

TRANSCRIPT

ANSWERING THE CALL

Hi, I'm Rebecca Campbell, bestselling author of *Light is the New Black and Rise Sister Rise*. For many years I've been guiding lightworkers, creatives, healers and highly sensitives to find the courage to answer their soul's highest and deepest calling, and to spend more time with their soul.

In this free Masterclass for Lightworkers I'm going to be guiding us through a potent process where we're going to be getting super clear on what our soul is calling us to do. We're going to pinpoint anything that's stopping you from stepping into your highest calling. We're going to be getting clear on our unique message and the work that only we can do. So now let's get clear on what your soul is calling you to do right now.

Our soul is always calling us, every moment of every day. One thing I find trips up a lot of lightworkers is that they are waiting for this one big, massive answer. However, the soul doesn't necessarily work like that. It works in whispers. And when we find the courage to trust and answer those whispers every single day, what happens is little by little, we come into alignment with the rest of life.

The thing about intuition is that it doesn't always make sense and that's why it takes courage to answer the niggles, answer the whispers of the soul. If we resist those niggles, the whispers, what happens is our life just becomes a little bit stuck. Things feel a little bit out of alignment, a little bit uncomfortable, when you hesitate, when you overthink, when you resist the callings of your soul what happens is at some

point you wake up in the morning and you have this feeling that you're just not living the life that you were born to live.

The Shamans of Peru speak about the Fated life vs. the Destiny life. The Fated life being the one that you were born into. So it's the family, the city, the job – all of that – it's like the path is very set out for you.

Whereas, the Destiny life is the one that your soul chooses. In order to answer the Destiny life, we need to release the Fated life, and that takes courage. Anyone who is answering the call of the soul is answering the call of the Destiny life. Not many people do this. However, when we find the courage to answer the call of the soul we find ourselves right in the middle of co-creating with the universe, our destiny. This is the path of the priestess, the lightworker, the healer, the artist, the creative; and if you're watching this video, it's likely it's your path too.

I could always feel my destiny calling me. Ever since I was a little girl, I had this niggles and this knowing that that there was some work that I came here to do and something that I came here to share. When I was a teenager I had visions of me writing books, just like I do today, and speaking on stages. But when I tried to figure out how I would make that happen, I went into resistance.

I ended up deciding to go into advertising as a Creative Director. What I said to myself was that I would put positive energy in all the messages that bombard people every day. But when I look back now I see that that was me trying to figure out how to live my Destiny life, rather than having the courage to trust the path that was calling me.

I had a really successful career as a Creative Director and in many cases and on many days I loved my job. It used a lot of my gifts and did light me up a lot. However, at the end of the day, when I'd go to bed or wake up in the middle of the night, I just had this knowing that my life wasn't quite in alignment and that I wasn't answering the highest and deepest call of my soul. Around 2011 and 2012, my life just fell apart and crumbled. Several of my friends passed away in really quick

succession. My 11-year relationship ended really suddenly, and then I began showing up to work and I just knew that it wasn't the work that I came here to do. I hit rock bottom and it was actually the best thing that could ever have happened, because it was in that place where I finally found the courage to answer the call of my soul that had always been there.

When I finally took the step to trust and answer the call of my soul, everything fell into alignment. It was as if everything which was always coming to me came to me all at once. It took a lot of hard work. However, it felt like I was so supported in doing it and this is a common characteristic of when we find the courage to answer the call of the Destiny life. All that was for us, comes to us in an instant.

It doesn't matter where you are on your path; whether you've been living your Destiny life for some time or if you're gathering up the courage now to answer the beginning niggles and whispers of it. Your soul is always calling you, every moment of every day. And when we are living our destiny life, what we're saying yes to is listening, trusting, answering and acting on the call of our soul, every single day.

So now I'm going to lead you in a short Soul Meditation, followed by a Soul Inquiry® process.

Inner Temple Meditation.

Take a moment to get really comfortable, either laying on a couch, or the bed, or the ground, or sitting with your spine upright and your feet flat on the ground. Take a deep breath in, and breathe out. Breathe in and breathe out. Really feeling the support of what's holding you right now; the chair, the earth, the air, gravity. Really concentrating on slowing down your breath. Breathing in and breathing out. In the centre of your heart, imagine a beautiful, soft, pink rose. And as you breathe, invite that rose to open, petal by petal, courageously. And in the centre, imagine a beautiful light. The light of your soul. And as you breathe, journey in towards that light in the centre of your heart. And as you journey deeper and deeper and towards

that light, you find yourself in your own Inner Temple. In your sacred chamber, where you can commune with the ancient wisdom of your soul.

If you have a question you would like guidance on, now is the time to ask it. And then surrender as you receive the guidance that your soul's longing for. Breathe and surrender and listen and receive. Breathe, surrender and receive the guidance from your soul. And knowing you can enter your Inner Temple at any time, to ask any question, to receive any guidance, as you take a deep breath in and out, you begin moving out of the Inner Temple and drawing your attention back to your body, back to your breath, back to the room you're in, back to the here and now.

Begin to open your eyes. And grab your pen and your notebook or the PDF, and follow the Soul Inquiry prompts. As we go through it I invite you to answer the questions intuitively, and really trust the things that come to you. Jot them down; don't over think it – this is an exercise in intuitive writing. So, the first Soul Inquiry prompt is, What is your soul calling you to do? What is your soul calling you to do?

Write down the numbers 1 to 5 and fill in the answers. What is your soul calling you to do? Moving to the next prompt. If money were no object, what would you do? List the numbers 1 to 5 and answer. If money were no object what would you do? Moving to the next prompt. If you knew you couldn't fail what would you do? If you knew you couldn't fail what would you do? Write numbers 1 to 5 and answer. If you knew you couldn't fail what would you do?

Moving to the next prompt. If you knew you would be supported no matter what, what would you do? List numbers 1 to 5 and intuitively answer. If you knew you'd be supported no matter what, what would you do?

Now glance over all of your answers to each of the questions, and circle one answer for each question that stands out or feels the strongest. Looking at the answers that you've circled, select the one that stands out the most. And write it down. This is likely the thing that your soul is most calling you to do. And because intuition is

useless unless you act on it, I want you to write down one baby step that you can take today in the direction of your soul's calling.

I hope you enjoyed that meditation and Soul Inquiry process. In the comments below, I invite you to voice one of the things that is rising in you. One of the callings of your soul. And also, one baby step that you can commit to making happen today. Thank you so much for watching. In the next video I am going to be sharing a really powerful tool to help you get really, really clear on the creations and the type of work that you have been called towards.