



# Unpacking Your Soul Lessons and learnings

## Unpacking the soul lessons and learnings

If you have purchased my book *The Lessons of Love and Life – Awakening to Self-Love and Happiness*, this form is to help you unpack your soul lessons. If you haven't read the book this form will probably not make sense to you. You can find information on the book here <https://www.juliekayinternational.com/services>

I will use a very basic example to help you understand these steps, this may not be your soul lessons but if you follow the steps it will help you understand what you are looking for.

### **Step One: Hissy Fit with Purpose.**

What is the problem? Have your hissy fit...let it all out. Jump up and down, judge, swear, blame and justify all you like just get it down on paper so you can reveal the emotional pattern.

## **Step Two: Find your balance.**

Have you found your balance? You will move forward more easily when you have found your balance. There are tips in the book.

## **Step Three; Self Reflection.**

Unpack the judgements and behaviours from your hissy fit and find the emotional pattern that aligns to your soul lessons.

**Example:** He was such a rude a-hole and he wouldn't listen to anything I said (behaviour) and I just felt like I wasn't good enough (emotional pattern)

Wouldn't listen could be the 1. Independence/abandonment or 2. Codependance/attention lesson and not feeling good enough could be the 3. Self-worth/acceptance lesson.

Write out where the emotional feelings and behaviours are showing up in you and your life.

In our example we would reflect the behaviour and the emotion back to self. If you were the example you would look at where you not listening and rejecting yourself and others and where you are not listening and rejecting yourself.

We are looking for where both the judgement of others and your own judgements are showing up in the reflection of your own beliefs and actions?

## **Step 4: Imagined, real and created?**

Is this situation real or imagined?

Look at this situation logically. Is the behaviour of the other person or their perception or judgement of you real? Is your perception or judgement of this situation or them real or just a perception? Are you co-creating this situation through your own emotional reaction and soul lessons? How much has your own behaviour and perceptions helped to create this situation?

In our example you would be asking yourself did this person really reject you by not listening or do you just perceive that they didn't listen and thus you felt rejected.

In this step you would look at the part you play in this situation and own anything you may done to co-create this situation of this person not listening to you and rejecting you. It can often help to know the other persons soul lessons and their emotional filter, so you can gain an understanding of how they may be perceiving you.

An example may be: Your own communication was condescending or judgemental and this pushed this others persons buttons so much that they had to tune out thus giving you the perception they were not listening and rejecting you.

## **Step 5 moving forward**

What needs to change here? Do you need to change your inner beliefs and behaviour? Do you need to communicate better? Do you need to address the persons behaviour because it really is affecting your life?

In our example you could own your own judgement of not listening by owning your own behaviour of being judgemental of condescending thus helping to create the same experience you were blaming the other person for.

