

Soulful Sofa Journey



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Introduction/Inspiration - Soulful Sofa Journey

This new series for aligning with your soul is, I confess, inspired by my sofa. Now while my sofa is a gorgeous bright yellow that reminds me of my happy golden Labrador retriever, that's not why it was my muse. The real reason is that I've noticed that when I get stuck, discouraged, or downright panicked, I can usually be found sitting on my sofa meditating on the following mantra:

Oh no! What do I do NOW?!?!??

And it's on my sofa that I tend to stay mired in the stuckness since – surprisingly! – that mantra doesn't usually get me anywhere. Therefore it's from my sofa that I begin looking for a way to soothe the agitation and indulge my desire to run from whatever is giving me the heebiejeebies.

The sofa is a **metaphor** for the stuck syndrome. But it's also a symbol for finding the best way forward: because change begins right where you are (which for me happens to be a bright yellow sofa).

So I've designed this series for you to **un-stick yourself from wherever you may find yourself**; whether it's glued to a brightly-colored piece of furniture, or wiping baby food off your favorite shirt or sitting in your office bleary-eyed from staring at a computer for hours on end.



Whatever form of stuckness or general get-me-outta-here may be bothering you at the moment, these tools are a surefire and **EASY** way to find a more empowering place, one that will give you some clarity to understand *What's going on in my life that's causing me to _____?* (you fill in with your own current example of discomfort).

Now, you may feel some resistance to even taking **fifteen minutes** for yourself or finding the motivation to face this uncomfortable stuff. It *does* take courage. It *does* feel easier to turn on the TV, have another glass of wine, eat more food than you are hungry for or obsessively search the internet ("Are you there Zappos? It's me, Elizabeth...").

So, I am not suggesting this is for everyone. I'm offering it to **those of you who know deep down that you can't fake it anymore**. You feel that little nudge inside telling you to dig deeper and just can't ignore it any longer.

Does this sound like you?

Are you ready to listen deeper to what's coming through you right now (possibly from your sofa)?

If so, here are some suggestions to get the most from it:

Choose one Sofa Soul Series playsheet (as opposed to a worksheet!) and have fun with it for a week, at least; maybe longer. **They say it takes 21 days to break a pattern.** The master yogis suggest 40 days. You choose. I invite you to be curious about your own sense of timing. I know I always want to rush things because I'm so impatient for change to happen and for the discomfort to end. So slowing things down is often the best choice for me because it pushes me to be more present. **Experiment with this for yourself** and see how you can play with a pace that feels empowering and possibly a little challenging.

Make a date with yourself. Put on some comfy clothes, play soothing music or just get yourself a super-delicious beverage.

The intention behind it is to practice creating different feeling states. The ability to flow with change is like a muscle. It needs to be exercised. When writing down the responses you have to the questions here or if you choose to listen to the audio download, **be willing to play, experiment, and discover parts of yourself that might be surprising.**

Keep in mind, this mini-session isn't so much about moving towards a specific goal or reaching the finish line as it is about the experience of allowing growth to unfold, creating an opening to your truest and best self. Since we live in a world that doesn't always honor this kind of self-knowing, it can often be challenging for this kind of deep listening, this unfolding to happen. **Trust that there's a part of you that knows exactly what to do, even if you can't see or feel it.** Believe that you are creating movement simply by making time and space to tune in.

So with that in mind, be easy on yourself. You already work hard enough everywhere else. Here's a place where it's safe to stop doing and just allow.

So practice gentleness.

Cherishing.

Supporting.

Breathing.

Ease.

Taaa daaaa! It's time for You! The Official Playsheet...

Here's where you get to research a fascinating topic: **YOU!** So get a pen or pencil or, better yet, **colored markers** to capture those thoughts, ideas, wishes, limiting beliefs and anything else that's ready to come out and enable you to move forward..

When I want to learn more about a new client I ask them to describe what's going on in their lives. In particular, I have them consider three areas:

1. **Career** - this includes money, abundance, creativity, work, livelihood
2. **Relationships** - this could mean romantic, familial, community, friends, colleagues, or pets, and
3. **Well-being** - this includes health, your body, relationship to self and spirit, energy, and vitality.

Okay, so give yourself 5 minutes and 5 minutes only – **the goal here is to get a quick snapshot of where you are now.** You don't need to write complete sentences if that helps you keep the flow moving. You can jot down words or phrases; maybe even images or memories that come up. Describe how you feel about each of these areas in your life. Not what you think, how you *feel* – physically, spiritually, emotionally. Where do you have a lot of flow and ease and where do you find yourself stalled again and again?

