

Express As YOU:  
Celebrate Your Uniqueness



Stacey Stephens

**PRAISE FOR**  
**Express As YOU:**  
**Celebrate Your Uniqueness**

“Although this book has only a small number of pages, it is filled with positive thoughts and energy on how to believe and trust in being the person who you truly are. If you have any negative thoughts about the current state of humanity and the world, then this little gem helps to put another perspective on life that is really uplifting. If you want to learn to be unique rather than a copy of someone else, then this is a good place to begin.” ~ Angela James, author of *The Golden Moonbeam*

“I am chi-lighted to provide an endorsement for ‘*Express As YOU: Celebrate Your Uniqueness*’ as I love its emphasis on Nature as inspiration for expressing our own brilliance. Stacey Stephens clearly expresses with uplifting imagery just how easy, yet important, it is for each of us to step into our own greatness.” ~ Stacey Hall, CEO and Founder, The Hall Institute of Intuitive Wellness; author of *‘Chi-To-Be! Achieving Your Ultimate B-All*

“This is the pure and empowering message that all people need to hear. Its elegance is based in our own power to live in love, with ourselves, and all of life.” ~ *Amazon Review*

# Express As YOU: Celebrate Your Uniqueness

Stacey Stephens



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## **EXPRESS AS YOU: CELEBRATE YOUR UNIQUENESS**

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## DEDICATION

To everyone on their Soul's journey of Awakening, I dedicate this book.

This work is also dedicated to my wonderful, loving, Soul-mate and husband, Jack Stephens, for his gracious support in everything that I am.

Most of all, I dedicate this little book to myself; the aligning of my body/ego-mind/Soul. It has been a great tool in expressing my true authentic, Soul Self.

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## Foreword

Jack Stephens, author of the Amazon.com bestseller, *Soul Self*

Who among us is willing to apply themselves with unwavering focus for hours, days, months and years to become their true Selves? I'm sure that there are very few people on the planet with as much diligence and dedication as Stacey Stephens. I have never personally known another human being like her. I've witnessed miracles, healings and instant awakenings in her presence. She acknowledges her own abilities with grace and humility and teaches and demonstrates by her example that we are all capable of the remarkable goodness, power and wisdom she shares; it is our true nature.

I have been blessed with the unique advantage of being Stacey's husband. This has given me the rare opportunity to share her path; to walk side-by-side with her as I make my own journey toward expressing my true Soul Self. While this path has not always been easy, the rewards have been substantial. Since we have been together, I have been the primary beneficiary of her teaching and example. She is a daily inspiration to me as I reach deeper, expand further and bring myself into greater states of awareness, brighter joy and personal fulfillment.

Stacey uses her bright heart and clear wisdom to illuminate the limiting programs of conformity and suppression that stifle the Soul's natural expression. We are all capable of the same. When we are willing to break free from our ego-mind limitations and express as our Soul Self, we can truly celebrate our uniqueness. We can experience our own divinity, and the divinity within every living being. This is where humanity is headed – into the shared experience of our divine nature – Soul to Soul.

We each must do our own work. Fortunately, we can utilize the wisdom that Stacey has gained through her hard-won effort. This small book is of immeasurable value. I invite you to carefully meditate upon each passage, as there are fields of prosperity within each kernel of wisdom.

## Preface

This book is a very personal one, in that I wrote it for myself, for my own evolutionary process. It is quite dense, which is why it is not very long, because this is how the Teacher in me teaches myself. I could unpack each paragraph to fill numerous pages, making it a larger book, but I do not wish to think for you. Rather, I desire for you to think for yourself; to learn to rely on your Soul to work with your psyche to unfold from within it what is right for you at the time. This way the book can be reread, each time gaining new insights from within; similar to the way some Master Teachers teach in parables or poems.

This leaves room for the imagination to soar. Taste for yourself each thought, and experience the ripeness of its flavor. It is alright if you find areas where you feel resistance. This is bound to happen with any new thought form that is different from your current belief system. Do not stop there though, because once you allow yourself to try something new you will find great horizons open within your consciousness.

I too have struggled with some of the passages within this book. Again, I wrote it for me, and I'm chuckling to myself as I write this preface. I am a shy person when it comes to groups as I prefer one-on-one interactions. Yet, as a 'Soul Awakener', I am directed by my Soul to teach in front of large crowds - a very disturbing idea for me. So I am grateful to the Teacher within for assisting me to strengthen my courageous heart to fulfill my Mission. I am in hopes that you too will gain benefit from these teachings as I have, and still am. Here is to our growth and unfoldment!





# Part One



# 1

## Naturally You

There are many ways of living which bring new expressions to the world of mankind. Seek within to Awaken your unique expression. The closer you draw to your Soul's expression, the closer you are to expressing what is uniquely YOU.

