

READING YOUR SOUL PROFILE

How to listen to your true self

To achieve wealth while being in your dharma keeps you on the path that is right for you. This path is yours to define and shape. How? By consulting your deeper awareness, where inspiration and wisdom come from. We can call this deeper place your soul or true self. Messages from this level nurture experiences of happiness and fulfillment more surely than the mental activity that occupies the mind's surface. Keeping up a soul connection is how you remain in your dharma from day to day.

The beauty of the soul or true self is that it isn't on a time schedule. You can be preoccupied with life's demands and desires, and yet somehow messages come through from a deeper level. Each message silently reminds you of what is most valuable in life. All that is most valuable in human existence—love, compassion, creativity, wisdom, inner growth, insight, beauty, and truth—are already a part of you. This is true without exception. The light of pure awareness is eternal, and thankfully, at some level all of us are living in the light.

What you need to do is to match who you think you are with your true self. There is no need to strive for self-improvement. Your soul makes you valuable beyond measure. Right now, the main way that messages from the soul register is at the ego level. When you feel an impulse of love, beauty, empathy, insight, and all the rest that your soul imparts, a message has leaked through

your ego defenses. The ego is nothing else but an imitation self, pretending to be the real thing.

TAKING THE QUESTIONNAIRE

With all of this as background, the following questionnaire will help you open up a connection with who you really are. In almost every case, this will be the same as who you dream you want to be.

INSTRUCTIONS

Find a quiet place, center yourself for a moment by taking a few deep breaths. Once you feel calm and centered, answer the following questions by tapping into your true self.

Suggestion: In order not to get swamped in long descriptions, keep your answers as short as you can. I generally recommend only three words—just be sure that they are three meaningful words.

1. Can you describe a peak experience in your life, something that was a major “Aha!” moment, a turning point, or a remarkable example of being “in the zone”?

Answer: _____

2. In three or four words, what is your life purpose?

Answer: _____

3. What is your proudest contribution to your family?

Answer: _____

4. What are the three most important values you contribute to a relationship?

Answer: _____

5. What are the three most important values you want to receive from a relationship?

Answer: _____

6. Who are your three greatest heroes/heroines?

Answer: _____

7. What are your unique gifts, skills, or talents?

Answer: _____

8. How have you helped the world and the people around you?

Answer: _____

9. What would you do if you had all the money and time in the world?

Answer: _____

10. What is the most important thing you have wanted to accomplish but never did?

Answer: _____

REFLECTING ON YOUR ANSWERS

The real purpose and value of these questions is to introduce you to your true self. If you are already living a life that brings fulfillment, you know your true self very well. There will be room for reaching higher and living up to your ideals even more than you have, but your answers won't reflect lost opportunities and faded dreams.

Most of us will find that we know our true self only in fits and starts. Unconscious behavior fills in the gaps much of the time, allowing us to identify with the self-image we project to the world. Happiness and fulfillment are more a fleeting inspiration than a daily reality. But at the level of our true self, we are connected to our dharma, which supports the life we are meant to be living. Despite the ups and downs we experience now, our dharma is there waiting for us to make contact.

It is valuable to save your answers and return to your soul profile on a regular basis. No one can give you an inner checkup but you. Answering these questions in a serious, reflective way puts you in touch with a deeper reality, and this expands your self-awareness. Your true self knows that you want to have a lasting connection with it, and if you focus on your soul profile, the connection can only deepen.