

SARAH TYLER-WALTERS
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What is Soul-Led Living?

by Sarah Tyler-Walters

Being Soul-Led sounds odd idea in this day and age where we don't want to be led by anyone or anything, and we fight to have our freedom. But being Soul-Led is not about breaking your freedom and forcing you to do anything. It is about allowing that innate inner voice, Self, divine spark - call it what you like - to lead.

The Soul knows what it is here to do, and it doesn't need you to believe in it, but it does help. It is not about religious belief; it is about the inner knowing that you are part of something greater than yourself - the bases of spirituality. You can be spiritual and not religious and visa versa, you can also be both - they are different things.

Your Soul has a plan, pre-determined to a degree, but with allowances for your personality and free will and the twists and turns they may choose during your lifetime. Some things are pre-arranged - for instance, your birth parents also the key lessons you are here to learn. These are in addition to the three we revisit every lifetime - personality responsibly, self-love and non-judgement.

As the Soul knows the plan and can manifest what you need in this lifetime, it makes sense to let it get on with it - but we don't. Childhood traumas, experiences, other people's chaos and choices affect us and move us off the path or away from being led by the Soul. The further off course you go, the more extreme life gets. The more struggle, suffering and dis-ease you will experience.

Allowing yourself to be Soul-Led is about staying on path in a life that flows and doesn't have extreme highs or lows. Challenges, of course, but not the level of suffering so many are experiencing at the moment. Life isn't about experiencing only the good. We are here to learn. At times, we need to experience the negative - but in a balanced way, the mid-point, the centre between the two extreme versions - the path.

As your Soul can manifest all that you need to live an authentic life, it can manifest solutions, assistance and the day to day needs of human life. However, when things go awry and power shifts to other aspects of Self (such as personality, ego, e.t.c), manifesting can become self-serving and not balanced. For instance, if your ego is in control (leading), it will create situations that reinforce its idea or reality.

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Like - you are god's gift or worthless - two extremes based on self-worth. The ego will then attract and create behaviour patterns that keep you in a loop feeding the swing to one extreme or the other, affecting all areas of your life.

Giving back control to the Soul is ideal, but not as simple as flicking a switch. You need to withdraw the power from the part of Self or a sub-personality, and so on. Healing, self-care and often assistance from a friend or professional are needed. Whilst, speaking to your Soul and holding the intention to give it back the power and listen to its guidance and direction. Remember, you have free will, you need to listen to the Soul, but you can choose to ignore what you hear. The Soul will keep repeating it if it is something you need.

In many ways, the Soul is the centre of your being, your essence and supports well-being and true happiness. Soul-Led living aims to remind you of that and help establish a relationship with your inner voice, your inner Self. Assisting you to realign to your true path and live a life that flows with ease.

Published: January 2021

Hashtags: #SoulPath #SoulPurpose #LifePlan #KnowThyself