Conformity is an ego-mind design to make life more uniform. Yet, diversity is Spirit's greatest expression. Uncover the true Artist within yourself. Flow with the pulse of the Universe that moves with every kind of vibration imaginable.

Share with the world all that wants to express as YOU. Support others in their own uniqueness. Celebrate life's diverse expressions.

When we allow ourselves to be limited in our expression, due to societies rules, customs, traditions, religious doctrines, rituals, philosophies, governmental policies, cultural characteristics, opinions of others, etc., we restrict the flow of life-force energy pulsating through our bodies. This restricted flow is the cause of ALL DISEASE.

What humanity needs more than anything is to Awaken to life's bountiful expressions. Everything is energy. There is nothing in existence that is not. Therefore, it can be deduced that God is ALL THAT IS. With this revelation one is free to choose what type of energy they desire to express.

There are degrees, levels & spheres of consciousness throughout all of existence. Everything has a vibration. Every frequency is available. Nothing in itself is 'bad.' Yet, there are wise combinations of frequencies, and there are recipes for disaster. We are at choice.

Our Earth supports every vibration in its proper place. Balance is a key factor which keeps life moving forward. When we behave in extreme manners, we tend to create situations that become harmful to ourselves and others. Although this is permissible within free choice, it is not wise. And eventually, accountability makes itself known.

Our Souls know wisdom. When we listen within to our inner guidance before taking action, we develop a relationship between our ego-mind personality and our Soul. This is the most powerful relationship that can ever come into being. We then can become our Soul Self.

Expressing as our Soul Self gives us a freedom like no other. We no longer need to fear that we will cause ruin, to either our own Self or to others. We can relax in our knowing that our Soul will only guide us to express harmoniously with all of life.

Harmony is what we are truly after, because with harmony everything works together for the good of all. Realize within yourself this Universal truth so you can set yourself free to fully express YOU as Divinity.

Savor the sweetness of true desire. Relish the life-affirming consciousness that co-creates with all of existence. Wake up to your full knowing. Exercise your free-will gladly for the betterment of humanity. Display your positive intentions for all to prosper. Awaken others with your spiritual wisdom. And, radiate your truth, knowing that all is well.

I am so delighted with the freedom I feel in my new Awareness; Freedom to LOVE every nook and cranny, the higher and lower expressions of life, the ALL of it. Every expression has its purpose and its lesson to love even more. I break open my heart to accept everything as it IS and still reach higher to create better. Nothing is for not. All of existence has its place. With love and compassion the world will be uplifted into the higher expression of WHOLENESS and harmony.

Freedom comes when boundaries are forgotten, when titles mean nothing more than personal expression without superiority over another. Who can say that one is greater than another? Differences are our birthright and I take pleasure in life's variety.

It is such a relief to see everything as consciousness in expression and to know that I am free to express as I am in this moment, ever evolving with the pulse of the Universe. As I become more natural in my expression, I feel the wildness of Nature opening within me channels of knowing from times gone by, as if I were living once again among life's wilderness.

We have distanced ourselves from the natural ebb and flow of Nature to the point of living in a man-made world where systems are established to alter life's natural flow. This sets up within people unnatural expectations about life, and these false positives act as detours within our bodies. To bring back our true nature we must come back to God's Nature.

There seems to be a man-made pill for just about every ailment. The irony is that most, if not all, illness comes from our living so unnaturally; out of sync with Nature's purity, harmony and wholeness. We create our own dis-eases by means of our own man-made substances.

In Nature we find wholeness intact. Humans have chosen to isolate chemicals "for improvement." Yet, we find that when we tamper with natural order, we subject ourselves to the consequences of this separation from wholeness.

We must come back to living in harmony with God's creation. This will alleviate ailments in a matter of days, weeks, and in some cases, years. We have the answer. We must apply the solution: Come back to natural living.

What is a natural human? Have we come so far that we have forgotten? Never! It is innate within each one of us; within our Soul. Awakening to our Soul Purpose will help us to become more in tune with life's natural flow.

The flow of the Universe is vast and we are a part of its rhythm. All we need do is Awaken to its pull.

Pain comes from the need for life to push us from behind until we enter the natural pull of the Universe that is in constant motion. Let go of everything holding you back, for this is where you will find relief from great pain. Releasing the old and embracing the new is the natural cycle of life. Live it to the fullest. Revel in Nature's Way which is evolving in a forward movement, moment by moment.

Nothing alive in Nature is stagnant for very long. Stagnation causes death. Movement supports life. Only man-made things stand still, and yet, not really. Man-made items only move backwards into decay. Only Nature, which is alive, has the ability to grow and move forward in life. Stay as close to this miraculous life-affirming energy as you possibly can in your current circumstances.

