

# Soul Speak

*Exercises to Increase Your Intuitive Wisdom*

*Guide One*

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## *Exercises to Increase Your Intuitive Wisdom Guide One*

Does your soul speak?

Yes it does, and it has so much to tell you!

Career confusion? Ask your soul what’s the next step.

Teenager driving you crazy? Ask your soul what action to take.

Relationship issues? Ask your soul what to do.

Weight concerns? Ask your soul what your body needs.

In this guide, I'll be sharing with you three exercises to help you access your soul wisdom and hear it speak. Don't worry – it's not scary like something from a Hollywood thriller. In fact, soul wisdom is very gentle and feels like a “knowing” being downloaded into your awareness.



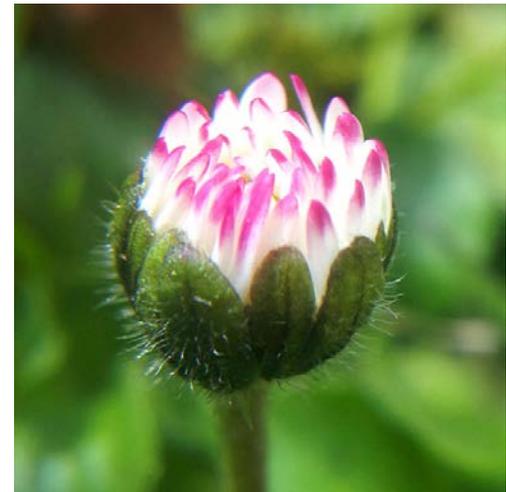
## MY STORY

The door to my soul's wisdom began to open for me when I began purposefully focusing on my intuition several years ago. At that time, I was already versed in the mysteries of the unseen realm through my Kabbalistic studies. My subsequent training as a somatic-healer and coach helped me delve deeper into the spiritual as a means to further guide me on a very personal level.

By attuning myself on a day to day basis to hearing what my soul has to say, it has literally become my GPS in all areas of my life. I use my soul messages to guide me in relationships, creative and career practices, and health. I love the clarity and joy that this communication brings to my life. The synchronicities and divine providences bring a magical wonder and vitality to living. Though I used to know that I was not alone and connected to a Higher unseen power, now I actually feel that comfort. I sense my soul as a wise guide and cherished friend.

The practices that I will be sharing in this guide are ones that enabled me to deepen the awareness of my soul and hear its guidance in very specific day to day situations. These are for anyone seeking clearer guidance and trust within themselves. They are non-denominational and do not contradict any religious or spiritual practices. They are exercises to strengthen your ability to hear your soul wisdom, which is unique and particular to you.

Just as these have helped guide me home to my soul, I hope that they will guide you home to yours.



## MIND-BODY SOULUTION

The soul enlivens your mind-body system which is made up of your body, your emotions and your mind. So, if we look at this mind-body system as a “company,” then as coach Abigail Steidley says, your soul is the CEO of that company. It is aware of the bigger picture of why you are here and how to do your best in fulfilling your life’s path. When you hear your soul’s guidance, then you have the opportunity to proceed with wisdom and clarity in all areas of your life -- your health, your relationships, your career, etc. The key is to learn how to use your body, emotions, and mind to access this guidance. This is the Soul Speak.

Now, first things first.

## SOUL SPEAK

What is soul speak and how do you know you are experiencing it?

Intuition, or Soul Speak, as I like to call it, differs from mind-thoughts. It feels different in your body. The practicing of these methods will increase your receptivity of Soul Speak and will help you discriminate a mind-thought from true intuition.

The most fundamental thing that I've learned from my intuitive work is that intuition feels neutral. It appears in ways of an image appearing in your mind’s eye, a word or a short phrase being heard or known and even



a synchronicity in the outside world. Most importantly, there is no emotional attachment to it. An emotional attachment may pop up directly after receiving the intuitive hit, but that is because your mind story may conflict with what your soul is telling you.

### **What is a mind story?**

Mind stories are based in the ego/social self. Developed from a young age, we have beliefs and ideas as to how we want to be seen by others. Perhaps you want to be seen as a “good girl,” a “good friend,” a “good wife,” a “good worker,” etc. And attached to these beliefs are full definitions of what that means to you -- always reliable, always selfless, never angry, etc. These are mind-stories.

### **What is a mind thought?**

All day long our mind thinks. It thinks funny thoughts, scary thoughts, worried thoughts, futurizing thoughts, fantasizing thoughts, and on and on. It never stops thinking.

