

# THE 4 BODIES OF SOUL CARE



*Daily Practices for*  
BODY · MIND · HEART · SPIRIT

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# Welcome



**YOUR SOUL GUIDE & MENTOR**

I'm so grateful you're here. This guide was created as a loving reminder that you are not meant to run on empty, silence your needs, or carry the weight of the world on your own. You deserve care that goes deeper than surface rituals, care that speaks to your body, heart, mind, and spirit.

## **Why I Created This Guide**

For years, I watched women, myself included, pour themselves into everyone else and leave very little for themselves. We have been taught that exhaustion equals worth, and that self care is selfish, yet that has never been the truth. This guide was born from my own healing journey and decades of working with women who are ready to stop abandoning themselves. My hope is that these simple practices help you reconnect, restore, and come back to what is real in you, already worthy, already enough, already whole.

You are allowed to take up space in your own life.

## THE 4 ENERGY BODIES CHECK-IN

1

# Physical Body

Your physical body is the sacred vessel through which your soul moves and expresses itself. Your body is always communicating, even before the mind makes sense of what you feel. It speaks through fatigue, tension, restlessness, or a quiet sense of unease. When discomfort or pain arrives, it carries meaning. It is a signal inviting your attention, care, and presence. These sensations are messages to meet with tenderness. They invite you to slow down, listen more deeply, and honor the wisdom your body has been carrying all along.

### CHECK-IN QUESTION:

*What is my body asking for right now, and where is it inviting release or support?*



Close your eyes and place one hand on your heart and the other on your belly. Let your breath slow and soften. Begin a slow scan from head to toe, noticing areas that feel tight, tender, heavy, warm, or restless. Breathe into the place that feels most present and offer it space. Then ask, “What do you want me to know right now?” Stay with what you sense, and let the message come through in its own way. Thank your body for speaking, and respond with one simple act of care, such as rest, hydration, movement, or stillness.

## THE 4 ENERGY BODIES CHECK-IN

# 2

## Mental Body

Your mind is both a tool and a teacher. Your thoughts are more than passing ideas. They shape what you notice, what you expect, and what you allow yourself to believe is possible. Whatever you give your attention to tends to expand. The real question is this: are you leading your mind with intention, or letting old patterns lead you? When your conscious focus matches the beliefs you carry beneath the surface, change gains momentum and starts to feel natural.

### CHECK-IN QUESTION:

*Are my thoughts aligned with the life I want to create?*



Write down the thought or story that feels the loudest today. Ask, "Is this moving me toward the life I want?" If it feels misaligned, rewrite it into a truth that supports your path. Say it out loud and let your system receive it. Inhale and choose alignment. Exhale and let the old story loosen. Repeat your new truth a few times, slowly, until it feels like something you can live from today.

## THE 4 ENERGY BODIES CHECK-IN

### 3

# Emotional Body

Your emotions are powerful guides. They reveal the truth of where you are aligned and where you've strayed from your own soul's needs. When we suppress them, they stagnate; when we welcome them, they transform. The real power lies in noticing which emotion is steering your life. You are the one who decides how they move through you, and with awareness, you can reclaim the wheel and choose the feelings that align with your highest desires.

#### **CHECK-IN QUESTION:**

*What emotion has been most present for me lately, and what is it asking for?*

★ Your emotions are powerful guides. They reveal where you feel aligned, and where you may have been living past your own soul's needs. When emotions get pushed down, they stay in the body and begin influencing your mood, reactions, and choices without you realizing it. When you welcome them with gentleness, they move and transform. The real power is noticing which emotion has been leading you lately. You get to choose how feelings move through you. With awareness, you can respond with intention and choose emotions that support your highest desires.

## THE 4 ENERGY BODIES CHECK-IN

# 4

## *Spirit Body*

Your spiritual body is the eternal part of you, your soul living through your human experience. Beneath the roles you play, the responsibilities you carry, and the stories that shaped you, there is a deeper truth of who you are. This is the part of you that knows, even when the mind feels uncertain. It is where intuition speaks, inner guidance rises, and your connection to God or Source remains steady. This aspect of you holds perspective, wisdom, and a wider view of your life's path.

### **CHECK-IN QUESTION:**

*What truth within me is ready to be honored right now?*



Sit quietly with both hands resting over your heart. Let your breath slow and deepen. Bring your attention to the top of your head and imagine a golden light flowing through you, filling your body with warmth and presence. Ask "What guidance is here for me right now?" Allow the answer to come naturally through a word, a feeling, an image or a sense of knowing. When it feels clear enough, take a slow deep breath and affirm out loud:

- **I am a divine being living a human life**
- **I am connected, guided, and supported.**
- **I trust my soul to lead the way.**

Beautiful soul,

You've just taken a powerful step toward remembering yourself in wholeness, body, mind, heart, and spirit. Each of these energy bodies carries wisdom, and when you pause to listen, you create space for healing, alignment, and soul connection.

This isn't about adding more to your to-do list. It's about returning home to yourself, one breath, one moment of awareness at a time.

Remember: you are already worthy, already guided, and already enough. The more you honour every part of who you are, the more freely your soul can rise and lead the way.

Take these practices with you as daily anchors. And when you're ready to go deeper, I'll be here to walk beside you.

*Love & Light*

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SOUL REVOLUTION

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