



# Embracing the Truth of Your Divinity

## *Reconnecting with Your Soul/Spirit*

### *(Note on the Coronavirus)*



**By Jackie Self**

***You don't have a Soul. You are a Soul. You have a body.  
CS Lewis***

In a recent conversation I was asked this question: *“What do you mean by Truth of Your Divinity?”* I responded as follows: *“I comprehend Truth (Soul) as something that I know is REAL stemming from personal experience while Divinity represents Higher States of Consciousness (Spirit).”*

Through my experiences of Discovering Truth, I recognize Higher States of Consciousness as tingles, goose bumps, and/or a Knowingness. Curiosity as to my Soul's purpose continues to guide me into further understanding of myself as Soul and my Divine Spiritual Nature.

### **What is Soul/Spirit?**

Sanaya Roman, author of: Soul Love - Awakening Your Heart Centers defines Soul and Spirit as follows: *“The Soul is the combination of our mental, emotional, and physical bodies. It is made of Light and is the embodiment of Love. The Soul's intelligence directs the building of our bodies and holds the core essence and patterns that govern our creation. It lives in higher dimensions and brings the light and energy of those dimensions to us. Our Soul provides the medium*

through which Spirit can reach us. The Soul is the link between Spirit and personality. Spirit is the consciousness that permeates and gives life to our soul."

### Why do we need Reconnection?

An experience, initially perceived as *traumatic*, usually begins the process of disconnection. Then, that unresolved traumatic experience will repeat itself throughout lifetimes of incarnations. These perceptual traumas will create a division between the Heart and Mind. This causes a feeling of distrust and separation, which shuts the door to the Heart.

Discovering the root of trauma may be less than easy to find due to distractions that take our attention away from knowing ourselves on a deeper level.

Continual distractions without time for contemplation, meditation, or time in Nature can cause us to be *ungrounded* or *off center*. When we are ungrounded and off center we tend to place more attention on our personality self which pulls us away from our Soul's purpose and ignores the link with Soul/Spirit.



When we are grounded, our bodies can relax and allow Spiritual Consciousness to flow. Centering ensures that our Soul/Spirit is being expressed as REAL and AUTHENTIC. What we feel and think, and how we act comes from Who WE Are instead of from another source. In other words, we are plugged into our own Energy Source.

### What are a few of the obvious distractions?

The use of *technology* is rising moment by moment, relieving us of the need to think, feel, or contemplate the information we are receiving. Are we giving away our ability to think and process by *excessive reliance* on technology? Are we losing our inherent intuitive abilities by allowing technology to guide our every move?

Certain food additives that are used in many foods today can cause severe dysfunction in our nervous system, resulting in ineffective communication within our bodies and with each other. Russell L. Blaylock, M.D. provides extensive information in his book Excitotoxins, The Taste that Kills.

## Are you ready to Reconnect to Your Soul/Spirit?

Reconnection is as simple as making a choice or decision to do so. Your Spirit is ever present and ready to Express the Wisdom that is Yours, while Your Soul is ever present and ready to Share the Love that you have gained through your experiential journey on Earth. It does take Trust in Yourself to guide you into the actions you can take to make this Reconnection possible.

### A Note on the Coronavirus:

Since we have the opportunity to “stay home”; let’s look at this virus from a Spiritual point of view. While we are less distracted by outside activities we can contemplate on the following wisdom from Louise Hay. In her transformative book: Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them, Louise describes the presence of a viral infection as the result of “*Lack of joy flowing through life. Bitterness*”. She offers a new thought pattern to adopt: “*I lovingly allow joy to flow freely in my life. I love me.*”

I wonder what changes we will make, individually and collectively, as we learn to Reconnect in new and heart-felt ways...

Love & Namaste on Your Journey of Self-Discovery,

Jackie



*~ Embrace the Truth of Your Divinity ~  
Reconnecting with Your Soul/Spirit*



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