And our bodies react to these thoughts by way of the emotional energy each one brings. A scary thought of being chased by a lion gets our adrenaline racing thru our bloodstream and our heartbeat quickens. A paranoid thought that our boss said one thing, but really means another fills us with dread and foreboding – perhaps a heaviness and constriction in our chest. A fantasizing thought of sitting on the beach staring at the



sparkling blue waters of the Caribbean ocean causes our bodies to relax and breathe a sigh of relief.

**A soul message is different.** It seemingly comes from “no-where.” There are no emotional attachments or streams of thought – there is a neutrality to it. There is no emotional trigger. And in your body, there is a **sense of knowing or relief**. You may say “oh.” Just like that.

You are receiving a message from your soul, formed in a language or image that can be retrieved by you, clothed in your human senses.

Pretty cool, huh? Let’s begin!

### **PHASE 1: The Easy Three**

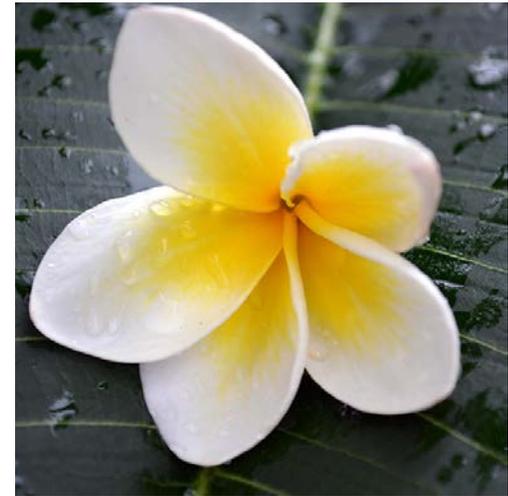
For Phase 1 we will focus on these three practices:

**Gratitude** - Notice the gifts

**Sticker Breathing** - Relaxing your nervous system

**Up the Stairs You Go** - Making it mindful

I call these the Easy Three because as you can see, they are easy. But don’t be fooled by their simplicity. Each one is quite effective for hearing Soul Speak.



**Most importantly** – use kindness and compassion toward yourself on this journey. Take all the information here in bits and pieces if that's what feels good to you. Or try everything at once. This is a very individual process.

My hope and intention is that what I am sharing with you will bring you greater health and joy. If you only have the time or the desire to do one of these exercises, then TERRIFIC!

Please only practice what resonates with you and celebrate yourself for taking the time from your busy schedule to do that!

**\*\*\* Journal \*\*\*** I invite you to invest in a pretty, feel- good journal for the purpose of recording the intuitive guidance that you start receiving. Also, jot down the synchronicities that start occurring -- by putting your attention on this area of your life, more of this mystical guidance will flow to you. It's wonderful to look back and track this wisdom and these experiences as they begin to occur every day.

### **PRACTICE 1: GRATITUDE**

Jot down 5 things that you are grateful for. This is best done as a kind of ritual (as speaker, Tal Ben-Shahar suggests) in the morning or evening before bed. This exercise helps us to put attention on the positive in our lives. I don't know about you, but I am someone deeply affected by what I



perceive as sufferings – my own, those of others and the world at large. Disappointments, worries, concerns over things like health, money, or relationships can really occupy my mind and energy. When I anchor in writing 5 perceived gratitudes, I am occupying my mind, if even only for a few moments, with positive, uplifting thoughts. And as a Chasidic master once said, “You are where your thoughts are.”

What body parts are working well? Are you able to see the vast sky out your window? That means your eyes are working! Jot it down with a deep sense of gratitude. Who knows what tomorrow brings?

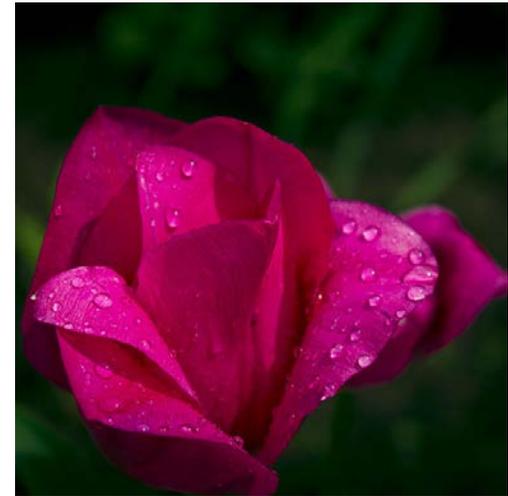
Had a rough day at work, but were able to unload on a friend? Jot it down. Notice that your shoulders felt less tense because a friend helped ease your burden.

