

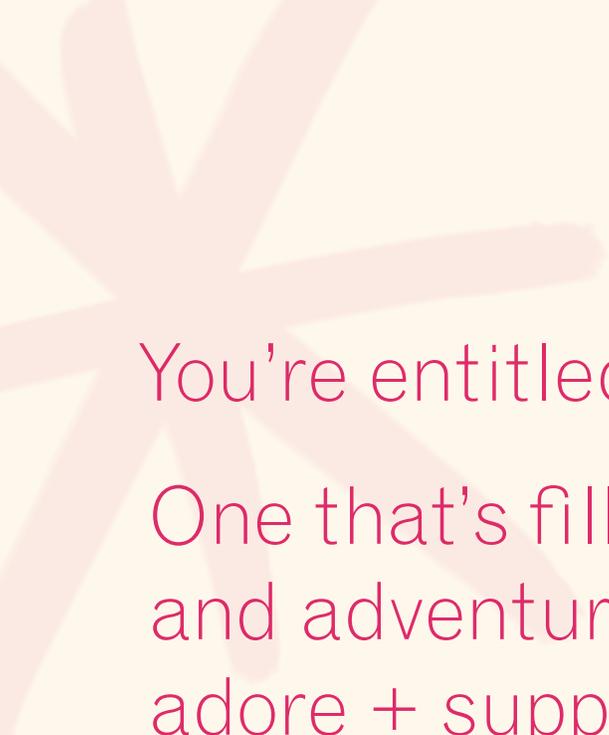
# SOUL SESSIONS



★ A 5 Week Guide  
to Crafting Greater Joy  
+ Making Big Things  
Happen in Life

By Dr. Danielle Dowling

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You're entitled to a life you love.

One that's filled with happiness and adventure and people who adore + support you.

Do those words feel greedy? Silly or unrealistic? They're not.

Happiness is not reserved for special people. Everyone has regrets, things we wish we hadn't done, people we've hurt along the way, people who have hurt us. I'm a firm believer that we can heal our wounds and step into happiness. You deserve it as much as anyone.

As obvious as that sounds, it took me years of self-work to believe it myself. In addition to my M.A. and PsyD in psychology, I've learned a lot through countless mistakes and bursts of divine resilience fueled by the desire to experience more joy. Hustling my whole life has brought me to a place where I'm simply more interested in choosing love – rather than fear – in any situation.

Those life and PsyD-fueled epiphanies lead me here - to this book and this communication with you.

This is just a little bite of the goodness and wisdom contained in *The Soul Sessions*.

I hope you like. I hope you're ready for some life-shifting ideas.

# THE WILLINGNESS TO CHANGE

Everything you want in life lies on the other side of being *willing to change*.

Willingness raises your consciousness of new possibilities. Just about any pattern you see in your life and would like to change - how you spend money, the people you date, the food you eat, the career choices you make - is totally, 100% transformable. All you need is a little willingness to receive the guidance to change.

Through your willingness to choose gratitude and a new perspective, you will begin to see your life through a new lens, through bright shining eyes.

**You don't have to change right away!**

You don't have to "get it right" immediately (because that's impossible.) This process takes time. You ONLY need to be willing to stop listening to your ego.

The smallest willingness to see your life or this moment with more love and less fear will be the single most significant catalyst to life-altering change. That willingness cracks you open to new perspectives. You're able to view life from a 30,000 foot vantage point. You open your psyche up to bright, expanding, boundless brilliance. You open up to love.

**Today's mantras:**

➔ *"I know the slightest shift in perception will ignite significant shifts"*

➔ *"I know change is what I need and I am willing to notice my fear."*

Make a list of your top 10 fears and top 10 biggest mistakes ever.