Living in the flow of life, of Nature, is a key factor in living a healthy well-balanced life. God's Way, Nature's Way, is how the Universe was designed to expand for eternity. We would all do well to move with this life-giving flow. Live an affirmative life alongside Nature's evolutionary flow. This will illuminate the real you within your life expression. Nature is our model to follow.

Open your heart to express the beauty within your Soul. Every living creature has a Soul bubbling forth with love, needing to express its divinity. Become your true expression, your Soul expression that is uniquely YOU. And then, share yourself with the world, the Universe, with God, ALL THAT IS.



# 2

## Discernment

We can copy the antics of animals. We can learn dance steps from our favorite performers. We can imitate just about anyone. Sometimes this is fun to experience. And yet, what really fulfills us is expressing ourselves freely, our own uniqueness, in every moment.

Judgment and condemnation squelch individual expression. If every conceivable thing is achievable, then why limit ourselves to following the path set out by others? Especially due to the fact that imitation can be nothing more than laziness of Self-expression?

We are individuations of the whole of existence. We are not meant to be a 'cookie cutter' form of expression. We are born with the capacity to express diversity and to evolve with the ever-changing tide of life.

Take charge of your unique expression by weeding out the judgments you yourself carry within you. Only when you stop judging will you be free from the judgment of others. Remember the spiritual teaching, "Do not judge, lest ye be judged."

Take the time to find within your own psyche the areas that keep you separated by judgment. Separation is the cause of all emotional pain. You can alleviate your pain now with this simple, yet challenging process.

See the beauty in life. Recognize where folly spoils goodness. Endeavor to create from LOVE, which is the opposite of judgment. Try it on for a few months and see for yourself just how wonderful the world becomes in your own life experience.

Why would you want to limit anyone from their own choice of expression? As long as there is no great danger to life, everything under the sun is not only permissible, but encouraged by the Soul. Our Soul truly desires freedom of positive expression for everyone. Become a friend to all by allowing them their own choice as to how they live.

Incite others to Love. Encourage and show by your own example the bliss that comes from positive choice. Work together for the good of all, including other life forms upon our globe. Every Being has God's spark animating itself with life-force energy. All life is sacred and deserving of respect.

Ignorance is the ego-mind's thoughts separated from the wisdom of the Soul, or heart. Awaken to your Soul's knowing by listening to your heart. Feel the courage that propels you to act for the good of others. Not only will this lift humanity to greater heights, it will also lift you into a state of ecstasy.

Feel with your heart the proper course of action to take in any given circumstance. Rely on your innate wisdom and live by your truth. You are the co-creator of your life. Choose wisely what you create and where you create from – your INTENTION.

Intention is the foundation upon which one builds their life. Examine your intentions with impeccable care to make sure that each brick you place upon your life's structure will stand the test of time.

Nature is adaptive and ever evolving. Learn from this intelligence that permeates our Universe. Rely on your natural innate wisdom. We are each born, fully equipped, to live a meaningful and fulfilling life. Give thanks for your current circumstances as you co-create even better conditions for yourself to thrive within.

It is not always easy to put aside judgment. I like to distinguish between judgment and discernment. This helps me to put things into better

perspective and assists me in loving all. I use discernment in everything I do. I discern what is right for me in any given circumstance. I discern for myself which course to take. I discern what food to put into my body for its greatest well-being. I like to discern whose company I choose to keep and what media I allow into my consciousness. There is absolutely no judgment in my discernment.

Judgment includes condemnation and sometimes punishment. Judgment also likes to play ruler over another; to power over through control. Judgment makes definitive statements for the masses to follow, without leeway for Self-expression. Judgment stifles individual thought, demanding conformity among people. Judgment has been likened to a death trap where even good intention is portrayed as evil. Judgment is the opposite of LOVE, which is unconditional.

As I eliminate judgment from my consciousness and replace it with discernment for my own well-being, I find that I am more in love with all of life in its varying stages of development. I am able to feel compassion for people who are ensconced in negative judgment because of popular belief, and this love for them frees me to understand where they are coming from. This then leads to a feeling of acceptance and peace with life.

The phrase – ‘All you need is Love’ truly denotes the meaning of life. As I love more, especially paying attention to how I feel in each moment, I become more aware of just how amazing life is. I am a participant in this thing called life. I am the co-creator of my own life and also I am a co-creator in the world of humanity. My very essence has an effect that is more far-reaching than I could ever imagine. This is true for everyone.

I can no longer feel insignificant because I do matter. I belong to this Earth and all of her inhabitants. This creates within me a desire to help co-create a better world for humanity to fully express themselves, their authentic and unique Selves. By replacing destructive judgment with life-affirming discernment I am free to express myself as I am in every stage of



my Awakening. And, I am in a position to allow others their own expression.

