

**Empath to Mystic**

**The Art of Mastering Your Intuition and Fearlessly Being Yourself**

**Aaran Solh**

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Scripture taken from the King James Version of the Bible.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

*This book is dedicated to my daughter Soffeah, for helping me remember what happiness, innocence, and wisdom are, and what it truly means to be a child of Earth. May the benefit this book brings help create a safer world for all the children of Earth (yourself, dear reader, included).*

**GETTING STARTED**

Thank you for reading Empath to Mystic!

This workbook contains the journaling prompts and action steps from Empath to Mystic. Please use it at your convenience to supplement your reading experience.

As an author, I highly appreciate the feedback I get from my readers. If you enjoy this book and appreciate the free downloads, please consider leaving a short review on Amazon.com. It will help others make an informed decision before buying my book.

With deep gratitude,

Aaran Solh

**THE PATH OF MASTERY**

**A LESSON IN GARDENING**

**Journaling prompt:**

Who would you be if no one had ever inflicted pain on you?

**This was my response:**

“I would be a person surrounded by joy and beauty. One who takes things slow and who appreciates nature. I would be a person who could sit like a child and stare at a running brook for hours, enjoying the peace of the forest. I would have a definitive knowing that I deserve to be loved, cared for, and tended to like a precious jewel.” ~Aaran Solh

I never would have known that about myself if I hadn’t written down the answer. More importantly, I never would have *felt it* and so I wouldn’t be one step closer to being that person.

To connect to your answer to this question, first, close your eyes and feel the answer in your heart. Just feel. Experience the person within you who never had to experience purposeful pain inflicted on them by others. Then ask yourself, ‘Who would I be if no one had ever inflicted pain on me?’ Write down what comes to you.

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**FINGERS AND BRAINS**

**Take action:**

Wiggle your fingers. Then close your eyes, take a few deep breaths and imagine being a finger wiggled by your inner voice, with no resistance whatsoever. After a minute of this visualization, think of a situation in your life where you feel stuck and then imagine your inner voice moving you (as the finger) in the direction it wants you to go. What was your experience? What insights into the situation did you have? Write them down in your journal.

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**WORKING WITH A GROUP**

To support you further in making real change, you can work through Empath to Mystic with other people you know who also want to grow their connection with their inner voice. Being held accountable to a group will give you the extra strength and motivation you need to complete the book and see real change awaken within.

Another benefit of working in a group is that there is enormous power in simply being witnessed in your process, your struggles, and your striving for authenticity and truth. Your friends can also do *that* for you. And you know what? They don’t even have to live on the same continent as you to support you. They can be anywhere in the world!

If you believe that having a group to support you in developing mastery over your intuition would be beneficial to you then take action. Take a moment to think of four people who you think might do this work with you and list them in your journal. If you can’t think of four people, go through your list of Facebook friends to refresh your memory of the people you know.

Once you have four names, use the momentum to take further action by reaching out to them and asking them to join you. Do it not only for yourself, but also because this book may truly help them. Go ahead and do it now.

**Did you complete the journaling prompts and practices in the introductory chapters?**

**YES** - I’m going to build my pillar of vision now.

**NO** - I will go back and do them right now before I continue so that I start my journey from empath to mystic off on the right foot.

**BUILDING THE PILLAR OF VISION**

**THE CHALLENGE: PUSHING A BOULDER UP A HILL**

**Journaling prompt:**

Write down at least 3 things you want for yourself or changes you want to see in your life. These could be things you want to accomplish or do, relationships you want to build, things that make you happy, skills you want to learn, simply being, or anything else that makes you feel alive and are motivated by. In addition, write down at least 3 changes you would like to see happen in the world (whether or not you believe you can help make those changes happen).

Below each item write an action step that you can take in that direction. If you can’t think of anything specific, your action step could be to research what you can do or to meditate on it. Below each action item, put down the time frame in which you are going to take this action.

Note: Don’t allow worrying about success or failure in the long term stop you for doing this exercise. Make your desires big, but make your action steps small enough to be completely attainable.

It should look like this:

**Things I want for myself:**

1)

Action step:

Time frame:

2)

Action step:

Time frame:

3)

Action step:

Time frame:

**Changes I want to see in the world:**

1)

Action step:

Time frame:

2)

Action step:

Time frame:

3)

Action step:

Time frame:

**Journaling prompt:**

Think about times in your life where your vision of the best possible outcome wasn’t strong enough to see you through to success. A project, a class, a relationship… anything. These could be times when you just didn’t believe achieving something greater was possible. Or times when you gave up on your vision, convinced there was no way you could achieve it. Write about these times in your life.

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**A VISION IS SIMPLE**

**Journaling prompts:**

1. List at least 5 painful experiences you have had in your life. These can be personal attacks, institutional attitudes, the sorrow you feel over other people’s experiences, anything and everything counts if it is painful for you. If you like, list as many painful experiences as you can think of (just the act of making a list can be healing). Later on you will use your answer to help formulate a vision statement.

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1. What would you do with your life right now if you had unlimited resources and a limitless supply of cash?

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1. What would you set out to accomplish if you knew you couldn’t fail - if a successful outcome was one hundred percent guaranteed (no goal is too lofty)?

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1. What would you want to do with your life if you knew you only had six months to live?

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1. You're on your death bed, and the most important people in your life are around you. What is the greatest wisdom you've gained in your life that you'd want to share?

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**Take action:**

Formulate a vision statement for yourself based on the answers you gave to the questions above. Think about the pain you’ve experienced in life and how you may feel motivated to work so that nobody else experiences such pain or to help other people heal from the same wounds. Consider the things you would do with unlimited resources and incorporate those. Remember to be in the *right now* with your vision, recognizing that it will evolve over time. Allow yourself to think and dream big, even if you have no idea if you’ll ever be able to accomplish this vision in your lifetime. Start the statement with the words, ‘I want…’ And don’t worry about the ‘how,’ at all - focus only on the, ‘I want.’

