

Liliana C. Vanasco



FREEDOM OF THE SOUL

Whispers of Wisdom from Your Inner Being
to Live a Life of Purpose

Freedom of the Soul

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Being to Live a Life of Purpose*

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Chapter 2

Purpose and Content

The Purpose of This Book

Everything in life has a purpose, a reason to exist—this book is no exception. I discovered its purpose from the very experience of writing it, and my inner voice and I would like to share with you.

I came up with the title *Freedom of the Soul* long before I started writing the book. I chose the word “soul” because the book essentially relates to your inner being, your higher self, the non-visible part of you. I chose the word “freedom” because it also addresses your ability to liberate yourself from the restrictions and limitations that rule your life by exposing, exploring, and acknowledging that something inside you. Thus, “freedom of the soul” perfectly summarises my intention in this book to show you how to understand, connect to and unite with your soul, and ultimately acknowledge that when you free your soul, you become conscious of your light, and at that moment start living *as “soul”* in your human existence.

The purpose of this book, therefore, is simple and clear: to bring forth this truth so that you can finally accept that you are actually a spirit having a human experience, and to offer you principles for understanding, connecting with, and developing your inner nature.

We intend for you, as you read these pages, to become progressively contented with the idea of getting in touch with your soul, so that as you allow yourself to engage more in your journey of self-discovery, you will feel comfortable with the connection. Thus, you will begin to open doors through which your soul can shine into your everyday life. As you realise the infinite ways that you can be soul in this human existence, you will gradually learn to master the journey of your life and you will gradually learn to feel connected with the universal consciousness creator of everything that exists: the galaxies, your planet, including you. This divine

consciousness, addressed as Source or God throughout the book, is the invisible, powerful and infinite life force that lives within you and never dies.

The Soul's Message

The messages in these pages are of profound wisdom and grace. They talk about change, strength, willpower, and freedom of the soul. Do you believe that it is possible to let your soul be free while you live your human life? You need to truly believe it to be able to allow it to happen. Next, you must live it in order to inspire others to do the same.

The purpose of this book is to guide you to find your essence, your core. Once you have achieved that, you can achieve anything. You can do it—do not doubt that.

Support yourself with both patience and appreciation for where you are at any given time. These are the best allies to help you to stay on track and not give up. If you can keep on going, despite any hesitation or fear, you will discover an amazing journey of growth. Be open to receiving your soul's message; be loving and the rewards will be unmeasurable.

*Once upon a time there was light, and the light became human,
and then man forgot he was light, all-powerful light.
Now it is time to remember, and by doing so,
man will obtain the freedom he was born to seek.*

I am sitting here writing these words with the intention of bringing, through the light, clarity about the essence of men and about who you are. Because that is the eternal question: who am I? You are yourself, and you are everything. I am writing these words to help you on your quest. I am pondering the best way to clearly present these messages so that you can follow them without error.

It doesn't matter which channels I use, which words you interpret, or how you choose to understand our messages—the only thing you need to do is trust in your ability to be creator of your own life. You persistently undermine yourselves as being limited, “only human.” All the messages in this book are meant to help you regain trust in your divine power. Once you find your way back into that feeling of trust, you will understand and accept that everything you desire is already available to you, waiting to be taken and enjoyed.

The purpose of this book is to help you change the way you experience life by reconnecting you with your soul. When you accomplish this, life will change before your eyes.

Rejoice.

A Closer Look

This section is an overview of the book, showing you how the information is organized so you can easily access the chapters you want according to your own situation. Each part of the book focuses on a specific aspect of the journey of self-discovery.

Part I provides an overview of the book's content and prepares you for the journey. It explains key elements and information that will aid understanding and enjoyment of the book.

Part II takes you straight into the spiritual realm and gives you a strong foundation for the rest of the journey. This section explores our inner nature. It explains topics such as the birth of a soul, our vibrational being, and the steps to happiness. It also sheds light on the concepts of purpose, destiny and destination, the flow of life, and the building of a partnership with the soul.

Part III is an invaluable tool kit: the guide, the roadmap, the vehicle, the fuel, and the purpose for the journey. This part describes clearly and concisely the nine inner powers that everyone is born with, and includes practical and easy-to-apply methods of incorporating these powers into daily life.

Part IV offers new perspectives on how to deal with life issues and empower oneself. It allows you to put into practice what you have learned so far through soul-based alternative approaches to some of today's common challenges. This part explores and analyses the way we experience life, the need to slow down and simplify, sleeping problems, and the quality of the bonds we create with the surrounding world.

Part V fully opens the doors to the soul by acknowledging you as an awakened being, a teacher, leader, and student in the "Era of Light," the new era of conscious evolution. It introduces spiritual and life truths to support you in your desire to participate in the awakening process. This information will enable you to further your connection with your inner self, higher levels of consciousness, and the entire universe.

Part VI challenges you to take control of and responsibility for your life by making better choices, rather than becoming dependent on the dictations of your ego, that is, living in autopilot mode. This part of the book encourages you to celebrate your newly enhanced awareness, and motivates you to initiate change with some simple actions that will start you on the road to freedom.

In the **Appendix**, you can find information about my self-guided meditation and how to meet your spirit guides. For the reasons explained in Chapter One, I suggest you read my self-guided meditation before you dive into the text. If you are already familiar with the practice of meditation, I urge you to include my meditation in your routine, as it will enrich your experience and open new doors to the spiritual realm. If you do not meditate, do not see this as a downside, but as motivation to begin practising this wonderful activity. My meditation may be slightly advanced for a beginner, but it should entice you to begin simple meditation—eventually you will be able to perform this specific meditation.