We are all at varying levels of consciousness. There are certain phases that everyone experiences. Infants grow through childhood, mature into adolescence, and then move into adulthood with its many stages. We are each where we are for however long we need be. Some adults stay in immaturity longer than the norm, and that is where they remain until they choose otherwise. Compassion allows for each person to grow at their own pace.

Love shows by example. We are naturally intuitive Beings and a person's energy matrix has more affect on others than their thoughts, words or actions. Here on Earth it is too easy to lie. It takes real insight to determine a person's integrity. Yet, our feeling nature, our intuitive nature, knows immediately whether what we sense is honesty or dishonesty in disguise. I trust my intuition and instinct. It serves me well. It is how animals and people decipher between safety and danger.

The more natural I become, the safer I feel because I can trust myself to be alert to know when caution is necessary. I do not have to remain in hyper-alert, which is stress-inducing and harmful to my system. I trust that I will know what I need to know when I need to know it. This is such a free feeling to experience within my life. It feels good.

Trust is one of the greatest forms of Love. My love for myself grows stronger with Self-Integrity. My love for others grows stronger with trust in Life. As I trust the unfoldment of my life I can love even that which seems unlovable. I know there is nothing in the Universe that is not Love, for that would be impossible. God is LOVE, God is ALL THAT IS. There is nothing else, only varying degrees of consciousness.



# 3

## Uniquely YOU

Have courage to express the delights of your Soul, for in the Soul's expression there is harmony with all life. Our Soul knows no bounds; it knows only positive, life-affirming expression.

It is the ego-mind personality developed apart from our true expression of Soul which creates hardship and destruction. Trust your Soul's innate knowing to guide you along life's journey. It will not fail you.

Abide in the peace that surpasses all understanding. Know that ALL IS GOD. Live your life as a celebration. Become a haven for others to find comfort within your friendship. Be the friend you desire to share your life with; love life with all its goodness.

Endeavor to forgive those whose consciousness is lagging behind. Recognize the reason for their constrained expression and help them to liberate themselves from the mire of limited thinking and restricted actions. They yearn for freedom of expression just as you do.

Fear grips the multitudes, causing waves of mass destruction to our planet. Freedom to express as our Souls desire will usher in a new Era of Divinity. Be the change that needs to take place among mankind; pioneer the way for others so they may take comfort from your example. Show people that there is another way. Soul expression is the answer to life's dilemmas.

YOU are your own answer. Listen within to your Soul's calling. It is calling you to wake-up and smell the roses. Enjoy life here on Earth. Do not wait for death to experience a heavenly state. Live now. Co-create paradise

on Earth, beginning with your own backyard. Expand this enlightened consciousness to include every aspect of your life. There is no need to wait for others to catch up. Be the change first, to ignite the flames within humanity, to light their Souls on fire.

I so appreciate authenticity. I desire to experience true intimacy with each person I meet. It is a compliment to me when a person feels free enough to be themselves in my company. And, I feel delight when they accept me.

Here is a good rule of thumb – LOVE lifts up, inspires and motivates one to take *action*, giving to others. NEED begs from, asks for and takes from others; playing the victim. A person can claim to love another, but words are empty in themselves and the feeling of love for another is really self-serving. Loving sentiments without affirmative action may be perceived as lies; e.g., someone saying, “I love you,” without showing you with their deeds, attention or true caring for your well-being.

How much do you SHOW people that you love them? Real Love is active. I like to recall the wise saying, “Faith without works is dead.” We show our level of love by the actions we take to assist others in their well-being.

I feel so blessed to have come to this point in my life to be free in my Soul’s true expression, always expanding evermore. It is liberating to excel in my creative and compassionate expression. To be a Light that can ignite the spark of divine in others. I love how people’s heads turn when I walk into a room, not because of my outward appearance, rather, because of my presence. Felt presence is the mark of the ‘guru’ or master teacher, one who has become the embodiment of the teachings themselves.

To be a ‘tuning fork’ that brings people back into a more natural state of Being is a valuable asset to humanity. I no longer need to hide from the purity of my Being. I am free to express as ME, my true Self, my Soul Self. This is not conceit or vanity. Those types of judgments are what keep people

playing small. No more of that for me. I will delight in my true nature as a loving, caring human being living my life with all of humanity here on planet Earth.

I now reach out to each and every one of my peers requesting that they allow themselves to Awaken to their full expression, so that humanity can lift itself up into the consciousness of DIVINITY. The time has come for all of us to become the true, authentic and beautiful expressions of our Soul Selves. Join me now and heed this call to action. We must co-create a world where everyone is free to express their divinity.

