

# **Soulercise 7 Tools To Exercise Your Soul Master Your Daily Life**

**Georgina Durcan** 

### **Soulercise 7 Tools To Exercise Your Soul Master Your Daily Life:**

Soulercise Cindy Reynolds, 2004-05-25 What do you do when life delivers devastating blows How do you cope Have you ever experienced the death or loss of a loved one had a serious accident or illness been deeply hurt or betrayed Have you ever invested years of your life in a job only to be suddenly laid off Each day you are confronted with a variety of tests and trials whether physical mental emotional or spiritual Will the difficulties in your journey through life crush and defeat you Or will they become challenges that stretch you soul food that nourishes your growth Today Cindy Reynolds is happy strong and compassionate But it wasnt always this way Beginning at the age of twelve people that she adored died She suffered through the life threatening illnesses of her family and experienced lay offs and career crisis She was alone and full of fear and self doubt These tragedies and a personal encounter with angels inspired Cindy to turn within on a journey that led to the discovery of her own soul There she found the insights answers and spiritual tools to transform fear anger insecurity and depression into strength patience confidence and greater wisdom to walk her path through daily life And now she shares these remarkable tools with you Soulercise is a simple process of using 7 Tools to work through the limits of your personality and exercise the power of your soul TOOL 1 THE IMMORTALITY TOOL Experience your deeper selfyour soulas a living force within TOOL 2 THE ESTEEM TOOL Embrace who you are no matter what thoughts and emotions consume you TOOL 3 THE MENTOR TOOL Become your own coach to move higher and deeper within TOOL 4 THE HARMONY TOOL Raise your energy level bringing your personality into alignment with your soul TOOL 5 THE INDUCTION TOOL Expand your light to experience the energy and consciousness of your soul TOOL 6 THE INTUIT TOOL Listen to your inner guidance and design new perspectives to live by TOOL 7 THE TRANSFORMATION TOOL Exercise your soul programming and applying its wisdom to master your daily life Click here to go to Soulercise com Welcome to Soulercise Soulercise Cindy Reynolds, 2004-05-01 What do you do when life delivers devastating blows How do you cope Have you ever experienced the death or loss of a loved one had a serious accident or illness been deeply hurt or betrayed Have you ever invested years of your life in a job only to be suddenly laid off Each day you are confronted with a variety of tests and trials whether physical mental emotional or spiritual Will the difficulties in your journey through life crush and defeat you Or will they become challenges that stretch you soul food that nourishes your growth Today Cindy Reynolds is happy strong and compassionate But it wasn t always this way Beginning at the age of twelve people that she adored died She suffered through the life threatening illnesses of her family and experienced lay offs and career crisis She was alone and full of fear and self doubt These tragedies and a personal encounter with angels inspired Cindy to turn within on a journey that led to the discovery of her own soul There she found the insights answers and spiritual tools to transform fear anger insecurity and depression into strength patience confidence and greater wisdom to walk her path through daily life And now she shares these remarkable tools with you Soulercise is a simple process of using 7 Tools to work through the limits of your personality and exercise the

power of your soul TOOL 1 THE IMMORTALITY TOOL Experience your deeper self your soul as a living force within TOOL 2 THE ESTEEM TOOL Embrace who you are no matter what thoughts and emotions consume you TOOL 3 THE MENTOR TOOL Become your own coach to move higher and deeper within TOOL 4 THE HARMONY TOOL Raise your energy level bringing your personality into alignment with your soul TOOL 5 THE INDUCTION TOOL Expand your light to experience the energy and consciousness of your soul TOOL 6 THE INTUIT TOOL Listen to your inner guidance and design new perspectives to live by TOOL 7 THE TRANSFORMATION TOOL Exercise your soul programming and applying its wisdom to master your daily life Click here to go to Soulercise com Welcome to Soulercise Soul Side Up Georgina Durcan, 2020-01-14 This playbook is a collection of simple daily practices and exercises to connect you to your true self your soul and your inner wisdom It makes connecting to your soul and the essence of who you are in the world easy and accessible It is easy to follow and has been devised in a way that connects you in a deep way to the wisdom within so you can access all the answers and quidance you need to navigate daily life This playbook is designed to complement the Soul Side Up Workshops that are being held in venues worldwide but it can also be used without having to attend the course in the comfort of your own home The purpose of this playbook is to give you the participant the tools and lessons to help create happiness joy purpose and meaning in your daily life It is a simple yet effective set of exercises that work on the body mind and soul The playbook is designed to be done over 21 days and each day has different daily exercises to create positive and lasting change in your life These daily exercises have been tried and tested by the thousands of clients I have worked with in my practice as an intuitive healer and spiritual teacher I have tested them in all areas of my own life and continue to do so on a daily basis I have seen incredible results when the client uses these exercises to make simple changes and shifts in their daily lives

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