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**Journaling prompt:**

Can you see the flow of actions and circumstances that would need to happen in order to connect the dot of this moment to the accomplishment of your vision (the one you just wrote)? Keep in mind that the steps you put down here can be very broad and that you don’t have to know yet how the middle steps are going to be filled.

**For example**: Step 1: Create a business plan for my dream business (even though I don’t know how to do that yet). Step 2: Find ten million worth of investment for it. Step 3: Hire my first one hundred employees. Step 4: Etc…

You don’t need to know *how* the gaps are going to be filled. You just need to know what the steps *are.* So, what are some of the steps you will need to take in order to get from where you are right now, to where your vision is ultimately taking you?

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**SUICIDE TUESDAY**

**Journaling prompts:**

1. What shows did you watch as a child? What do you like to watch (or read) now?

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1. Looking at those shows or books, how have they unconsciously influenced how you think you should be living? How does that differ from how you are actually living?

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1. How does the expectation or drive to live in that way prevent you from respecting your own desires, vision, and feelings? In other words, what kind of media-influenced negative self-talk do you have when you think about working towards your vision?

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1. What are your ‘vices?’ What do you use to artificially create highs in your life? Here’s a partial list of possibilities: the gym, gambling, Facebook, gaming, nicotine, coffee, narcotics, junk food, alcohol, picking fights with your family members, sex, drugs, etc. The idea isn’t that anything is ‘bad,’ just that if it is being used as a way to escape yourself and avoid your fears, you might want to think about it.

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1. How do you judge yourself, your life, and accomplishments when you compare them to that of the people you admire, be they real life heroes or fictional? What things do you tell yourself that you, ‘should have accomplished by now,’ or that you ‘*should* be like already?’

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**LONG-VIEW PERSPECTIVE**

**Take action:**

Close your eyes and take a few deep breaths. Bring to mind the vision you have created for yourself. As you do that, become aware of the *feeling* of that vision in your body. Be aware of the positive emotions that are created in you as you think about it. Just be aware, having faith that as you connect to your inner voice, the way forward will become clear, even if right now you don’t know how you are going to get from point A to point B. Journal about your experience.

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**DEPRESSION AND POINTLESSNESS**

**Journaling prompts:**

1. Ask yourself, ‘Who do I think I *should* be right now that I’m not?’ Your answer should be based on what other people’s ingrained voices say. This can include comparisons that you make between yourself and other people. For example: when you say, ‘I’m not as good as \_\_\_\_.’

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1. Who do I *want* to be right now that I can choose to be or aspire to be instead of what I think I *should be?*

***Example:***

Who do I think I should be right now? Answer: Somebody who has published their books already (like the two other successful authors and teachers I’m friends with).

Who do I want to be right now? Answer: Somebody who persists against the challenges and works to see things through to the end no matter what delays I encounter along the way.

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**Take Action:**

Set two reminders on your phone, one for midday and one in the evening saying: ‘Who do I think I should be right now? Who do I want to be instead?’ Any time you start to feel depressed, pointless or meaningless and your motivation tanks, ask yourself those two questions.

**Journaling Prompt:**

There is an ancient saying: When is the best time to plant a tree? The answer: 25 years ago. When is the second-best time? The answer is, *right now.* What tree are you going to plant right now, that you wish you had planted 25 years ago?

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**Take action:**

Close your eyes and call the vision you created above into your mind. Now allow your fear of failure in. Allow the doubts and predictions of doom to roll in like a fog or a sand storm (or an army of zombies if you are feeling especially playful). How does it feel in your body to have your fear of failure roll over your vision in this way? What are the thoughts that go through your mind? What are the images of failure that you see in your imagination? Write them down.

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**Journaling prompt:**

What do you currently consider yourself having failed at in your life? How can you start thinking about it as a part of a process? A scientific experiment from which you can learn, course correct, and try again?

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**BULLYING YOURSELF**

**Journaling prompt:**

Write down 5 new things (things you have never done) that you could do that would move you towards accomplishing your vision.

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**Take action:**

1. Stand up right now (even if you are in public), close your eyes and imagine yourself standing on a cliff overlooking the ocean. The ocean is raging with a storm. Call out to that storm to give you it’s power. Imagine the full power of that storm entering your body and filling you up. Journal about your experience.

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1. Choose at least 2 of the new things you can do from the list above and make a commitment to do them in the next 48 hours (or take a small step towards them). Circle the two you are going to act on.

**COMMUNITY**

**Journaling prompts:**

1. Who are/were the people at the top of your field (whatever it is) – activists, creators, artists, healers, writers, scientists you admire? Make a list of 5-10. If you don’t have a specific field of interest, make this list a list of people you admire and want to emulate.

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1. Do some research and find another 5-10 people who are doing similar work to that which you want to do who are *not* well known, but are doing the work nonetheless. These people are the real heroes.

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**Take action:**

Put these names on a list and hang it on your wall. Print out images of their work and paste them up as well.

**YOUR HEART PUMPS VIBRANTLY**

**Take action:**

Close your eyes and tune into your artist’s collective (whatever your art may be… painters, engineers, teachers, healers, gardeners… whichever it is for you *right now).* Feel in your body how the subtle energy of that collective exists. When you feel them, send nourishing energy and thoughts to the collective. Become aware how nourishing that collective, gives you energy in return. If it feels right to you, also ask the collective for inspiration, or an answer to a specific questions. Journal about your experience.

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**YOUR TOMBSTONE**

**Journaling prompts:**

1. What would you like your tombstone to say?

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1. Do you have any ideas for acting on your vision which you are saying, ‘no’ to? About which you are telling yourself that they are not worth following? What are those ideas (write down at least 3)?

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**Take action:**

Follow up on one of those ideas. Circle at least one you are going to follow up on. When are you going to do it?

**THE WARRIOR ARCHETYPE**

**Journaling prompt:**

By looking at the characters you are attracted to in fiction, you can learn about who you desire to be. So, who are the characters you like and identify with? How do they make decisions? What are the things they do? What kind of archetypes are they? Write down everything you know about them.