I am growing every day, and I see no end to the evolutionary expansion of consciousness. IT IS ALL GOD and I am free to expand with the pulse of the Universe. Free yourself to ride this progressive wave to a higher expression of life. Rejoice in the knowing that, "It is God's good pleasure to give you the Kingdom." (Luke 12:32)

We are each to reign as either King or Queen of our own domain. King + domain = Kingdom. YOU are your own ruler, the ruler of your life. It is up to you to accept this charge and build up your domain to serve humanity in a way that is befitting a powerfully good administrator. Our Souls are our greatest authority because Soul authority is synchronistic, harmonious and fair to all life. Become your true Soul Self and rule your Kingdom wisely.

I beseech you to dig deep within your psyche to remove all barriers to your knowing of this great wisdom. Stop playing small, stop buying into the false teachings of piety and judgment. Remove victimhood from your consciousness and replace it with Soul authority. Become the change you wish to experience in the world. It all begins with YOU. Stake your Soul's claim to reign over your own life. And allow others to do the same for them. Peace will reign over Earth when true authority is expressed: Soul Authority.

IT IS UP TO YOU.

## Part Two



# 4

## Your Desires

Are you ready to receive every wish you have ever made, even the ones that you longed for when you were 8 years old? Or, would you rather fine-tune them in the experience of NOW to create only that which you desire at this time in your life? Either way, YOU are the deciding factor as to what exactly you will allow into your experience.

It is perfectly alright to change your mind. Especially if what you sought in the past no longer suits you. Remember that this life is about you. That is, YOUR life is about YOU. Everyone else has their own life to live as they see fit. Focus on YOU, period.

This is in no way selfish, rather it is altruistic. Each person alive is here to co-create for themselves all that they desire. And, the wonderful thing about life is that it likes to be shared. Have you noticed how every species on the Earth, including plant, animal, insect, etc. truly appreciates their connectivity to others? It is our true nature to live in an interconnected and communal way. We need others in our life to feel truly satisfied and fulfilled.

Also, we thrive from sharing the innermost parts of our Being – our Soul. Souls already know this interconnectedness with ALL THAT IS. Sharing is our Soul's greatest delight. When we allow our Self to share intimately with another Soul, we open connections within us that remain dormant until activated. Activation of the Soul Blueprint, or purpose is the number one goal to be achieved while in body.

Our most important relationship is with our Soul. Our ego-mind is a very small aspect of us. Even though it gets most of our attention in this time

of ego domination, it is our Soul which holds the answers we are seeking. Reach deeper within to the place that is connected with Source, where all concerns melt into oblivion. Peace and mastery lie here – in the place of creation.

This creative space is connected to your feeling nature and can be felt as joy when expressing your true desires, or as pain, fear or anger when you deviate from your inner truth. Utilizing this inner guidance system will assist you to create in favorable ways. Remember to FEEL the right course to take.

Allow yourself to desire all that feels right to you, regardless of another's opinion. There are numerous belief systems that will endeavor to make you wrong. Realize that it is these programs that have the flaw. Your personal desire is just that – YOUR PERSONAL DESIRE. No one can dictate what is right for you. They can only take responsibility for their own desires.

When you master this simple understanding, you will be freed to express YOUR TRUE DESIRES. This is the goal of humanity, to co-create in a way that is fulfilling, joyful and with true freedom of expression. Only then can there be peace within the psyche, when there is no longer an outside force preventing true expression. Many of the ills of this world are due to people imposing suppression, repression, and outright denial of freedom by their ego-mind belief systems that create the unnecessary interference in other people's life creations due to an obsession to obtain control or dominion over another. Avoid these controlling factors.

Now is the time to express your deepest, innermost values. This will keep you in the positive flow of the Universe. You will not need to fret over the possibility of doing harm, because you cannot as long as you are living true to your values.

Values can be likened to an elixir that sustains, balances and promotes well-being for everyone. Many values can be found within spiritual teachings, such as – compassion, understanding, wisdom, love, mercy,

peace, reverence, patience, faith, virtue, kindness and joy. Appreciation for family and service to others are also valuable desires to have and express.

Become your own true friend by allowing, cultivating and growing your true nature. Within you are all of the ingredients for a happy life. Live it. Become the expression of your Soul. Create from within you, within your heart space. Here-in lies the key to a fulfilling life, where all of your true desires are met and the well-being of the planet is nurtured. Awaken to your dynamic role as a co-creator with other like minds to bring Earth's balance back into being. There is no greater endeavor.