Top 10 Fears:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Top 10 Mistakes:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Go back and scribble across the page in big letters:

*“I am willing to see this differently. I am willing to see this with acceptance.”*

or

*“I am willing to see this differently. I am willing to release restriction and embrace love.”*

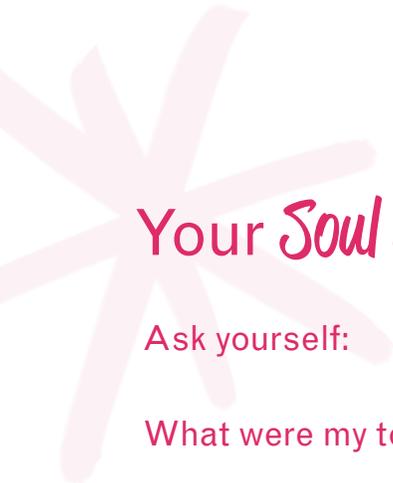
OR

LOL....LOL....LOL....

Take this moment to step forward and parent yourself.

Deny the validity of the negative chatter.

“Nope, I’m not going to do that. I know where this train of thinking goes and I don’t want to feel that way. I am willing to release my fear.”



# Your *Soul Spark* Challenge for today:

Ask yourself:

What were my top three fears on the 1-10 list?

What empowering information did I learn about myself as a result of those 3 fears?

What were my top three mess-ups on the 1-10 list?

How did those mess ups ultimately end up benefiting me in the end?

How did it feel to flip fear on its head by being willing to take a more empowering perspective on my greatest fears and mess-ups?

How did my energy shift?



# CHOOSE A MORE EMPOWERING PERSPECTIVE + RESOLUTIONS

This weekend, choose to lean into your new love-based world view. Take control of the choices you're making and stop your ego's negative chatter before it starts.

Are you standing eye-to-eye with doubt, anxiety, and overwhelm?

Try one of these mantras where you choose a different perspective:

➔ *"I hear you ego, but I don't believe you. I choose love instead."*

➔ *"I hear you ego, but I don't believe you. I am safe + powerful + I choose love instead."*

➔ *"I hear you ego, but I don't believe you. I trust myself to handle whatever comes my way."*

Want to apply this love-based perspective to other aspects of your life?

Body:

★ *I forgive myself for judging my healthy body.*

★ *I choose to love and be grateful for my strong legs and arms.*

## Love:

- ★ *I forgive myself for treating myself unkindly and thinking something is wrong with me. I choose to trust that the right partner and romance is on its way to me.*

## Money:

- ★ *I forgive myself for a feeling of lack and focusing on what I don't have.*
- ★ *I am willing to change my inner conversation about finances.*
- ★ *I choose instead to focus on the abundance I do have and commit to releasing my fears around money.*

**Attachment to outcome:** such as how you think a project should be received, where your career should go, how you think “they” should respond.

- ★ *I surrender my attachment to outcome. I know I can afford to relax. I trust what is in my and the world's highest good will manifest.*

Have a look through these resolutions and find three that work for you. Write them down, post them some place visible and commit to trying them throughout the next week.

## Resolutions:

- ➔ I will proactively choose a better perception. I can choose how to view life and I can choose love over fear.
- ➔ I will open my heart + mind to new ideas. I know opportunities are everywhere.
- ➔ I will remember the falseness of my fear. I know my ego's chatter isn't based on reality.
- ➔ I know my ego will want to sabotage my hard work and find fault in everything. I will remain non-judgemental.
- ➔ I see obstacles as opportunities and I know that the Universe has my back. I believe there is a greater power supporting me.
- ➔ I understand that my ego never speaks the truth and I choose to see peace instead of this.
- ➔ I know the slightest shift in perception will ignite significant shifts.
- ➔ I know change is what I need and I am willing to notice my fear.



*Soul Spark*

Whatever  
you're ready for  
is ready for you.

—Mark Victor Hansen

Did this pique your interest?  
Get you all excited about  
making changes in your life?  
I hope so.

On November 3rd, the whole book will be  
available, all 155 juicy, colorful pages, downloads,  
podcasts and meditations.

Till then,

A handwritten signature in black ink that reads "Danielle". The signature is written in a cursive style with a large, sweeping initial 'D' that loops around the first part of the name.