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**Take action:**

Close your eyes and imagine you are one of your favorite characters. What are the emotions you feel when you are connected to them? Write them down.

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**IT DOESN’T MATTER**

**Journaling prompt:**

Write down at least 5 things you could do to follow in the footsteps of your heroes (from the previous journaling prompt), no matter how small the steps seem. Keep this in mind for inspiration: “Do one thing every day that scares you!” ~ Eleanor Roosevelt

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**Take action:**

Make a commitment to follow up on one of these steps in the next week. Which one is it going to be? Circle it above. If you choose, get somebody to hold you accountable to taking this step for yourself.

**LIGHTING YOUR INNER FIRE – SOME PRACTICAL SUGGESTIONS**

**Action Step:**

Close your eyes and imagine: How will you touch people from now on, knowing that you are touching every person in the world each time you make a positive (or negative) impact on one individual life? Journal about it.

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**Journaling Prompt:**

What do you want the world to look like in 10,000 years?

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**Take action:**

Look back at your journaling notes and create **a brand new vision statement.** Write your vision statement on a large piece of paper or poster-board. Now add images to it - cutouts from magazines that you paste on the paper to make it more visual. Hang up your collage where you can see it every day.

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**Take action:**

What do you need to do right now, this second, to move yourself towards your new vision? Whatever the answer is, get up and do it.

**Are you still reading? Get up and do it!**

**FULL INTEGRITY**

**Journaling Prompt:**

What is the primary discomfort you will have to face to follow your vision? How will you motivate yourself to face that discomfort?

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**STICKING YOUR NECK OUT**

**Journaling Prompt:**

Who are the people you know or have met that you believe have a strong pillar of vision. What can you learn from them?

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**Take action:**

Ask the people you know who have a strong pillar of vision for advice on building yours. Reach out to at least one person right now. Journal about the advice they give.

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**BUILDING THE PILLAR OF CONNECTION**

**THE PILLAR**

**Take action:**

Close your eyes and take a few deep breaths. Imagine being connected to an unlimited source of nourishment and love within you. What does that feel like in your body? Describe the feeling in your journal.

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**Journaling prompt:**

In what life situations do you tend to look for external validation before acting?

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**THE CHALLENGE: WHEN IT FEELS SAFE**

**Journaling prompts:**

1. What situations do you avoid for fear of feeling isolated?

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1. What situations in your past can you identify that caused you to feel isolated?

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**Take action:**

Do this in your journal or get a separate piece of paper or poster board. Title it: I Honor Myself For… After that, make a collage or make a list of at least 10 things that you honor yourself for (making a collage is the more powerful approach).

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**RECIPROCATION**

**Journaling prompt:**

In your life, who are you afraid of getting into confrontations with and why?

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**THE ROAD TO OPPRESSION**

**Journaling prompt:**

If you were to *be* the person underneath your persona (be your spiritually sourced identity), without a fear of isolation and separation generated by conflict, which relationships and what situations in your life might have to change and how?

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**Take action:**

List at least 5 things you can do to honor the person who you are underneath your persona. These could be places to go, things to do or changes to make. When you are done, circle at least one of these actions and commit to making it a reality in the next 48 hours.

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**BRINGING PEOPLE TOGETHER**

**Journaling prompt:**

What does rare intelligence mean to you? How could it be expressed in the context of your own life?

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**AN EPIDEMIC**

**Journaling Prompts:**

1. Who do you personally know that you feel is especially affected by the culture of isolation and separation?

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1. What entities (work environments, schools, and other organizations) do you know that are also affected by this epidemic?

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**Take action:**

Reach out to a person that you know who is deeply affected by the culture of isolation or is a part of one of those environments. Ask them about what it’s like for them. Tell them you were thinking about them and just wanted to express your love. Example: ‘Hi, I was thinking about you and the company you work for today. It seems like it’s a difficult place to really be yourself in, is that correct? How does that affect you?’

Who are you going to call? When are you going to call? What are you going to say? Make a plan.

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**A WILLINGNESS TO ENDURE**

**Journaling prompt:**

How are you like a drug to somebody in your life (more concerned with making them feel good than with the truth)? What is one small step you can take to reclaim truth in that situation?

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**Take action:**

Do you have a need to create a safety net in your life (the safety net could be emotional as well as physical)? Make a list of steps you can take to create it. And then take one of those actions when you feel ready.

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**HEALTHY CONVERSATIONS**

**Take action: Peace for Everyone Meditation**

What if there was no danger of you ever being abandoned? Close your eyes and imagine that the world is at peace. That there are plenty of resources to go around and people were respected for exactly who they are no matter what. Imagine that you were always taken care of by your community with love and nourishment. What does that feel like in your body? Describe your experience in your journal.

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**Journaling prompt:**

How can you help create this kind of world?

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**CULTIVATE AN INNER FEELING OF CONNECTION AND COMMUNITY**

**Journaling prompts:**

1. What am I curious about in the present moment?

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1. What was I curious about 10 years ago?

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1. What was I curious about as a child?

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**Take action:**

Close your eyes, take a few deep breaths, and do the Being in Connection practice now. You can also download the audio from the website and use it to practice. Journal about your experience.

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**SAMPLE CONVERSATIONS**

**Journaling prompt:**

Pick the types of conversations from the above list that are most relevant to you. Who will you have those conversations with? What will you say?

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**Take action:**

Give yourself a time frame for when you are going to have one of those conversations. List 3-5 actions you need to take in order to make that conversation happen.

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**THE PEOPLE WHO HURT YOU**

**Take Action:**

Do the Forgiveness Ritual in the appendix of this book.

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**Journaling prompts:**

1. Try and remember a time when you were at your lowest point in terms of your pillar of connection. A time when you were mostly looking for love, nourishment and validation outside yourself. Describe that time.

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1. Did anybody in your childhood think they had to hurt you, shame you or otherwise isolate you in order to teach you or discipline you? Write about those people and how they made you feel.

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1. What are some of the things you have been made to believe that you should be punished for?

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1. How can you help stop the cycle of violence and isolation in your own surroundings?

