

Soul Growth Resource List

Just as everyone's soul is unique, so your path of growth will be unique. There are some common factors which I list below together with some suggestions to get you started. The order you grow into them will be unique to you. Rather than see these as a 'To Do list' consider them like a smorgasbord of possibility. Choose something that appeals to you and practise it regularly for at least a month to notice the benefits.

1. **Become comfortable with silence.** This is a foundational practice of soul growth. Your soul speaks with a still small voice that can't be heard over the rush and busy-ness of modern life. Take at least 5 minutes a day to be alone, tune into to your expanded consciousness, breathe and just BE. It may feel uncomfortable at first, even scary, but persevere in small doses and this will become the most precious part of your day.
2. **Take time each day to listen to your soul.** This will happen more and more easily as you grow comfortable with silence. Meditation and prayer are the most obvious ways to do this and I write about them in depth in Chapters 3 & 4 of *Growing Business with Soul*. You don't have to sit still to meditate – go to www.JasmineSampson.com/bookresources to get access to instructions for a *Walking Meditation* that is part of the resources for Chapter 3. Ask me what meditation MP3s are available as part of your coaching package.
3. **Keep a journal.** Another foundational practice which I write about on pp 33 – 34 of *Growing Business with Soul*. It enables you to develop a record of how your soul is communicating with you as you record insights, ideas, answered 'prayers', synchronicity, and reflect on what you are doing, why you are doing it, and what you are learning as life unfolds.
4. **Ask for guidance and take it.** The more you learn to listen and act on your inner guidance, the more easily your life will flow. You don't have to struggle alone. Your soul is longing to help you, but you do have to ask. This is where your journal will be invaluable as you record ideas that have come to you and what happens when you act on them. See more in Chapter 7 of *Growing Business with Soul*
5. **Practise kindness and forgiveness** to yourself first of all, then it will overflow naturally to others. Use the tools in Chapter 11 of *Growing Business with Soul* - (also see my *Transformational Toolkit*) and join me in my personal Peace Process at this link <https://www.jasminesampson.com/blog/post/17188/Increase-Inner-Peace/>
6. Practise appreciation and gratitude for your life as it is now. Bless everything. See more in Chapter 15 of *Growing Business with Soul* and also at this blog link <https://www.jasminesampson.com/blog/post/18274/Bless-the-Waiting-Time/>