# 5

## Your Beliefs

Yes, belief is the way we create our life circumstances. Only that which we truly believe can and will show up for us on our journey. We are literally co-creating our circumstances bit by bit. We can change at any time, as long as we also make that change within our belief system. And not just superficially on the surface of our fleeting mind, such as a fancy, a whim, or a weak hope that is not substantiated by truly making our mind over. This deep change may prove laborious compared with fleeting notions, but the end result shows its true value.

Habit will pull you backwards if you allow it. Make sure that you follow through with appropriate actions whenever you make a change within your perception. It is not that the ego-mind is deceptive. That would be implying impure motive to an aspect that, in reality, is only a programmed response mechanism. That's right, the ego is designed to be programmed to take care of your physical existence without you needing to constantly think about the mundane issues of living, such as driving a vehicle, fixing food to eat, going to the bathroom, etc. These habits allow you to free your mind to think on other things while your programs take care of themselves.

The key is to program your ego-mind in a way that truly serves your best interest and the highest good for all life. When you take the time in the beginning to set up for yourself a way of life that is productive and fulfilling, you can then relax into your creative mode and co-create a wonderful life experience, without the unnecessary sabotaging complications that get in the way due to glitches in your belief system.

We are each able to re-program our ego-minds (making our minds over) by forming new habits. Everything you do without thought is nothing more

than a habit formed by a decision you made at one time in your life. If you learned to write with your left hand, instead of your right, you may feel awkward to change hands if too much time has passed, because habits form inroads within your mind and once formed, they are difficult, though not impossible, to change. If you were to temporarily lose the use of your left hand due to a sprain or a break, you may then utilize that time of healing to change the predominance of your left hand to that of your right. Remember you already did this in 3rd grade, but you chose to go back to your left hand, because it was only for a week due to a blister. If it were 6 weeks because of wearing a cast you may have changed permanently.

New habits are difficult in the beginning, but their rewards far outweigh the trouble. Make up your mind to make the needed changes in your life so you may produce better results. Do not long for your old habits. Rather, enjoy the freedom to change for the better.

Flow with where your Soul is guiding you to go. Make no excuses as to why it would not work out. Trust in your Soul's knowing. It has a plan that you are privy to, you just need to clear out the cluttered doubts that get in the way. You still believe that you must wait for others to catch up. YOU DO NOT. You must be the one to break new ground. It may take them awhile to catch on to the extraordinary flow of your energy, but, in time, they will. Allow yourself to be the first, to be the example, to be the leader.

Everyone will grow at the pace that is right for them. You will not be alone for long. Relish your new strength and anticipate making great leaps. Build upon the last ones and look forward to more, always more. You get bored when you choose to wait. Wait no longer.

What are you waiting for? If you are sure of your purpose and your mission, there is no need to wait to express it. It is yours to do. Others who wish to be involved will learn from your lead and it will make it easier for them to follow in your footsteps. Remember the 100th Monkey phenomenon where monkeys from another island begin doing that which

their fellow primates learned many miles away. Life works that way. Be the first to act.



# 6

## Your Knowing

You are not your thoughts, though you do live the life that your thoughts design. Think about it. Do you want to live at the mercy of your untamed mind, or from the creation of your precise ideals? It is up to you, and no one else.

Guard your heart, for within this place you will find your Soul's aspirations. These are the keys to co-creating a world of harmony and true expression. Together, all of our Souls make up a force that cannot be broken. We are on this plane of existence to discover our collective power for good to create from unity consciousness, while expressing the diversity of this planet. We are here to be unified in purpose to work together with the natural forces of the Universe and the elements of planet Earth.

Community consciousness has great leverage when it comes to co-creating a more sustainable and fulfilling life experience for Earth's inhabitants. When two or more are gathered together in a single purpose there is great power, especially if the focus is based upon highest good for all. Soul power is the strongest power in the Universe, for it is the power of LOVE. Join with other Souls to co-create a more desirable governing system that aligns with true freedom of Soul expression. This will usher in the New Era of Divinity.

There are many strong leaders in the field of Spiritual Awakening. The new buzz words are Soul, Purpose, Blueprint, Awakening, Sustainability, Well-Being & Balance. There are many avenues where these topics are being discussed and taught. More and more people are turning to Channelers to listen to the wisdom from these non-incarnated Beings. The word is out. There is more to being human than what we have been trained to believe.

Be ready for the time that is near for you to be among these powerful teachers. You are ready.

All of your knowing has prepared you for this time. You have made the openings within your psyche to allow for your Soul's purpose to expand. Be not afraid. The energy necessary for this endeavor is within you, awaiting your permission to be unleashed. Allow your Soul's blueprint to fully activate NOW.

