for instance you have a particular gift that is unique to you, you can shun this gift or you can Master it. You figure out what works best for you in the development of yourself with your own gifts and how you can utilize them towards a better understanding of yourself.

For me it has been the gift of sight. I am able to 'see' into many things, the vision and awareness of future events and the possibilities of what people can become for themselves. Since a very young

age this gift has been a very normal aspect of who I am. Later on in life, after realizing that not everyone can see this way or feel like this, I began to study the gifts that I have to better enable me to work with them. Over the years, while learning from some extraordinary gifted teachers all over the world, I realized one day that what I was doing was learning to master my own unique gifts so I could help others better understand themselves and their experiences.

So, whatever your gifts are, use them, master them and bring them out into the world to shine! Your gift may be something you feel is a burden to you – because of what society has deemed 'normal.' How do you feel about your own gifts? Take a moment to write down all your gifts right now.

## **ARE YOU READY TO SHARE YOUR GIFTS?**

The world as you know it changes once you set yourself upon a course of action to master something, anything in life. To master something does not mean always that you will arrive at your specific destination at some point and say "hey – I'm now a master of this!", and then move onto the next thing. Self mastery is about learning the

quirks, the shakes, and the movements of who and how you are. Everyone is unique, especially in how we view ourselves.

Many people hold a belief about themselves which is self-limiting and does not provide positive support for their own personal growth. That is the tricky part; our own self-limiting beliefs hold us back. Imagine if you would, the idea that you could do anything, anything at all. What would that be? If you could master that, how would you begin, who could help you if you needed help? How could you begin the process of self mastering the very thing you would love to do or be? These questions will make you realize that it is not beyond your reach. You may say, well I do not have the time or money. These are two major factors people use to stop the flow of universal energy that supports you in discovering, developing and then mastering your skills.

Observe yourself as you implement the changes in your life and see how you respond to your own shifts. What rewards do you receive in your own self mastery or mastering something that only you can? You show your true colors when you are around the closest people in your life. Yes, your family. Here is where you can see where you master yourself, or become challenged. Let go for

one week the self limiting beliefs you may have about yourself and be present with those people in your life in an unconditional way. This may be a little bit rough at first, as our family, friends or co-workers have a very firm idea of who we are to them and how they like us to perform in their life; when this gets shaken up, well, not everyone responds with open arms!

What is it that you would like to begin to master? Or, what have you been working on for weeks, months or even years that you would like to master? Here are some that I have been working on: patience, surrender, unconditional love, emotions, balance of nature vs. man made objects, male/female polarities of energies, cooperation in working with others in equality, leadership, courage, sexuality vs. sensuality, relationships, understanding the human condition, exploration of other realms, the human energy field, the cosmos and universes. These are only some of the things or qualities that I myself have been working towards mastering throughout my life, and I find that I am constantly checking in with myself to keep an open mind and energy field for these to grow and expand and to also discard anything that no longer works for me in the moment. Something that may have worked for you ten years ago may not work for you in the



present, as these days are changing so fast; as we move forward, closer to 2012, something that may have worked for you last week may not very well be serving you today. You will have to allow yourself the freedom and flow to move with what is given to you at any moment. To master one self or to master something, you must be willing to let go, to allow life to show you the ropes and to surrender to what you are seeking.



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## Chapter Eight:

# *Living Your Mastery*

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### **YOUR SOUL'S PURPOSE**

Remember the first day that you committed to doing this eight-week program. Who were you then, how did you think or respond to life? How are you responding to life now? What subtle changes have you seen throughout these eight weeks? They may be so simple that they have just crept into your life without you noticing much change. On the other hand, you may have seen some drastic changes in your behavior, your mental attitude towards people, places or things, especially your family and job. You might notice that you are sleeping more peacefully at night or having more energy during the day.

Whatever has transpired in these eight weeks will stay with you for life. You have made changes that have affected your cellular memory and structure. Every thought is an imprint and every action is

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imprinted on your cells. You have participated and developed a part of yourself that has brought truth to you. That truth has brought either joy or sorrow to you. It all depends on how you see yourself in your own self development. Victim or Hero? The victim is the one life is happening to; the hero is the one who is creating his/her life no matter what.

How we see our path to our purpose or how we develop ourselves along the path to our purpose is a reflection to who we truly seek to be. It can come as a flash of insight or wonder at the unfolding of your new self. We change all the time and we must begin to acknowledge those subtle shifts and changes. If we do not, then we are not honoring who we are becoming or acknowledging the divinity that works through us.

We are golden beings that are connected to a source that encourages us to become aware of who we really are. Be open to accepting the gifts that come forth every moment. See the sights and feel the essence of what you are becoming, a divine being on purpose, living a life based on integrity, honor, respect and love.