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**THE DARK NIGHT OF THE SOUL**

**Journaling prompt:**

What does it feel like to let go of your external sources of love, nourishment and validation?

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**Take Action: The Nourishing Soil Meditation**

Close your eyes and imagine you are a seed in the soil surrounded by rich moisture and yummy mineral nutrients. With every breath, receive those nutrients into your body and watch your roots and shoots start to grow. What does that feel like in your body? Describe your experience.

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**PLEASURE OR LOVE**

**Journaling prompt:**

How have you been mistaking pleasure, happiness, or ‘feeling good’ for unconditional love and nourishment sourced from within?

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**Take action:**

What is one thing you can do right now, this second, that will help you connect to a source of love and nourishment within yourself? Take whatever comes to you, and give yourself that love and nourishment now.

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**THE ELUSIVE SEARCH FOR HOME**

**Action step: Back in the Womb Meditation**

Close your eyes and take a few deep breaths. Imagine what it might be like to be back in the womb. Imagine the safety and the unconditional love and nourishment you receive there. The memory of that place exists within you, so invite that memory to the surface. The memory will be tactile, not verbal and not visual, so pay attention to your body’s experience, not your mind’s. Describe what you experienced in your journal.

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**A TRUE LEADER OF THE HEART**

**(For this chapter, download the tables separately)**

**Step one: The Present**

**Build the experience of love and nourishment within you in the present.**

Utilize the Forgiveness Ritual in the appendix and practice the Being in Connection meditation described above to help heal the isolation within you and build an experience of connection in present time.

**Step two: The Past**

**Identify the places in your past that get triggered and create the fear of isolation.**

**Make a table with three columns.**

1. **First column header: In my current environment, who do I fear will try and make me feel isolated if I authentically express myself?** Answering this question gives you a glimpse of the feeling of isolation that currently lives inside of you and controls you. You open this up so you can utilize it as a window (or peephole) to gaze into your past.
2. **Second column header: Write down the name of a person that caused you to feel isolated in the past that** **the person in column one reminds you of. Or that caused a similar kind of isolation feeling**. Doing this allows you to see where the original experience of isolation might be. Admittedly, this is a tricky thing to discern. A feeling of isolation can be something you experienced as a child and unconsciously internalized. Something as simple as not being comforted as you cried yourself to sleep in your crib. Whatever comes to mind, though, write it down. Don’t censor yourself.

**Note:** You may find that you have a hard time finding a past experience that is equivalent to the feeling of isolation you fear in the present. Try doing the Being in Connection practice and asking your source of nourishment on the other side of the umbilical cord to help you see. You will gain more tools for this kind of work in the next chapter.

1. **Third column header: What is the wisdom I gained from the experience of isolation I had?** No matter how painful the experience was, there is wisdom to pull from it. Even if it’s as simple as, ‘Never let a child cry themselves to sleep, even though the culture may say it is ok to do so.’ Or, ‘Always be compassionate to children.’ Every negative experience is a source of wisdom. Finding that wisdom will help you start turning your pain into compost that nourishes your future gardens. And it will strengthen your pillar of vision as well.

**Step three: The Future**

**Express yourself in a new and collaborative way.**

**Make a table with 2 columns.**

1. **Column one header: In what current day situations do I keep my voice hidden?** This can be a work or personal situation but it can also be when you have a creative idea for yourself and the voices in your head put it down.
2. **Column two header: How can I create a more comfortable and safer environment for myself in this situation?** Do you need to have a one-on-one or mediated conversation with somebody? Do you need to ask a group you work with to listen to you without interruption or to give you more space to express yourself? Do you need to ask your marriage partner to go to counseling with you? Do you need to meditate more? Do you need to sit on the couch and breath? Any ideas are welcome, no matter how small or out of the box they are.

To complete this exercise, you will take action on your second column insights. The action phase can be broken down into three components: **Reinvent the Feeling, Rehearse the Words, and Remember the Goal.**

**Reinvent the Feeling**

**Take action:**

Write down at least 2 reinvention goals you have. Remember to include the changes in feeling as well as the environmental changes you wish to see.

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**Rehearse the Words**

If anybody is disrespectful to you in this process, you can ask them for the same courtesies that you are offering:

1. Not to make assumptions about what you are going through but rather to ask if what they think is correct.
2. To reflect back to you what they heard you say and for you to be able to correct them over and over again until they get it right.

In addition to not using absolutes and using validation and reflection, you can use the examples given above in the section titled, ‘Sample Conversations’ to rehearse the words you are going to use.

**Remember the Goal**

Hold to the physical feeling of the potential outcome you have already imagined. Allow that feeling to guide you and the conversation to the fulfillment of that goal. It will take practice and courage to change any deeply ingrained habits of hiding and to become an empathic community builder. And it may take more than one conversation. It may take months or even years. But all you need do is hold the feeling of the potential for positive, collaborative outcome in your body and let it lead you to your goal. No matter how long it takes.

**To sum up these action steps:**

1. **Reinvent**: Hold to the feeling and vision of a collaboration and allow it to guide you and pull you forward. Don’t expect paradise, expect imperfect progress.
2. **Rehearse:** Think about what you want to say and how you want to say it before you enter into the conversations.
3. **Remember:** When you get sucked into an argument, or feel the need to hide your voice, take a pause, remember the feeling of your goal, and let that feeling move you forward again.

If you are afraid of a severe response, create a safety net for yourself. Making sure you have somebody to turn to for help if you need it.

In sum, just like the pillars of intuition themselves, these three steps for building the pillar of connection (past, present, and future) are a process and a spiral staircase. Deepen your internal experience of connection in the present, take a step towards healing past wounds, and then take some action to create a better future (even if in a small way). Then go back to step one and continue to elevate your experience of internal love and nourishment in the present, creating an upward spiral motion.

**Take action for the present:**

Choose 1 practice for building connection from this chapter or from the appendix and do it now.

**Journaling prompt for the past:**

Do the Wisdom Gathering exercise from the second step (The Past).