Within your Soul's blueprint resides the information codes needed to Awaken humanity from its slumber. The external power forces have designed this world to be distracted from its true nature, and from Nature itself. With all of the entertainment, mind numbing video games, superficial chatting, texting and internet relating, people have closed down their hearts to true relationships, physical touching, eye contact, Soul to Soul connection and loving care for Earth and her inhabitants.

Use your body as a tool to assist people to wake up. Radiate your frequency recipes to help open the hearts of humanity. Bring back the innate nature of people to live in harmony with Nature, the Earth, the wildlife, the forests, the oceans, with all of life on this amazing planet.



# 7

## **Your Soul's Aspirations**

Everything in your life experience has its roots within your psyche. Take the time necessary to uncover these systems of creation so that you may choose what truly serves your best interest, which will then automatically be good for the All. It can be no other way, because everyone and everything is interconnected within your mind, your feelings, and your life, for all Souls are truly ONE SOUL; that is GOD.

This concept may be confusing at first, but in time you will come to realize that it is not meant to make sense to the intellect, but rather, it is an experiential concept, one that requires 'no thought.' Meditation brings you closer to this comprehension of ONENESS. Entering into Samadhi allows for the mind to be quieted while the Soul expands into enlightenment. This experience allows for the Awakening into God consciousness, where all is experienced within the interconnectedness of the ONE.

Spend more time in this state of Awareness. Allow your Soul to create a better life experience for you to enjoy. Give yourself permission to BE happy. Happiness is feeling connected to life. It is feeling a part of the whole experience of living. Stay connected at all times. Allow yourself to feel everything. Let the energy flow through you and wash you clean. Then your Awareness will expand into greater realities that await your attention.

While immersed in your Soul's creative process, allow yourself to shed old ways of perceiving things, dissolve old belief systems that do not serve your highest good. Trust your VISIONS, trust your FEELINGS, and trust your SOUL. Allow your mind to come into alignment with your Soul's knowing. Become your Soul Self by bringing all of you into the wholeness of BEING.

There is nothing inside or outside of you that is not a part of the whole. Know this – IT IS ALL GOD. Wholeness means just that. There is nothing separate from the whole, for that would be impossible. You must come to this recognition deep inside of yourself, for your psyche is having trouble deciphering what is its own and what is not. It is all you, every bit. Accept this now so you can move forward.

There is nothing outside of YOU. Everything in your life is an aspect of yourself because you are the designer. Now is the time to redesign from your Soul's perspective and clear up the mess that your ego-mind psyche has made from believing in the lies of this ego dominated world system set up by those who desire to have power over the masses. Stop their old programs from operating in your life. Stop now.

You must take back your control over your choices as to what you will allow in your body, in your mind, in your environment, etc. Take charge of yourself and choose better. Create from your Soul space rather than your ego-mind. Operate your mind from the true control system that your Soul has set up for you within your blueprint. Within this blueprint that your Soul designed before you incarnated is the information on how to live a fulfilling and empowered life. Focus here.

Spend your time in the control station of your blueprint so you may uncover the veils that you have put over the windows by the programming you received from your parents, teachers, religious leaders, government, commercialism, and social media designed to keep you wanting more, buying more, and feeling disempowered.

You know what you truly desire; your Soul's aspirations. You know what truly matters for you. LIVE THIS. Break completely free from the systems that prevent you from becoming your Soul Self. Join with other like-minds who are also building up their true power to live the lives designed by their Souls. The time is coming soon where Earth will no longer be

divided by war, competition, getting ahead or brutality to Nature. People are waking up. Keep the faith.





## **Afterword**

Thank you for purchasing and reading this book. In your reading, I hope you were able to expand in your acceptance of the wonder that is YOU. Thank you for joining me on this journey of Self-Awakening. I appreciate your participation.

Rich Blessings, Stacey Stephens

## About the Author



### **Stacey Stephens: Healing Channel for The Ancient Ones**

Stacey Stephens Co-Founded Soul Self Living, Inc. with her Soulmate and husband, Jack. For over 30 years she has assisted people as an energy healer. Since 2010, she has been channeling messages from The Ancient Ones and making them publicly available on the Soul Self Living website, in regular emails to our subscribers, and collected by year as an Amazon Top 10 Bestselling Book Series, along with her paperback anthology *Messages from The Ancient Ones: The First Five Years*. These books are available on Amazon.com. She truly enjoys assisting people to uncover their purpose for this incarnation. Because her way of teaching is experiential, she has gained the reputation as a spiritual teacher who brings her students to a state of spiritual ecstasy through communion with their Divinity. Her purpose is to awaken humanity to the true understanding that we are all divine beings, capable of great acts, with everything we need to guide us toward fulfilling our missions.

## **Regular Updates from The Ancient Ones Email**

In addition to sharing her personal wisdom, Stacey Channels spiritual beings known as The Ancient Ones.