## CLEARING THE WAY

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*As you maintain balance and become present to the moment, then and only then does the surrendering begin.*

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By holding a thought form that is complementary with your desired outcome, the universe creates the movement to make that happen. When you think a thought that sets your desires, the universe also allows for that to manifest. Getting very clear on what you want in your life is of utmost importance. Make a list of all the things that you want to see take place, future outcomes, in situations, with people, in places and locations that you desire to see or feel in your life. It is as simple as that. Be aware of the energy you send out, the thoughts that come into your mind. Feel what makes sense to you and know that that is what will be manifest for you. We seem to forget that the universe always has our best interest at heart. Remind yourself that it must come from your heart, not your mind or ego.

Our memories are stored within our body, in our cells. What happens when those cellular densities are replaced with the heart energy, which surpasses

anything that the mind can meld together? If you have ever had the opportunity to feel what unconditional love feels like, then you would know that nothing in the universe is more dedicated and driven than love. Unconditional love is pure love, it is a love that encompasses all factors in human relationships, the love that a Mother feels for her child, and the love that is given to another when surrender and honor have taken over the need to control and to have. Why do I bring this up now in living your soul's purpose?

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*The only way to live your soul's purpose is to live it from your heart!*

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Sit quietly for a couple of minutes while responding to your breath. Deep inhale and then deep exhale; feel the relaxed response to your breath and how wonderful it feels to be in sync with the ebb and flow of the movement throughout all of creation. Here is where your center is, the core of your being resides in your breath and is a representation of how you feel within your body. Shallow breathing means that you take life in small increments, because you cannot handle a lot at once. Deep penetrating breaths expresses that you have hidden thoughts that you have yet to

clear. The breath, the body and mind, express themselves in unison, they express in harmony or in disharmony, that which is most fundamental to our current situation.

Once the deep, slow, methodical breathing has regulated itself, begin to send the energy into the heart region and sense the connection you have with Source, God, and Oneness. Here ask yourself or God, what is it that you came here to do? What is your service to the world and to yourself? Listen carefully for the first thing that is revealed, therein lays the answer to who you are and what you are to do or be. It could be one simple word, love or compassion or truth.

What this means will always be unique to each person. It may reveal a part of you that you do honor or it may express a deep place within yourself that wants to be heard or felt by you. Each day is a prayer, what you do with that prayer is up to you. Spread the joy of who you are, because Divinity is all around you, within you and part of you; shine to the world that which you are becoming. If everyone begins to do this, you will see your dreams manifest in reality and your own self mastery will be a beacon for all, a mirror, a reflection of their own Divinity and connection to Source.





# *Epilogue*

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Come to know yourself and not to sense who you may be. Speak your truth and know that all is spoken for the greater good. Be in Divine Alignment to your Soul's Purpose and life will begin anew. You are worthy of it, all of it; you are accepted, acknowledged and divinely loved. You are pure intention that has the ability to create whatever serves your highest purpose and the purpose of the whole. Be the brilliant light that you are so all others can see their reflection and mirror back to themselves the purity within. Love unconditionally, so others can express themselves freely and openly knowing that their truth may be spoken and acknowledged and in that acknowledgment personal growth and trust is created. Always speak highly of others and you will be spoken of highly. Share your love with anyone who is open to receive it, knowing you are sharing a part of yourself that is free to give anytime, anywhere.

You are loved dearly and are held in such gratitude for the work you do here. You are showered upon every moment with love and grace that supports you in all that you do, and you are honored. You are a gift to everything and everyone.

Blessings on your journey in life, for you are both the creator and the creation in your own show. Play your part well. Change costume once in a while and the scenery too, if you like! For this will bring laughter and joy and playfulness! Relax in the flow of what the universe is offering you – pure intentional Being, unlimited expression of the Source.

Dance into your soul's purpose and shine your light! Divinity is awaiting you to merge into your own divine energy matrix by connecting at your heart with other hearts and in doing so, you walk your talk and you share your soul's purpose with others. It is all interconnected and created in perfection; allow the surrendering process to begin so you can live your mastery!

May you be blessed on your journey of self discovery and personal mastery in living the life of your dreams!

*Deborah Skye King*

# About the Author

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Deborah Skye King is a soul coach, a facilitator for spiritual development. She guides people to the core of their being to experience their true expression. She is a professional past life regression therapist having studied with Dr. Brian Weiss and Dolores Cannon. She is the founder of The Divine



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Energy Matrix Connection™ a breakthrough in energy therapeutics, and a master healer and teacher.

Deborah Skye lives in Toronto with her daughter Luminous. She is the owner of Soul Therapy Studio where her private practice focuses on soul development utilizing past life regression therapy and

angelic wisdom through The Divine Energy Matrix Connection™. When Skye is not focusing on her divine purpose and how to share it, she relaxes by the water enjoying long walks with her family, and traveling to sacred sites and loving the gift of being alive during such blessed and transformational times.

Her CD, *Your Soul's Purpose – Awakening to Your Divine Self*, can be purchased through her website.

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