

Inspiration For Your Soul

BY HELEN REBELLO



THE TRANQUIL PATH

Opening Hearts, Nourishing Souls.

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I'm Helen Rebello and I am a Transformational Therapist, Yoga Teacher and Peaceful Pathfinder, joyfully offering inspiration, guidance and wisdom to heart-centred women who serve others.

I am a happy shiny soul who has walked a challenging path and come out the other side stronger and wiser. I've learned how to listen to the song of the body, and I want nothing more than to help other women do the same, so that they live a beautiful, fulfilled life that serves them best.

I believe that we are all born with all the inner wisdom and tools we need to travel our individual paths - and that somewhere along the line, as we become conditioned, learn life-lessons, acquire layers of protection and devote our energy to helping others, we forget who we truly are, why we are here and how we can access our inner knowledge and power.

The great news is that finding our way back home to ourselves is as simple as getting still, listening to our heart and soul, and honouring the messages they send us by waking up and embracing the tranquil path through our life.

Life is too short to spend it sleepwalking. Your time to rise up and shine is here.

Starting Now!



Introduction

I created this little E-Book because I want to inspire others to live a congruent, joyful, nourishing life-path that honours who they are and what is important to them, whilst also honouring others.

The secret to living this tranquil life path lies in learning to listen to your heart and accessing what I call your SoulHome. This requires not only a willingness to learn and listen - but also needs trust, courage and a big sprinkling of love.

My hope for you is that this book inspires you to keep walking the tranquil path towards your best life, and also gives you some helpful nuggets you can use to help you get from where you are now, to where you want to be next.

Gift yourself the dedicated time and space to read it - preferably snuggled up somewhere cosy, with a warm cup of something delicious, and beautiful music playing softly in the background.

Let your heart and soul feast upon the words, and may they trigger a deep recognition and memory of the value of getting quiet and making time to connect daily to your heart and soul, so that you can truly live your life with awareness and joy.



1 ~ Own Your Miraculousness

YOU are a small miracle of creation growing & evolving daily alongside other small miracles in a world that is the biggest, wondrous miracle of all.

YOU started out as I did - egg meets sperm. Two completely separate minute cellular entities that when combined, miraculously contained all the information required for you to grow from a single cell into magnificent you.

Can you imagine how much energy it took for that process to occur? How much life force and sheer will from the Universe it took for you to be here?

It's truly a miracle. I've worked in Obstetrics - I know the statistics - it is barely conceivable that any of us make it through the first cell division, never mind beyond that stage!

YOU are miraculous. You are a wonderful example of human evolution. You earned your place.

Now take it - and be proud of who you are.



*Affirmation:
I honour the miracle
that is me*



2 ~ Embrace Your Uniqueness

YOU were born with your own unique perspective, your own skillset, your inherent constitution and a totally unique blueprint.

Your unique blueprint represents your wonderful soul...as well as containing all the information related to your life purpose.

All your natural gifts and skills and insights and flaws and weaknesses and strengths stem from your blueprint - and it is utterly beautiful in its rarity.

Your blueprint is as rare as your unique fingerprint and it will only appear in its current manifestation this one time.

Embrace your uniqueness, trust your inner knowing, follow your heart and live the life you want to live it - no-one else will ever be able to contribute to this world in quite the same way that you can.

Only you can share your unique gifts, because there will never be another you.

YOU are truly amazing.



Affirmation:
I truly embrace
my uniqueness



3 ~ Honour Your Inner Sparkle

Your inner sparkle is the nugget, the gem inside your heart that sits quietly waiting for the day when you start to listen out for it.

It quietly sings it's song never angry that you can't hear it - always hopeful that it's time will come.

The time when you learn to hear that song and start to act upon its words, knowing and trusting their wisdom, is a time of huge significance in your life.

Suddenly your life starts to open up and unfold in front of you, as you start to develop a deep knowing about what is good for you and what is not so good.

Honour your inner sparkle today by making a commitment to yourself to listen out for it, to get quiet, and to never forget the following:

Inside you, there is a unique song of such beauty, that when you express it, the Universe will want to weep for pure joy.

*Affirmation:
I love my inner sparkle*



“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’

Actually, who are you not to be? You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won’t feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It’s not just in some of us; it’s in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.”

~Marianne Williamson~



4 ~ Learn to Love Silence

YOU are an incredible human being, made of the same wondrous elements that form the entire Universe. You have within you, the keys to deep expression and unfolding of who you came here to be.