**Journaling prompt for the future:**

Do the Comfortable Environments exercise from step three (The Future). In addition to the 2 column table, pick one situation that you want to bring change to. Set yourself up for action by reinventing the feeling of the outcome (creating a clear goal) and rehearsing the words you might use in the conversation.

**CHANGE**

**Journaling Prompt:**

Who are the people you know or have met that you believe have a strong pillar of connection. What can you learn from them?

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**Take action:**

Ask the people you know who have a strong pillar of connection for advice on building yours. Reach out to at least one person right now. Journal about the advice they give.

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**BUILDING THE PILLAR OF RECEPTIVITY**

**THE PILLAR**

**Journaling prompt:**

Have you had times in your life when you have felt this kind of ‘flow’? A time when you could tune into something greater than yourself and *know* you are supported and guided by something greater? Close your eyes and reconnect with what those moments were like. Describe the feeling and experience.

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**AVOIDING REST**

**Journaling prompt:**

Where in your life do you find yourself trying to control things that may not need your control (emphasis on ‘may’)? In other words, what circumstances in your life trigger a desire to be in control (whether you consider that desire justified or not)? Consider the little things in life too. Things in your relationships, your home, your work, and anywhere else. Write down at least 5 places you feel the need to be in control.

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**Take action:**

Pick one or two of these circumstances and next time you find yourself with a need to be in control in those circumstances, ask yourself what would happen if you trusted the flow of things. If instead of controlling, you chose to receive input and support from others. Circle the ones you have chosen.

**A MUTUAL DANCE - PARTNERING WITH CHAOS**

**Journaling prompts:**

1. Do you deserve support even though you are imperfect?

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1. Is there a part of you that feels it’s not doing enough? If so, unconsciously, who is that part of you trying to please or impress?

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1. Who do you want to ‘be there for’ in your life (that perhaps you don’t spend enough time with)?

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**Take action: Timelessness Meditation**

Close your eyes and slip into an in-between moment, inviting a sense of timelessness (whatever your current understanding of that may be). Observe your mind and notice two things: First, how difficult is it for you to enter that state? Second, when you try and enter it, what emotions and fears turn up in your mind? Describe your experience.

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**SHAME AND REGRET**

**Journaling prompts:**

1. What have you accomplished in your life (no matter how imperfect those accomplishments were)? Make a list of at least 5-10 things you feel proud of.

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1. What do you feel shame and regret about (make a list of 5-10 things)?

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1. How can you use the shame and regret you feel to fuel your vision and compassion?

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1. Describe the gap between who you are and the person you think you should already be.

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1. Who has you under their control - both as an imprint in your mind, and in your present life?

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1. Are there times when you feel like you have to do it all on your own in order to prove your worth? What are those times?

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**Take action:**

Celebrate being human in all your flaws. Take yourself out to dinner and for a walk in the park. Maybe invite your friends over to dance and have a ‘being a flawed human’ party. Maybe create a ceremony for yourself. It’s up to you how you celebrate. Through this celebration, give yourself permission to be your authentic self.

**YOU DESIRE A FEELING**

**Take action: Feeling at Home Meditation**

Close your eyes, and sink into the feeling of paradise. Of being ‘at home’. Being safe, cared for, loved and nourished (whatever you imagine that to be like). Observe how that feeling starts to change things in your mind and body. Also observe the mental resistance you might have to that feeling. You will know you are in resistance if your body and breath start to contract. Journal about your experience.

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**Journaling prompts:**

Looking at the vision and goals you already created for yourself when building the pillar of vision:

1. What are the goals you have that you know don’t come from the silence in your heart?

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1. Which are the goals and desires that you feel come from the silent place within you?

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**BEING IN RELATIONSHIP WITH WHAT YOU WANT**

**Journaling prompts:**

1. On a scale of 1-10 (1 being weakest) how willing are you to make changes in the way you think about what you want?

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1. What changes are you willing to make to the ways you think about what you want?

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1. On a scale of 1-10 (1 being weakest), how willing are you to start turning to the in-between moments to find inspiration instead of thinking you can do it all yourself?

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1. How are you going to implement turning to the in-between moments for inspiration instead of trying to do it all yourself?

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1. How will you motivate yourself to truly make these changes?

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**Take action: Being the Change Meditation**

Recall the feeling of something you want being just beyond reach. Now make a mental shift to be *in relationship* with that object, feeling or attainment. Start allowing that relationship to change you so that what you want can move in. Imagine yourself emptying some drawers to make room for it. Write about your experience and how you will apply this same principle to your future desires.

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**CONTEMPLATE THIS**

**Journaling prompt:**

Choose one of these 5 and write about how you can apply that principle to your life.

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**THE PROCESS OF TRANSFORMATION**

**Take action: Body Awareness Meditation**

Close your eyes and focus on a negative experience you have had. Observe your body’s reaction to it. Now shift your focus to think about something positive you have experienced. Observe your body’s reaction to it. Write down your observations.

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**BEYOND THE VEIL**

**Take action: The Feeling Sense Meditation**

Close your eyes and allow your body to relax as you take deep breaths. Focus on positive experiences you have had in the past to help you become calm and open. In this place of calm, your mind automatically starts to be receptive to something beyond itself and the natural healing powers of your inner voice start to penetrate through the borderland - from beyond the known. As you allow this process to happen, let your consciousness drift into a timeless and spacious place. A place in-between the moments. This is where inspiration comes from. Allow that inspiration to pour in and experience it as a non-verbal, completely experiential feeling in your body. What was your experience?

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**THE FEELING SENSE**

**Take action:**

Take a few deep breaths and feel into the *non-verbal*, *feeling-sense,* experience of peace.

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**Journaling prompt:**

What does being in the borderland mean to you?

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**Take action: The Borderland Meditation**

Close your eyes and sink deep into yourself. Find the place within you where the known meets the unknown; find the borderland. Next, imagine you are standing in the bright sun in an open field. Then see the rays of the sun (the inner voice), traveling through the earth’s atmosphere (the borderland) and into you. Ask a specific question of your inner voice and receive the answer through the rays of the sun and your feeling sense. Slowly allow the feeling of what you are receiving to travel throughout your body until it becomes words or an image in your conscious mind. Describe your experience of this practice in your journal.