Notice the blessings, simple, small or large and feel that expansion in your chest and spirit as you recognize the gifts that are being bestowed on you today. Also, be grateful to yourself for being one who does take the time and energy to notice.

## **PRACTICE 2: STICKER BREATHING**

Sticker breathing is simple you powerful technique to drop into the present moment and have greater access to your intuition (compliments of coach Jessica Steward).

All it entails is to stick your favorite sticker up on 7 different places around your home. I use smiley face stickers, but feel free to place whichever



feels good to you. Whenever you come across the sticker, pause in your tracks, breathe in deeply and then exhale deeply. There, done.

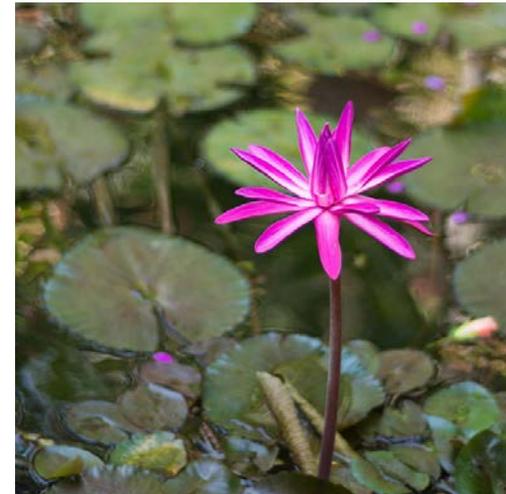
For an added health benefit, raise your arms up and curl them over into a heart shape so your fingers touch the crown of your head. Yup, may look funny, but feels awesome and opens up your whole chest area. And if you are close to 50 like me, it gives the added benefit of recognizing that now I’m finally old enough to not care what others think of me. (About time!) So, even if you’re younger, you can get started on that.

Engaging in **STICKER BREATHING** has the amazing ability to help you dial down your nervous system. You can go from feeling revved up to calmer.

If you are in the daily stress mode of worry and “gotta get this done” mentality, your body is releasing high levels of adrenaline and revving up your heart and blood pressure. This is great if you are fleeing a dangerous animal, but not for day-to-day living.

When you take a moment to pause and breathe deeply, your body has the chance to get in a calmer state, resulting in a calmer mind. In this more relaxed state, you have the increased potential of seeing a wider range of possibilities and hearing what your intuition has to say regarding the task at hand.

So get those stickers up and raise those arms high! Big, deep breath in and release!



### **PRACTICE 3: UP THE STAIRS YOU GO**

Another simple exercise. As you walk up the stairs in your home or in your apartment building, tune into the sound of your feet on the stairs. This is becoming mindful.

The point of this is to make you aware of the present moment. I don’t know about you, but much of the day my mind is engaged in the past or in the future. When I tune into the present moment, I am amazed by what I hear. The whirling of a fridge, the closing of a cabinet, a bird chirping outside. Not a big deal you may say, but it’s actually quite relaxing to be in the present moment with those sounds.

And that is what this activity is for – tuning into the present moment which puts your body in the state of “peace,” opening up your mind to hearing your intuition more and more.

If you feel like getting fancy, tune into the other sounds around you as walk up the stairs. And even fancier – feel your feet as they touch each stair, becoming mindful of your body as it exists in real time.

### **LET’S SUM THIS UP:**

Any one of these exercises will help you start hearing your intuition more clearly. This is your own Soul Speak. It’s a wonderful gift to yourself to open up these channels of communication to your soul’s wisdom.

Allow yourself that sprinkle of kindness from your soul and enjoy the clarity and guidance it delivers.



**To schedule a free 20 minute Clarity Call, please visit me here:**

[www.miriamracquel.com/claritycall](http://www.miriamracquel.com/claritycall)

With deep gratitude and blessings,

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Miriam Racquel (Meryl) Feldman of [miriamracquel.com](http://miriamracquel.com) is a Somatic Healer and International Certified Mind-Body and Martha Beck Coach. She is a published writer and speaker based in Chicago. Integrating her knowledge of Kabbalistic Judaism, Somatic Healing, and Coaching, Miriam Racquel empowers women with clarity and peace of mind in their relationships, career and health. As a creative adjunct to her coaching, she is the founder of The Welcoming Nest ([welcomingnest.com](http://welcomingnest.com)) a unique art expression of weaving design and healing. She raises her clan of six children along with her husband and can be reached at [miriam@miriamracquel.com](mailto:miriam@miriamracquel.com)