

WORKBOOK



Your Soul Knows The Answer
Meditation & Workbook

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Hi, I'm Kristi!

I'm so glad that you downloaded this guide! I hope that it helps you receive sought-after insights and connect more deeply with your innate wisdom and the truth of who you are.

Just a note that I recorded this meditation a while back and have since changed my terminology from "future Self" and "essential Self" to "soul", "inner guide", and "true Self". These terms are all pretty synonymous, and I've sprinkled some of the latter into this guide. When you listen to the meditation, feel free to mentally swap out "future Self" for whichever term most resonates with you.

Anyway...I'm a spiritual life coach + mentor who helps clients overcome their tendency to settle, play small, and people-please so that they can reclaim agency over their lives, make decisions with ease, and create more peace, fulfillment, and purpose in their worlds. And, the clients I attract are committed to getting intimate with their souls and BEcoming who they need to become in order to live their most extraordinary, soul-aligned, and deeply inspired lives. This meditation and guide offers a small taste of just one of the ways that I help clients connect with their inner guides and receive answers to their bigger questions.

I've been on this journey since 1996, when I barely survived a suicide attempt. If you'd like to gain some powerful, free tools to help you change your life, or if you'd like to learn more about how I changed mine, please visit my website!

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Get Your Soul-Aligned Answer

HOW IT WORKS

01

Set your intention.

The meditation and reflection will be more potent if you first spend some time reflecting on your intention. So, please complete the two prompts on the next page before doing the meditation.

02

Do the meditation.

Get comfortable in any position that you can maintain for 15 minutes. You'll begin by taking a few deep breaths to get grounded, followed by doing a tension-releasing body scan, connecting with your third eye, and being guided through some imagery.

03

Reflect on what arose.

Following the meditation are prompts. Try allowing your pen to flow freely instead of using your mind to come up with the answers, and don't censor or over-think anything that wants to be expressed. Let's begin!

NOTES

Journaling Prompts

WHAT CAME UP?

01 What did your future Self share with you?

02 What parting gift did your Future Self give you?

03 Is the path that you're currently on seem aligned with what you witnessed about your future Self? If it's not, do you feel called to make any changes so that it is?

04 Did you gain clarity on anything that's been eluding you? What additional insights would you like?

05 Are you holding onto anything that's no longer serving you? How might you release it? (Two of my favorite options: burn and release or EFT/tapping...google it!)

06 What takeaways did you receive from this exercise? Is there anything for you to action of further explore?

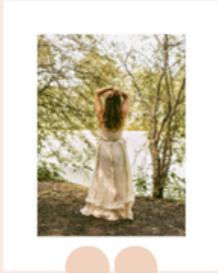
Inspiration

"You will never be able to escape from your heart, so it is better to listen to what it has to say."

-Paulo Coelho, The Alchemist

Inspiration

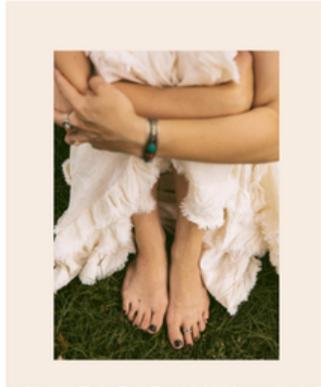
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*It is no measure of health
to be well-adjusted to a
profoundly sick society.*

*-unknown source,
possibly J. Krishnamurti*

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YOUR BODY KNOWS THE ANSWER

*A Guide To Accessing Your Innate Wisdom Through
Your Body's Unique Language*

conflict with your innate wisdom.

Conforming to unhealthy paradigms or behaviors might hold you a seat at this "table of belonging", but is it a seat that you're willing to sacrifice your true nature to sit in?

I was conforming to culture rather than my true self when I was a student at Purdue in 1999, and had I stayed, I would have certainly experienced another breakdown. Even at a time when I yearned to improve my circumstances and take ownership of my life, I couldn't stomach the idea that I'd be spending the next 40 years in a cubicle making someone else rich by doing something meaningless that wasn't for the betterment of all. But that's what the people I cared about expected me to do. Or at least some iteration of it.

The truth – at least my truth – was that ignoring my calling only worked for so long. Eventually, living out of integrity with my true self caught up with me. It always did. My rational mind freaked TF out when this happened, and it worked harder than ever to talk sense to me. To get me back in line with what culture wanted. I'm guessing that yours does, too.

I share this stuff on the rational mind and the culture that influences your choices because I believe that you've gotta know what you're up against – and it can be a lot!

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Want more?

CALIBRATE YOUR BODY COMPASS

Access your innate wisdom...through your body! I've created a FREE ebook that details three of my favorite exercises to "get answers" from my body and included an audio version of one of them. These are powerful tools, so I do hope that you'll check out this offering. Thank you!

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