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**WHAT YOU ARE GOING TO ENCOUNTER**

**Journaling prompts:**

1. On a scale of 1-10, how determined are you to be able to receive from your inner voice clearly and consistently?

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1. Remind yourself what your motivation is (review your vision statement if need be).

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1. After reminding yourself what your motivation is, try it again: On a scale of 1-10, how determined are you to be able to receive from your inner voice clearly and consistently?

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**ILLUMINATING YOUR RESISTANCE**

**Journaling prompt:**

Identify 3 primary ‘I can’t’ statements that are alive in you right now. What does it feel like in your body when they are in control of you?

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**Take action:**

Look up your ‘I can’t’ statements in the appendix and apply the solutions. Describe your experience.

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**WHAT’S REJECTION GOT TO DO WITH IT?**

**Take action:**

Say this out loud: ‘I can have all my resistance to my true nature, completely and miraculously erased!’

**No really… Say it!**

What is the non-verbal feeling of that in your body (the *feeling sense)*? Also notice what happens if the unconscious ‘I can’t’ statements try to take over. You will know this is going on if your body starts to contract or shrink. If a sinking feeling or even dread comes over you.

Becoming yourself again is a process. It starts by identifying that initial feeling you get in your body when you set a positive intention in your mind and then becoming aware of your resistance to it.

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**Journaling prompts:**

1. When you say the words above, and then feel contraction in your body, indicating resistance in your mind, ask yourself, ‘Who am I afraid will reject me if I restore this lost piece of myself, and why? Who has already rejected me for it?’ Complete this sentence (as many times as is applicable): ‘I am afraid of *so-and-so* rejecting me, so I have to be *this other way that is not me* to please them.’

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1. Where in your life are you limiting yourself because of a fear of rejection?

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**SO WHERE DO I START?**

**Take action: Answering Your Questions Meditation**

Think of a situation in your life where you need new insight. Close your eyes, head into the borderland (even if you haven’t had a clear experience of it yet) and ask your inner voice for insight. Become aware of your feeling sense as you do - your subtle body awareness. Allow the sensations to unfold, being open and willing to change and grow to receive answers. What was your experience?

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**Journaling prompt:**

In the practices you have done so far connecting to your inner voice at the borderland, what are the main insights you have gained into the process of receiving intuitions from your inner voice?

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**CHANGE**

**Take action:**

Make a commitment to regularly practice becoming receptive to your inner voice. What is your practice going to consist of? When and how often are you going to do it? Do you need an accountability buddy to keep you on track? Do you need to set alarms on your phone? What is your commitment?

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**TAKING BACK THE IN-BETWEEN**

**The following is a 30-second practice to do in those physical in-between moments (or some personalized variation of this):**

**Living In-Between the Moments Meditation**

1. Take 2 deep breaths while thinking: “I am doing a lot of things right in my life, I am not perfect, and I don’t need to be completely in control. I can receive support from my inner voice.” Or simply say, ‘I can receive support from my inner voice!”
2. Pause after your 2 breaths and stay silent for a moment.
3. Say to yourself: “I am capable of living in a way that nourishes me.”
4. Become receptive to the feelings you want to have in your life and receptive to the feeling of paradise.
5. Say to yourself: “Everything that life offers me can make me wiser and happier.”
6. Become aware of your *feeling sense* and feel the energy changing in your body. Even if you can’t put a finger on what exactly is different. Feel that something is changing and then move on with your day.

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**THE BRAIN DUMPING SOLUTION**

**Take action:**

Can you make a commitment to yourself to do this next time you are feeling stressed out and overwhelmed?

**YOUR LEGACY & A HEALTHY STATE OF MIND**

**Journaling Prompt:**

Who are the people you know or have met that you believe have a strong pillar of receptivity? What can you learn from them?

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**Take action:**

Ask the people you know who have a strong pillar of receptivity for advice on building yours. Reach out to at least one person right now. Journal about the advice they give.

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**BUILDING THE PILLAR OF CREATIVITY**

**THE PILLAR**

**Take action: The Well Meditation**

Close your eyes and focus your attention at the center of your chest. Imagine a little ‘you’ is standing there, at your heart center. Now imagine an infinitely deep well next to that little you. Next, take a few deep breaths, dive into the well and swim all the way down, until you emerge from the other side. Describe your experience in your journal.

Note: Silence and fertile emptiness can seem like ‘nothing’ at first. So, if you experience nothing, ask yourself if you are ignoring the experience of silence and fertile emptiness because you are expecting it to be different. Remember to pay attention to your feeling sense and ask your inner voice to assist you in this process.

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**Journaling prompts:**

1. What are your thoughts about this statement: Anywhere you find genius, you find receptivity to the vast pool of potential within.

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1. What is *your* genius when you are tuned into the vast pool of potential within? List anything and everything no matter how big or how small or whether you think it will make you world famous or simply a happier person.

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**THE CHALLENGE: NUMB, FROZEN, AND IMMOBILE**

**Journaling prompt:**

What kinds of head chatter do you tend to experience (from the list above or anything else)?

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**Take action:**

Next time you experience head chatter in your daily life, do the Well Practice above. Will you make a commitment to yourself to do that?

**Take action: Fear of Exposure Meditation**

Close your eyes and tune into your fear of exposure. The fear of being seen for exactly who you are. Seen in your shame and seen in your beauty. Seen in you comfort and seen in your discomfort. Just feel that fear for a while. When you are ready, write down the thoughts that circle in your mind when you feel the fear.

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**COMPETITION**

**Journaling prompts:**

1. What, in your present-day life, makes you feel scared (list 5-10)? These could be things you do, are exposed to, people you know, anything…

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1. What memories of your past cause you to feel afraid in the present (when you think about them), even though they are only memories (list 5-10)?