One piece of advice based on my own experience: do the suggested exercises, even though it means stopping your reading until you notice some results. The exercises will produce changes within the fabric of your being that no amount of reading alone can achieve. If you prefer, you could first read the whole book to familiarise yourself with it, and then read it a second time (or third or fourth) and do the practices then. The real journey is the growth you will achieve by engaging in these activities.

The Essence of the Whispers of Wisdom from Your Soul

1. You are a divine, eternal being, a powerful, loving soul living in a perfect physical vessel.
2. The purpose of this physical life is to be happy and to enjoy the abundance that surrounds you. To that end, you exercise your free will; it is always within your own power to choose where you are going and who you are being.
3. Love is not inside or outside or all around—in fact, you are love. Moreover, you are part of everything, and everything is part of you.
4. Accept that you are a physical and nonphysical being—mind, body, and light. Accept your divinity and become whole, and holy.
5. You are as divine and powerful as the essence that created all. You are God in the flesh. Do not feel bad or uneasy about accepting this truth.
6. Become consciously aware of who you are, and hold that awareness in your mind as you flow with life. Find your inner light and start acting upon your power.
7. You each have an equally important place, purpose, and reason to exist.
8. Love holds everything together; by embedding love into everything you think, do, and are, you can live with purpose.

9. Become a "human being" more than a "human doing" by being more in touch with our inner light.
10. The partnership with your soul is the most important of all the relationships in your physical life.
11. Stop resisting life and instead, embrace it from the heart. Sit still, listen to your soul and trust in its guidance, your intuition. Enjoy the ride, wherever it takes you.
12. Acknowledge your inner powers, accept and welcome them as a gift from God to you, and integrate them gratefully into your life.
13. There is nothing that cannot be accomplished, nothing that is impossible when you summon your power within.
14. The recipe to a fulfilling life is simple and gratifying: reconnect with the light within, unmute your soul, and restore its voice.
15. Life is a present for you. Appreciate and acknowledge it by being present in life.
16. The new way of living life simply asks you to experience life from a different perspective, a different point of power, and with a new attitude. This new way of living is really a new way of being.
17. The power of your thinking not only influences your life, but also connects, works, creates, and collaborates with others at a higher level of consciousness, changing life in this world.
18. We are all one: physical and nonphysical, material and ethereal, form and spirit. Embrace the concept of oneness and finally give up the idea that you, that we, are separate from everything else.
19. You are working in synchronisation with other souls; therefore, all your actions have to flow in accord with theirs, like in a dance. Enjoy the knowledge that Spirit is always walking by your side, reminding you that everyone and everything is an active participant of the creation process through the dance of the soul.
20. Always remember: The ego segregates, the soul integrates. The ego weakens, the soul strengthens. The ego is fearful, the soul is loving. The ego is darkness, the soul is light.

Afterword

Opening the Doors to Your Soul: The Beginning of a New Journey

Let's celebrate! We've made it to the end of this amazing experience, the co-creation of this book. It has been an incredible endeavour that would never have been possible had I not listened to and trusted the calling of my inner voice, and had we—you and I—not been willing to ask for information, insights, truths, love, and light. As I told you at the beginning, this is a communication from soul to soul, a subconscious dialogue between spirit that has enriched us at many levels and has changed us forever in so many ways. I hope that you enjoyed reading this book. I am sure that you will come back to it over and over again, each time surprised by the discovery of a new idea, a new thought, or a new tool to assist you and enhance the journey of your life.

For now, it is my wish for you to regain zest and enthusiasm for your life ahead and for the power you possess to create it the way you dream it. It is my wish for you to be overflowing with empowering questions and a thirst to seek answers; both will push you forward onto new pathways. It is my wish for you to feel thrilled by your newborn desires, knowing that you have a purpose and a destination that you are determined to discover and follow; and by the beautiful and precious sensation of feeling alive and harmonious within yourself and within the whole. If you haven't yet realised it, something magical has taken place over the reading of these pages: *you have changed!* You are not the same person who started at the beginning—can't you feel that inside? You have opened doors within your subconscious mind that awakened your conscious mind to new levels of knowledge and understanding. It doesn't matter how much or little you have taken in; it is enough for you, at this stage of your journey, to redirect your path in the direction of the light. My last wish is to have provided you with enough material to inspire you to revise your beliefs, to refresh the way you see life, to

reawaken long-forgotten dreams, and to create new ones, and to take any opportunity you are presented with to steer your life onto new ground.

It doesn't matter where you are in life, whether you are at the top of the mountain enjoying spectacular views and believing you have it all, at the bottom feeling overwhelmed or discouraged, or somewhere in the middle struggling to reach the top. The message of this book is clear and firm: no matter who you are, what you do, where you are, or what your life situation is; you have the power to turn any challenge into an amazing journey of transformation.

You can open the doors to your soul, and by setting it free, you will shift the understanding of yourself from that of a physical being to that of a spiritual one. This shift in consciousness, this awakening of the self, will see you becoming who you really are, who you were meant to be. Once you reach this place, everything is possible. Celebrate the beginning of this new journey, a journey of growth, happiness, harmony, love, and healing. Let your intentions be your guide. Focus on every single step of your path, allowing the full picture to develop and evolve before you at its own pace and rhythm. Find purpose in the way you feel inside. Walk the paths to your destination using the directions of your inner guidance.

Become friends with the voice within you, learn to trust it, savour the way it feels and sounds, and with time, you will discover that the voice and you have become one. This is when your life will take on a new meaning and dimension and you will live your life for what it truly is, a journey to happiness. Rejoice in your divine nature and do not be afraid to call yourself what you really are: a beautiful and eternal soul evolving through this human experience of life.



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