

Unlock the Treasure Within

by Judith Waller, "The Soul Connector"

Do you know why you're here and what you're meant to be doing with your life? Well, your soul has the answers! And I'm going to reveal to you a way of tuning in to hear what your soul has to say. In a "soul journey", you use your imagination and intuition to help you open up to your inner guidance and uncover your innermost desires. This is something that anyone can do. All you need is an open heart and an open mind – your soul will do the rest. In this article, I describe how a soul journey works and offer some tips so you can begin to apply this technique for yourself and discover the treasure buried within your soul.

A TREASURE HUNT...

So what's a soul journey like? I'll begin by sharing with you my very first experience of tuning into my inner guidance. It still resonates with me today, decades later, and inspired my life-long interest in journeying with the soul...

When I was 16 years old, my high school English teacher led my class on a guided visualisation exercise – he called it a "fantasy journey". As this was my first attempt at meditation or visualisation, I had no idea what to expect. After getting us to relax, the teacher guided us in imagining we were going on a journey across the ocean aboard a great sailing ship, travelling to a faraway island. In the middle of the island was located a treasure of some kind – whatever we most wished for in our lives. We were instructed to take our treasure back with us onto the boat, and then return home to the dock.

Afterwards, we shared with one another what had occurred on our journeys. The exercise had worked really well and was enjoyable for all of us. Each of my classmates had discovered wondrous treasures like chests full of gold and precious jewels, fabulous mansions, priceless artworks and so on. Some had even found their perfect partner and family. But my experience was somewhat different. The only thing in the middle of my island was a pond with a duck swimming around on it! So, for lack of anything else to do, I had picked up the duck and brought it back with me as my treasure.

As you might expect, this provoked considerable hilarity amongst the group. How could a DUCK be the thing you most wished for in the world? I certainly had no answer for that – this secret passion for ducks was news to me! And I must confess that, after hearing about everyone else's, I wasn't feeling like I'd ended up with much of a "treasure".

Fortunately, my teacher suggested I investigate this more deeply and gave me a book on Jungian symbology. When I looked up the meaning I discovered that, according to Jung, a duck swimming on water was actually a truly profound symbol – signifying inner peace. Ahhh... it seems that I had been gifted with a most magnificent treasure after all. The soul knows best!

So that gives you an idea of the power of the soul journey... From time to time I imagine myself revisiting my beautiful duck pond, and it never fails to nourish my spirit and remind me of what's really important in my life. A soul journey can help guide you in many ways, such as this exercise to uncover your inner treasure, or as a tool to help you envision and manifest your goals and desires. Why not try it for yourself?

7 TIPS FOR TUNING INTO YOUR SOUL...

Ready to go on your own inner treasure hunt? Embarking on a soul journey is as easy as relaxing, setting your intention to tune into your inner guidance, then unleashing your imagination and opening yourself up to receive the messages from within... Here are some tips to get the most out of your soul journey experiences:

1. Relax thoroughly... It might sound obvious, but make sure you take the time to fully relax before undertaking a soul journey. Pay attention to your mind, your body and your environment. The more you can create a state of being in which you're calm and receptive, the better your results will be.

2. Maintain a positive mindset... Trust that the journey works only for your highest good. If you are feeling anxious or nervous, take more time to relax – breathe deeply and release any negative thoughts before you begin. Simply by holding a positive intent, you set the tone for an enjoyable experience.

3. Let go of preconceptions... A soul journey works well when you go into it without any preconceptions or expectations of what "success" might look like. Don't put pressure on yourself to create a particular outcome, or you'll set yourself up for disappointment if a message comes to you in a different way.

4. "Seeing" is not important... Many people encounter difficulties with meditation or visualisation because they assume they're meant to "see" a mental picture. This is not the case. A soul journey experience will be different for everyone – you may see images, hear sounds, discern scents, experience feelings in your body or an inner knowingness, or perhaps a combination of several of these things. Know that however a message comes to you, it is in the right form for you at this time.

5. Release all judgement... Rather than leaping immediately to conclusions or judgement of an experience, be open and accepting of what unfolds. It doesn't matter if you can't figure it all out straight away – it may take time to fully grasp the significance of a particular journey. Enjoy the surprises that your unconscious mind serves up to you. Go with the flow as it is revealed to you – and have fun with it!

6. Stay with it... Like anything, it helps to keep practicing. Be gentle with yourself, and know that it will become easier the more you do it. There is no need to "try" too hard though – the more you let go of controlling the experience, and allow yourself to simply be in tune with your inner self, the more easily images or feelings will come to you.

7. Honour your own experiences... This is the most important thing to take with you. Allow yourself the time to come to appreciate the depth and uniqueness of your own vision – your inner treasure. Always trust your heart and your own instincts... and enjoy the journey of discovery!

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