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**WHAT EVERYBODY ELSE IS THINKING**

**Take action:**

Close your eyes and imagine what it would be like to let go of the fear that might be keeping you repressed. Feel the flow of creativity rise from within your heart and move through your body when you let go of fear. Feel how it naturally does so, without any effort on your part. Describe your experience in your journal.

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**UNSHAKABLE**

The key to everything is an unshakable belief in *the* *rightness of being who you are*. Do you have an unshakable belief in the rightness of being who you are? No matter how weak that belief might be for you, it’s a certainty that on some level, you have. So ask yourself, ’Right now, this very moment, on a scale of 1-10, how strong is my belief in the rightness of being who I am?’ Is it a 1? A 5? A fully built creativity pillar of 10?

**What is your answer?**

**WITHDRAWAL**

**Journaling prompt:**

Can you relate to the description of ‘head-chatter’ as a detoxification process? How do you interpret that or understand it in your personal context?

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**Take action: Healing The Heart Meditation**

Close your eyes and take a few breaths. Bring your vision for yourself and the world to mind. Then turn to the spaciousness in-between the moments, connect, and receive nourishment and love from the source within you. There, invite your inner voice to help you with the unburdening of your heart and allowing your emotions to flow. Next, visualize yourself standing in an open and sunny field. The rays of the sun (representing the inner voice) traveling through the borderland of the atmosphere and coming into your body. Take your time receiving the sun’s rays and observe your feeling sense as you receive the sunlight.

Describe your experience in your journal.

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**PURSUING DISTRACTIONS**

**Things you can do to allow the natural process of detoxification of your mind to unfold include:**

1. Bashing your television in with a baseball bat: Even shows that are not based on violence are based on the creation of conflict and drama, which are not aligned with your natural state. It’s not just that you won’t have anything toxic to watch anymore, but the actual act of destruction will be highly cathartic and rewarding!
2. Cancel your Netflix account.
3. Delete all the news apps on your phone.
4. Spend time sitting or lying down on the earth every day (even just two minutes).
5. Take a hike where there is no electricity or go camping off-grid (nature is the best therapist).
6. Figure out whose thoughts you have been thinking, because they certainly aren’t yours (more on this below).
7. Start to draw a picture in your mind (or on paper) of the person who is underneath all those thoughts (more on this below).
8. Contemplate the rightness of being who you are!
9. Be kind to yourself. Remind yourself that this is a difficult and very courageous process. You deserve love, tenderness, and respect for even thinking about it.

**Journaling prompts:**

1. When you contemplate the rightness of being who you are, what does it feel like?

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1. Right now, what will it take to get your level of belief in the rightness of being who you are up to the next level? Up by one notch? Maybe even up by half a notch. Or by 0.0001? What will it take?

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**Take action: The Zombie Thoughts Meditation**

Do the zombie visualization. Close your eyes and observe your thoughts. When a thought comes up, see it as a zombie and shove it back into the ground. If you don’t like visualizing zombies, simply see yourself standing in front of the thought, holding your hand up and saying, ‘no!’ Describe your experience.

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**Journaling prompt:**

List at least 5-10 things you can do to express kindness, appreciation, love, and support for yourself on this journey.

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**Take action:**

Circle at least 2 things on the list above, and offer them to yourself within the next 48 hours.

**OVERCOMING YOUR DESIRE FOR PARTICULAR OUTCOMES**

**Journaling prompt:**

Was there a time in your life when you followed what was right regardless of consequence? How did that feel to you? If you can’t remember a specific time, imagine what it might feel like to have that kind of integrity. Describe the events and the outcome.

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**A BURNING DESIRE TO SEE YOUR DENTIST**

**Take action: A Bridge to Silence Meditation**

Think of the action of silencing your phone and connecting with nature as the cause of the calm that comes after the mind chatter stops. Just think about it for a while - until you feel something settle in your body. If the head chatter starts up while you are thinking about it, take strength from contemplating the rightness of being who you are. You can also ask yourself what you are worried about. Or you can take yourself into an in-between moment and into receptivity and connection. Go back to the original thought experiment when the chatting subsides. Describe your experience.

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**Journaling prompt:**

During the practice you just did, did you feel the healing power of your mind come welling up from within you? If not, do that practice again, this time with a focus on being aware of the healing power that wants to naturally rise from within you when you unplug. Describe the experience of having the healing power rise from within you when your mind is calm.

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**WHOSE THOUGHTS ARE THESE ANYWAY?**

**Whose Thoughts Are These Anyway?**

Most of the ways you think about things are inherited or copied from other people. In this exercise, you are looking for the person who influenced a specific way of thinking in you. Having this kind of perspective will help free you from their grasp. Do this practice especially when you are experiencing circling thoughts or head chatter.

Start by making a list of the thoughts in your head (positive or negative – it doesn’t matter). Write down at least 5-10 thoughts. Next to each thought write the name of a person in your life (past or present) who this thought reminds you of or who you think taught you to think this way. When you are done writing, ask yourself what thought you want instead of this thought. In other words, who do you *want* to be, instead of what this thought is telling you you *should* be.

**Example**: I identify the thought, ‘I shouldn’t take too much for myself.’ I recognize that it is the same way my grandmother thought and taught me to think. But I’m struggling with finances in life and I really need to move past this blocking belief to make better choices for myself. Choices that allow me to receive financial support and prosperity.

The problem is that if I try to let go of this thought, a fear of isolation comes up for me. That’s because I feel like I’m betraying my grandmother. The result of shedding this belief would be shame and self-isolation resulting from that shame. The solution is to build up the pillar of connection and find that source of love and nourishment in myself. I do that by utilizing the strength I gained from having a powerful vision for myself, my family and my world.

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**Picturing your Inner Self**:

Draw a picture of your inner self. Include background landscapes and other objects in the image that somehow represent that person. You can also make a list of traits if drawing isn’t your thing. Do this exercise in a stream-of-consciousness kind of way – trusting your instincts.

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**MOVE**

**Journaling prompt:**

What are your favorite ways of moving your body?

