

Soul Journey Through the Elements Series

Join Certified Soul Coaching® Practitioner, Tracey Renee McKee, as she guides you through a self-discovery journey integrating the energy of the four elements: Air, Water, Fire, and Earth. Meeting virtually via Zoom once a week, this series spends six weeks devoted to each element, with a two-week break between each element. You have the option of participating in all six sessions of each element or dropping in whenever you'd like for specific sessions throughout the series. The primary intention of these sessions is personal growth, so although participating in all four elements will yield the most benefits, each session on its own is designed to bring about positive, transformational change in your life. You can choose your level of commitment.

Each session includes a theme-aligned affirmation, a short meditation, a live journal writing or small group activity, time to share and discuss, and an optional "soul-work" assignment you can do at home (for those who want to go all out!). Below is a brief summary, or *Soul Journey Itinerary*, of each session as you travel through the four elements.



(WEEK 1) Life Assessment: *Discovering your authentic self starts with an honest self-appraisal. Where are you now and where would you like to be?*

(WEEK 2) Making a Commitment to Change Your Life: *There is power in commitment! The moment you decide to change or expand your life, you have*

put forces in play that magically begin to transform your life.

(WEEK 3) The Sacred Observer: *Your identity, molded by how you are raised and the circumstances of your life, is NOT all that you are. You are truly so much more magnificent, remarkable, and eternal. Observing your ego and core beliefs without judgment will help you to find your authentic self.*

(WEEK 4) Clearing Clutter – Energy Up/Energy Down: *The Spirit of Air is associated with the mental aspects of self...qualities of organization, clarity, focus, and being able to see afar. Clearing clutter that is depleting your energy can be a transformational experience.*

(WEEK 5) Lightening Up/Letting Go: *Internal clutter can include being too busy, constantly worrying and thinking, or having too much to do. Taking time to listen to your inner voices helps to clear mental clutter.*

(WEEK 6) Exploring Your Soul Mission in Life: *You are here on the planet for a reason! When you become clear about your mission – your life purpose – there is a deep feeling of inner contentment that begins to develop within you.*

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(WEEK 1) Turning Points in Your Life: *Our emotions allow us to experience life in all its fullness and richness. Cherishing some and denying others leaves us unbalanced. Owning and honoring all your emotions allows deep inner peace to arise within you.*

(WEEK 2) Energy Zappers and Juicers: *In your life there are people and patterns that either deplete*

or uplift your energy. When you identify your energy zappers, they have less affect over you. When you identify your energy juicers, you can expand their presence in your life.

(WEEK 3) Relationship Patterns: *The way you exist in the world is through relationships and how you relate to others reflects the way you relate to yourself. Examining your relationships helps you to understand and unweave negative relationship patterns.*

(WEEK 4) Parent Relationships: *To uncover your authentic self, it is valuable to acknowledge that your beliefs about life are often a reflection of (or reaction to) your parents' patterns. You were molded by your parents, and it's beneficial to discover what that effect has been.*

(WEEK 5) Attitude of Gratitude: *One of the fastest ways to reach into your soul is to surround yourself with an attitude of appreciation. Gratitude is a key to happiness. What you focus on in life is what you create.*

(WEEK 6) Choose Your Life: *Although we tend to think that "change" takes time, effort, and struggle, it can also occur in a moment. The moment you make a choice with absolute certainty and clarity, your life irrevocably changes forever. Now is the time to consciously choose your life.*



(WEEK 1) Confronting Fear/Developing Faith: *It is valuable to explore the dark hidden crevices within your psyche, aka "the shadow self." It is especially important to explore your fears, as you strive for the light. Acknowledging their presence will release their hold on your life.*

(WEEK 2) Taking Risks: *If everything stays the*

same, nothing changes. Discovering your authentic self means being willing to step into the unknown and do things in a different way.

(WEEK 3) Facing the Shadow: *The soul loves the truth. Owning all the parts of yourself and taking responsibility for the choices you make in life is immensely important. As you accept and honor both your darkness and your light, you become more whole.*

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(WEEK 4) Facing Your Death/Embracing Your Life: *Without death, there isn't life. The extent for which you accept death as a valuable part of your evolution as a soul, is the extent for which you can live fully in the present.*

(WEEK 5) Your Spiritual Allies: *You are a powerful spiritual being. You have the ability to make a difference in the world through your love, your prayers, your compassion, and your kindness. The more you give, the more you receive. It is a universal law.*

(WEEK 6) Fanning the Flame of Your Creativity: *The soul needs creativity to express itself. When you are open and receptive, ideas and inspiration flow. Creativity is one of the easiest ways to hear the messages of the soul.*



(WEEK 1) Connecting with Your Body: *Your physical body is your tool for experiencing the world. It is also the temple for your soul. Your soul is constantly communicating with you through your body, but sometimes we are too busy to really hear those messages.*

(WEEK 2) Using the Physiology of Your Body: *The way you carry yourself and the way you move your body is one of the most powerful ways that you can impact your life. The way you use your body is the secret key to how you feel.*

(WEEK 3) Awakening the Natural Forces Within You: *We live in a rhythmic universe. We are constantly surrounded by these rhythms of energy. If you take a moment to become very still, you can feel these rhythms of the natural world inside of you.*

(WEEK 4) A Home for the Soul: *The soul requires a sense of belonging, a place to feel safe, harmony with nature, and a sacred space. When your home has these things, your life will be filled with inner peace.*

(WEEK 5) Creating a Fabulous Future: *Tomorrow's future is being created today, and today is yesterday's future. Your future is created now. As you feel it, so you become it. This is a simple yet powerful truth.*

(WEEK 6) A Circle of Love: *At its essence, the soul is unconditional love. Every experience is for your ultimate highest good. No matter what judgments you make, every experience you have is allowing you to evolve as a spiritual being.*

*Tracey Renee McKee is certified as a Soul Coaching® Practitioner through the Soul Coaching® International Institute founded by Denise Linn. Sessions are adapted from the book "Soul Coaching," a trademarked term and system of coaching developed and written by Denise Linn and copyrighted by Hay House Publishing.