Gift your soul regular periods of silence, so that you can uncover a deep oasis of restorative energy and inner knowing that lies within you. This will return you to your natural state of grace and peace, as you learn to make wise choices that serve you best.

By daily gifting yourself a small amount of time to be silent, you will create small ripples of peace that spread outwards, helping you feel grounded, centred and still - whilst also nourishing those around you.

Learn to love silence - and get ready to hear what the ancient sages referred to as 'the unstruck sound' - the beautiful, vast, deeply peaceful stillness of the Field of Awareness itself.

And then watch as your life becomes a full, rich expression of who you are. Delicious!



*Affirmation:
I nourish my soul
daily with silence*



5 ~ Listen to Your Heart

YOUR heart is one of the most powerful aspects of your whole awesome being. It holds the key to your happiness, your fulfilment, your joy and love.

It impacts upon your interactions with others, and your ability to follow through with your intentions and reach your desires.

Your heart can produce an electrical field 100 times greater than that of your brain and has been proven to have a magnetic field 5000 times greater. It is your powerhouse, your second brain, your source of intuition.

When you get still and quiet and drop deeply into your heart, you'll connect to the truth of who you are, why you are here, and you'll inherently know what to do because you'll connect to your highest self and to your intuition.

"Your heart is the path of least resistance. If you know your heart, life will always be rich and life will always be easy"

William Whitecloud, The Magician's Way

Open your heart so that you are able to hear it and get ready to receive love, abundance, joy and fulfilment each and every day.



6 ~ Delight in Small Steps

Your life doesn't magically change overnight, it changes bit by bit and the cumulative effect of those small changes one day adds up to a massive change.

Your desired future lies in the daily small steps you take - and when those steps are in alignment with who you are and what you want, they will powerfully move you towards your dreams.

Your life is lived in your today - today is all you really have - so be present in each moment, delight in each day, be grateful for each breath, and live with awareness, knowing that everything you do is in alignment with your soul.

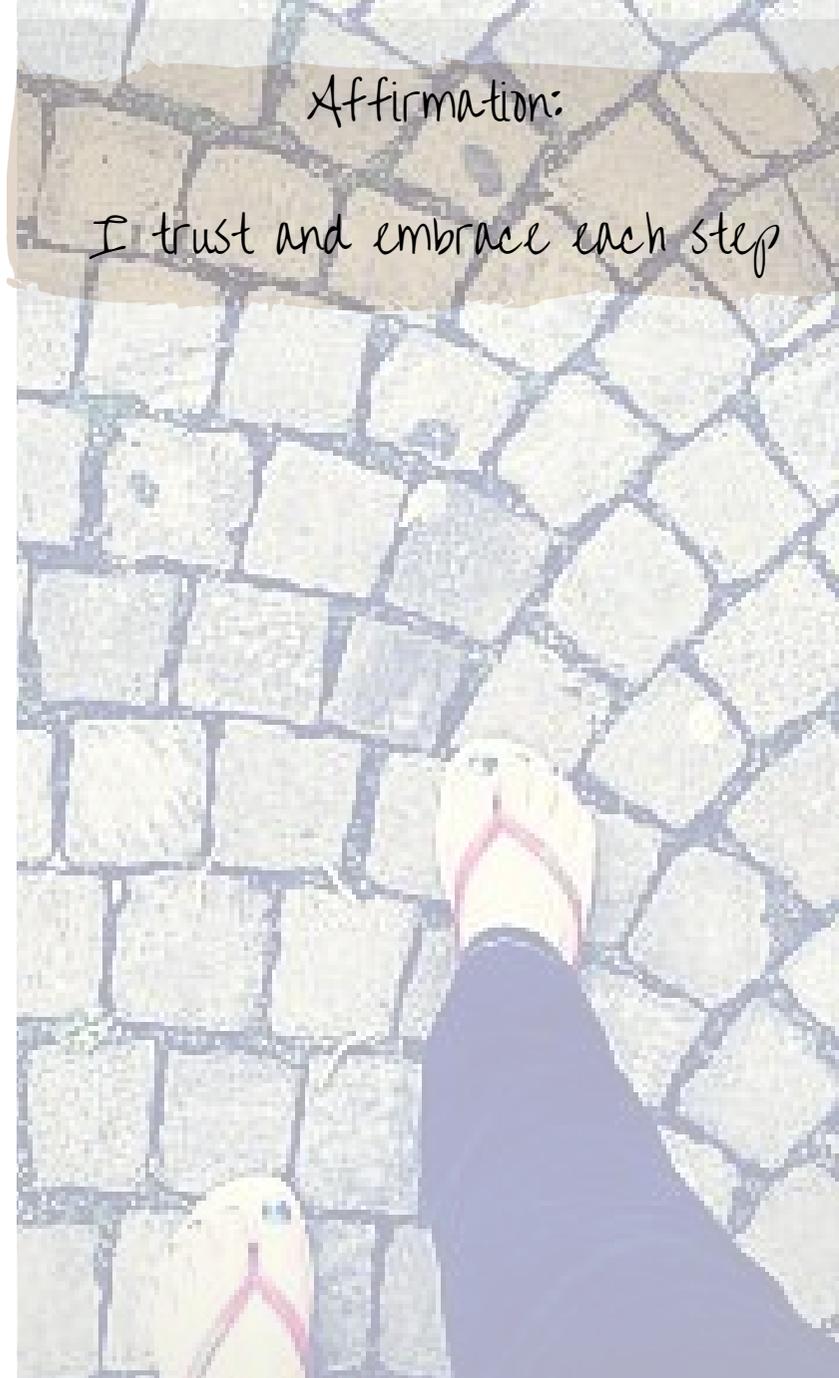
Walk your pathway mindfully and soon you'll realise that your today has become a place of wonderful potential, of appreciation and inner joy and contentment.