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**Take action:**

Make a commitment to yourself to move your body in one of these ways at least once every day - for however long you are able to devote to it. 1 minute or 1 hour. When are you going to do it today?

**STORIES OF MASTERS**

**Take action:**

Pick one of these stories and research it for yourself. Grab your phone right now and look it up. Write down how this story applies to you and what lessons you can use in your own practice.

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**CREATOR OR FORMULATOR**

**Journaling prompts:**

1. Are you willing to fully embrace being a creator rather than just a formulator?

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1. Write about the difference between formulator and creator as it applies to your own life. Where have you been a formulator? When have you been a creator?

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1. Describe what kind of creator you want to be.

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1. What are the primary negative thoughts that try to stop you from being a creator?

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1. Look back at your journaling notes and write a new vision statement. One that includes your commitment to be a co-creator and what your highest intention for yourself and the world is going to be.

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**Take action:**

Put your new vision up on your wall. Add images to it in order to give it more life.

**A WALL OF DISRUPTIVE THOUGHTS**

**Journaling prompts:**

1. Can you be in integrity?

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1. Can you be authentic regardless of consequence and model that for the world around you?

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1. What do you have control over within yourself that you haven’t allowed yourself to admit you have control over?

**Example**: I have control over the way I express myself when I’m feeling grumpy. Up until now, I’ve pretended like that place in me is not under my control and that it was just my ‘emotional expression.’ But the truth is that I can choose to change that.

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**AUTHENTIC PEOPLE**

**Journaling Prompt:**

Who are the people you know or have met that you believe have a strong pillar of creativity. What can you learn from them?

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**Take action:**

Ask the people you know who have a strong pillar of creativity for advice on building yours. Reach out to at least one person right now. Journal about the advice they give.

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**Journaling prompt:**

Make something beautiful: Make some art, write a poem, dance, or otherwise create something to represent your open heart.

**Example:**

**Shine, Feel**

I am

In my heart of hearts true

To my own nature.

I hunt, I gather, I speak.

Not when spoken to but when my voice

Raises the dead. The depressed. The anxious.

To all of you I speak. Never stop.

Be alive. Be natural.

Reach out in unspoken verse

And touch another. Connect. Create.

Love. Nourish. Shine. Feel.

~ Aaran Solh

**Your turn… Make something beautiful!**

**THE UPWARD SPIRAL**

**THE UPWARD SPIRAL OF VISION**

**Journaling prompt:**

How are you going to utilize the 3 pillars of connection, receptivity and creativity to build your pillar of vision?

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**THE UPWARD SPIRAL OF CONNECTION**

Close your eyes, take a few deep breaths and feel how at our core, we all desire peace, freedom, and connection.

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**Journaling prompt:**

How are you going to utilize the 3 pillars of vision, receptivity and creativity to build your pillar of connection?

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**THE UPWARD SPIRAL OF RECEPTIVITY**

Stop and feel the pain. And stop to feel your community of visionaries around you. Let this fuel your vision.

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**Journaling prompt:**

How are you going to utilize the 3 pillars of vision, connection and creativity to build your pillar of receptivity?

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**THE UPWARD SPIRAL OF CREATIVITY**

**Journaling prompt:**

How are you going to utilize the 3 pillars of vision, connection and receptivity to build your pillar of creativity?

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**DISCIPLINE DOESN’T EXIST**

**THE AGE OF UN-REASON**

Don’t want to live the rest of your life in this way? Inquire within yourself: ‘What do I know to be true in my heart? Is there meaning in creating something positive for myself, my neighbors, and the world, or is there only an endless dark night where life is misery; and disease, suffering, and death inevitably come for everybody so there is no point in doing anything?’ Don’t try to answer in words. Feel the answer non-verbally in your body.

**Take action:**

Stop and feel the answer right now, without trying to make sense of it. Describe your experience.

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**FAITH**

**Take action:**

Close the eyes of your intellect and open the eyes of feeling. What do you experience?

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**HOPE *IS* DISCIPLINE**

**Take action:**

Make a choice to have hope in a positive outcome and have faith that your inner voice will lead you there. Now act on that faith.

**AFTERWARD**

**Congratulations on Completing Empath to Mystic!**

**A few end notes:**

1. My hope is that you took the time to do the practices and have created a true opening in your heart for your authentic self. Training yourself to continuously look to your inner voice for guidance is, like anything else, a matter of putting in the time and effort. The payoff is enormous and everybody around you will benefit from the effort, so it is worth putting in the time. If you haven’t yet, please take a moment to browse the appendices of the book, I believe that the daily practices as well as the self-diagnosis tool will be most valuable.
2. If you want to learn to be a carpenter, you need two things: you need a workshop and you need to go into that workshop, cut wood, and glue it together. If you want to master your intuition and be a mystic you need a place to practice and you need to practice. If you haven’t yet, dedicate a corner of a room in your home and build a small alter. If you can, and have the privilege, dedicate a whole room to it. The greater presence you give to this work in your life, the greater presence it will have! When you do your Empath to Mystic practices, or any other personal or spiritual growth work, use that space. The more you use it, the more it becomes natural and feels like home to you.
3. Now that you have completed this book, don’t put it on a shelf to collect dust. Go back to the beginning and start over. Remember, building your pillars is an upward spiral, so the information will take you to new places now that *you* are in a new place. If you don’t want to read the whole book cover to cover again, you can skim through the book and see what catches your eye. Trust your intuition about it, and read that section again or do that practice or journaling prompt again. Additionally, you can use this book like a tarot card deck. When you are feeling a lack of inspiration, sit for a moment, focus on your question and then open the book where you feel guided - find out what your inner voice wants you to know.
4. Finally, as an author, I highly appreciate the feedback I get from my readers. If you enjoyed this book, please consider leaving a short review on Amazon.com. It will help others make an informed decision before buying my book.

1. If you haven’t yet discovered The Awakening To The Mystic spiritual growth program that takes your work in this book to the next level, please look it up at: [www.AwakeningMystic.com](http://www.awakeningmystic.com).

Thank you and with love,

Aaran Solh