From time to time, we share emails with a new Message from The Ancient Ones and other uplifting resources for the Soul Self Living community. We would be honored if you would subscribe at:

<http://soulselfliving.com/subscribe/>

## **Other Offerings to Enrich Your Life at Soul Self Living**

Our purpose is to assist humanity to awaken their deep inner knowing from within their Souls, allowing perceptual changes to broaden their acceptance of individual creativity and value, combining with the collective consciousness of the whole to bring about cooperation, harmony and unity for the highest opportunity of all.

It is our desire to be of service in providing this transformative material. We have designed the Soul Self Living website and our books to assist individuals to awaken at their own pace, as their inner process unfolds. We are honored to share in this sacred connection of Souls awakening to their true divinity. May we all come to live a Soul Self life, accepting each individual as a brother or sister, working in unity to bring forth peace, wisdom and love.

We are also honored to deliver the illuminating messages channeled through Stacey by The Ancient Ones. Their wisdom and guidance is a blessing for all of humanity. We hope their message spreads far and wide.

~ Jack and Stacey Stephens

## Online Course –Awaken Your Soul



In this self-paced online course you can learn how to create more balance, harmony, and well-being in your life. Well-being encompasses every area of your life: physical, emotional, mental, spiritual, energetic, relational, financial, environmental, etc.

The Ancient wisdom made current in this course can help you shift into deeper intimacy with your Soul. As you become best friends with this Divine aspect of yourself, you can improve your own well-being and better assist those you love.

Awaken Your Soul is the complete collection of over 400 messages/lessons from The Ancient Ones channeled over the years by Stacey Stephens.

[Explore the Course: Awaken Your Soul](#)

## Channeled Vibrational Healing Intensives

Whether you are facing a physical illness or injury, suffering from emotional trauma, seeking mental clarity, or desiring energetic or spiritual support for your well-being, you don't need to struggle on your own anymore.

Stacey Stephens offers an energy healing service called a Channeled Vibrational Healing Intensive in which The Ancient Ones work through her to perform healings.

Learn more at [www.SoulSelfLiving.com/Healing-with-Energy/](http://www.SoulSelfLiving.com/Healing-with-Energy/)

## Other Books by Stacey Stephens

[Messages from The Ancient Ones: The First Five Years \(paperback\)](#)

[Messages from The Ancient Ones: Year One](#)

[Messages from The Ancient Ones: Year Two](#)

[Messages from The Ancient Ones: Year Three](#)

[Messages from The Ancient Ones: Year Four](#)

[Messages from The Ancient Ones: Year Five](#)

[Messages from The Ancient Ones: Year Six](#)

[Messages from The Ancient Ones: Year Seven](#)

[Messages from The Ancient Ones: Year Eight](#)

These books, channeled through Stacey Stephens, contain Universal wisdom for the transformation of individual and collective consciousness. We are so pleased to share them with you now, in this published collection of public communications from The Ancient Ones. Simple, yet profound, each message touches the hearts and Souls of every reader willing to experience more of their divine nature. They are Amazon.com Top 10 Bestsellers.

"The Ancient Ones really 'spoke to me' on a level not many books do. Reading the words touched me physically as if a spark inside of me was recognised, acknowledged, held and understood. The messages shared within take you to a place where you are able to open your heart and mind. Guiding us to a place where each of us becomes our true selves and in doing so raising the consciousness of all humanity.

Reading through you begin to understand how we show up in the world, how we influence others. Every one of us knowingly or unknowingly plays a role in the shift in consciousness around the world. The Ancient Ones teach us that acceptance is the key to gaining mastery in life, as is compassion, wisdom and service. It's up to us to make our mark in this time and space. Reading The Ancient Ones is simply a start to all you can be, for yourself, for others and for the world." ~ Wendy Fry, author of *Find YOU, Find LOVE*

## ***Soul Self* by Jack Stephens**

“Do you know what your Soul's desire is? Are you willing to find out? This book, *Soul Self*, will assist you to develop the most important relationship in your life - the relationship with your Soul. We are Beings comprised of the physical body, the ego-mind and our Soul. Together we make a whole individuated part of GOD, ALL THAT IS. We choose to incarnate for the purpose that our Soul has designed. *Soul Self* will help you to discover what that purpose is, and it will guide you in fulfilling your true reason for being here on planet Earth.” ~ Stacey Stephens

“Soul Self is an outstanding primer on living a soul-directed life. It should be required reading for every student in high school and college. If I had been given this book at that age, I would have saved decades of searching, seeking, and experimenting to find my own soul path.” ~ Lion Goodman

Purchase this Amazon.com Top 10 Bestseller here:

<http://www.amazon.com/dp/B00807T790/>

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