"You don't always have to know exactly what you're doing, or where you're going. You just have to be willing to take the first step. Sometimes clear and powerful. Sometimes with blind, unwavering faith." ~ Lisa Nichols

And luxuriate in the sense of living that comes from having a very happy soul. Blissful...

Affirmation:

I trust and embrace each step



“Deep in the soul, below pain, below all the distraction of life,
is a silence vast and grand - an infinite ocean of calm,
which nothing can disturb; nature's own exceeding peace
which 'passes understanding'.

That which we seek with passionate longing,
here and there, upward and outward;
we find at last within ourselves”

~C.M.C quoted by R.M Bucke~



7 ~ Enjoy the Journey

You are a wonderful soul on a wonderful journey. Everything that you have been, everything you are now, and everything you will become, are all perfect.

Have faith in your journey. Embrace it and trust that every aspect of your journey will teach you something that you need to learn in order to keep evolving and unfolding.

Always keep believing in the flow of your life and don't push too hard. There is no point trying to push water uphill - sometimes you just have to let go, with joy in your heart, and throw yourself into the direction the river of life wants to take you.

Let your entire system relax and enjoy the ride. Take in the views, notice the passing world. Enjoy the interactions you have, the food you eat, the small details that make up the miracle of everything in life.

Don't be in a hurry. Trust that the seed of your soul will grow and unfurl into the light to take its place in the world, as and when it needs to.

Now sit back, and let your soul thrill in the glorious journey of your life.

Affirmation:
I relax into the flow of life



8 ~ Allow Yourself to Thrive

You are a spirit of the Universe in a human body. You are a unique, one-time only being. Your likelihood of being here is about 1 in 4 trillion..... yes really!

You have earned your place. You have every right to be here, to have hopes, dreams and aspirations. You deserve to be happy and fulfilled.

In short, you are fully, unapologetically allowed to thrive.

It is your birthright to live a life that is true to who you are, to allow your inner light to shine, and to inspire those around you to shine too.

The world needs people like you. Give yourself permission to live your life from a perspective of honouring your heart and soul.

Allow yourself to visualise your perfect world, and use this vision as fuel for your soul. Let it be your inspiration, your guide, and commit to doing all that you can to flow through fear, to the joy that awaits you on the other side.

You've got this. Your time to thrive is here 😊

Affirmation:
I allow myself to thrive



And finally..... if you stumble...

Come back to your reasons for doing what you are doing - and then when you're clear on this, place your foot back down on the next stepping stone ready to resume your journey.....

~ TRUST that you are where you are meant to be

~ ALWAYS be kind to yourself

~ LISTEN to your heart

~ MAKE TIME for silence

~ HONOUR the things that are important to you

~ ENJOY the view as you travel your tranquil path

I really hope you enjoyed reading this mini E-Book, created for you with love.

If your heart jumped for joy at the possibilities ahead of you, and your soul thrilled at the thought of being heard, but you aren't sure how to start putting these positive changes in place, I would love to help you. Together we can explore how I can help you connect to your heart, so that you live a life that serves you best Head to the sanctuary of The Tranquil Path website... I will meet you there...

To your vibrant life, Helen



DOES YOUR SOUL CRAVE MORE NOURISHMENT?

TAKE THE NEXT STEP....

COME AND EXPLORE THE TRANQUIL PATH
Your soul will thank you for it!



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