[Remember: Don't focus on the if only's, or the should's. Try to be curious, like a researcher and just get in touch with how it feels.]

Set your timer to 5 minutes and start writing without stopping:

Career

Relationships

Well-being

Okay, that was brilliant. Really, it was! You put something on paper. The wheels are in motion. Remember, don't think about any of this too much. We're just letting it flow and seeing what comes out. Even though some things might sound boringly familiar, some others might surprise you. You could learn more information about where you are on the right path and where you'd like to explore new territory. Next...

If nothing changed in your current situation and you wake up on an ordinary day 5 years from now with everything exactly as it is right now, how would you *feel* about your life?

Answer this on a scale from one to ten, such as:

One =	Five =	Ten =
Awful	Ho hum	Loving it all!
Get me out of this	Same 'ole	Bring it on!
Life NOW!	Not terrible, not great	I'm so in my spot!

In my experience, when people project 5 years from today with no changes, many wake up to a day that is their worst nightmare, or at the very least, one that leaves them with a feeling of deep disappointment. So don't panic – you're not alone!

The best way to move forward is when we know and appreciate where we are now. You can't get 'there' if you don't have a very clear sense of where 'here' is. Make sense? Now, in just 5 minutes, describe how you would like to feel when you open your eyes on an ordinary day 5 years from now. Remember this isn't about what you will be doing or any of the specifics; it's purely focused on feeling – physically, spiritually, and emotionally.

Career

Relationships

Well-being

Okay, so take a breath and congratulate yourself for taking a few minutes to map out what's going on. You may even have identified more specific areas that aren't satisfying and where you'd like to create change, as well as gotten more appreciation for where you're actually pretty happy and feeling positive.

Often, when some things in our lives aren't working, we tend to cast a negative haze over all areas of our lives, even the ones that are working. Noticing the subtle differences between areas that are strong and areas that feel frustrating can help you begin to make changes without the overwhelming feeling that everything in your life needs an overhaul.

So...

You've created an overview of where you are now, and imagined a future place with no changes, and then envisioned how you'd really like to feel. And guess what? It's not 5 years from now. It's today! And you can begin creating the life you desire right now.

The question is, on a scale of 1 to 10, how ready are you to do what it takes to create a soulful life? 1 2 3 4 5 6 7 8 9 10

So right now you've flushed out some feelings of where you are and some feelings of how you'd like to feel five years from this moment. Maybe there's something that ended up on the paper that surprised you, reminded you, or just stared right back at you about what you really need and want in your life. Big breath. Cool. It's sitting right there on the paper and now you can let it percolate.

Wow. Cool. It's out in the open. Is there anything else about this that feels important to express? When I did this, I realized life was asking me to make a different choice. The first step was just simply making a different choice. I had been telling myself one thing and it was time to simply choose what more closely aligned with what I truly desired.

Does this ring true for you? If so, take a minute to write down your new choice.

I choose to:

Let your feelings guide you . . .

Getting clear on how you desire to *feel* in your life is the first step. (Yes! You've done it!)

The next step comes with actively playing with these feelings and creating experiences directly through your whole being and body. The good news, this can be done right from your sofa! (On my website I provide a free download to start doing just this!)

If you desire to take this one step further and begin practicing bringing change into your life even more deeply, I invite you to go to www.SoulCallingsOnline.com to download my free audio, which directly complements this playsheet.

Download and listen to the audio recording at www.SoulCallingsOnline.com.

Feel free to do it as soon as you've completed the playsheet or at any other time. **Clear some space so you are not multi-tasking or distracted.** Give yourself the gift of just five minutes to tune into what's calling.

Be open and willing to hear whatever might come up. You are *so* ready!

Tune in and listen, not just to the audio, but **to yourself. Just pause.**

And practice this pause every day in whatever small way you can, whether with the audio or just on your own.

The idea is to create more space for a different reality, a more connected response, allowing this change to begin to sink in. After listening to the audio, you may want to journal about insights, feelings, and images, or any hunches that came up for you. Or, you might just fall asleep. Or you might want to take a walk. It's all beautiful.

Let it keep flowing in whatever way feels good.

A handwritten signature in black ink, appearing to read 'Elizabeth Mueller', with a long, sweeping underline.