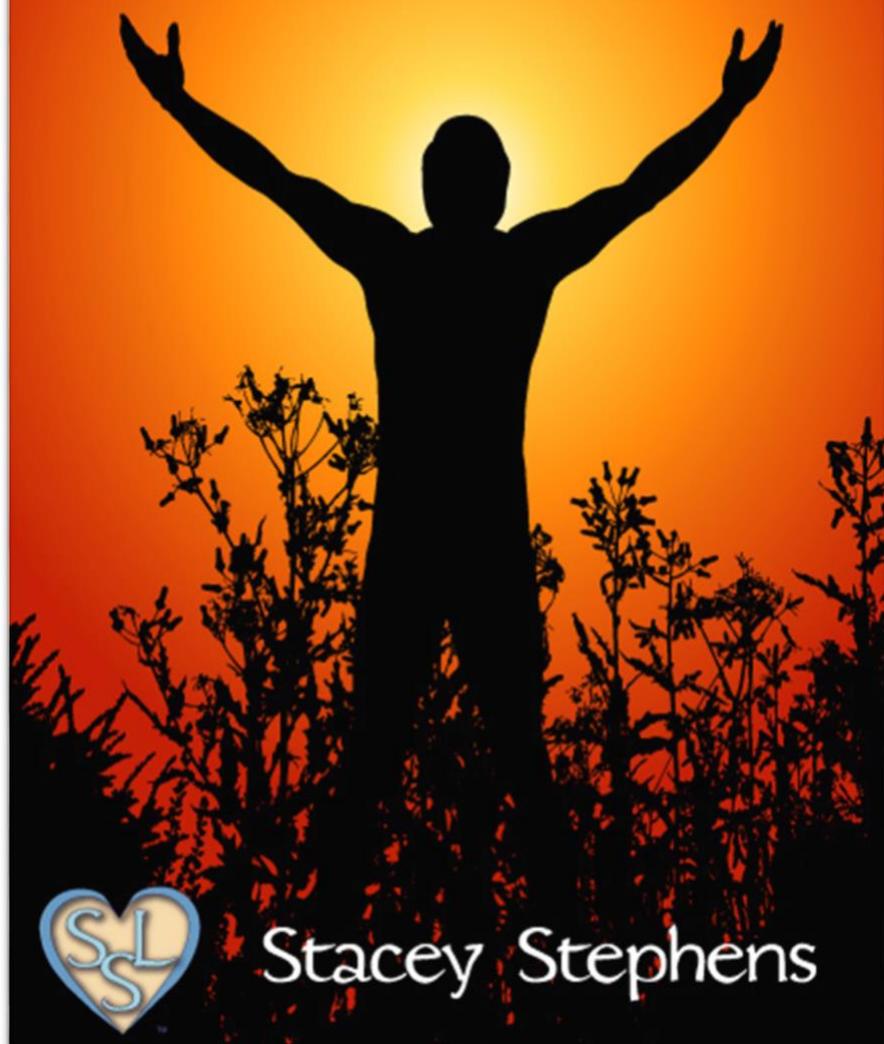


Express As YOU:
Celebrate Your Uniqueness



Stacey Stephens

PRAISE FOR
Express As YOU:
Celebrate Your Uniqueness

“Although this book only has twelve 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 Be-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 Customer*

Express As YOU:

Celebrate Your Uniqueness

Stacey Stephens



Soul Self Living Publications
Reno, Nevada

EXPRESS AS YOU

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DEDICATION

To everyone on their Soul's journey of awakening, I dedicate this first book of the new series, *Soul Expression*.

This work is also dedicated to my wonderful, loving, Soulmate 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

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.

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

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 channel 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 hopeful that you too will gain benefit from these teachings as I have, and still am. Here is to our growth and unfoldment!

This book is the first in a series of approximately ten all together, which will eventually be combined into a larger completed work, *Soul Expression*. May you enjoy each one as they are released in turn.





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.

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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.

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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

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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.

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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.

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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.

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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

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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

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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.

Afterword

Thank you for downloading 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, and I look forward to sharing with you more in the continuation of this series, *Soul Expression*. Until then...

Rich Blessings,
Stacey Stephens

About the Author



Stacey Stephens: Healing Channel for The Ancient Ones & Bestselling Author

Stacey Stephens Co-Founded Soul Self Living, Inc. with her Soulmate and husband, Jack. For nearly 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 a [weekly email](#) to our subscribers, and collected by year as an Amazon Top 10 Bestselling Book Series, along with her new paperback anthology *Messages from The Ancient Ones: The First Five Years*. [These books are available on our website](#). 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.

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Further your journey of self-awakening with our self-paced, online course, **A Year to Awaken Your Soul**. We've compiled over seven years of Messages from The Ancient Ones, channeled by Stacey Stephens, into a daily series that will transform your life from the inside out.



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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

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 any more.

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- Making a significant difference in the lives of others
- Being truly happy and fulfilled

Over the past 25 years Jack Stephens has helped thousands of people like you shift their perceptions and transform their lives.

Learn more at <https://SoulSelfLiving.com>.

Other Books by Stacey Stephens

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

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

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

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

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

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

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

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

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

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*

By Jack Stephens

In *Soul Self: How to Tame Your Mind, Uncover Your Blueprint & Live Your Soul Purpose*, spiritual teacher Jack Stephens explains, with crystal clarity, how to bring your Soul, ego-mind and body into balance and alignment, and gives wisdom seekers practical tools to make lasting change for a brighter life.

Divided into three clear sections, Distinguishing Between the Ego and Soul, Finding Your True Voice, and Being Your Self: Acting On Your Soul's Direction, *Soul Self* offers valuable insight into how to access and embody higher states of awareness, turn knowledge into wisdom, and shift from ego-driven to Soul-guided living, creating greater happiness and prosperity.

"Jack Stephens' *Soul Self* engaged me with wisdom I found throughout the pages. He starts off with a wonderful and instructional analogy about a horse and its rider (as it relates to your personal journey through life). Then a few pages later you get to "*Pebbles: A Fable*." This simple, powerful story is worth the price of admission alone. The wisdom in just these three pages will do wonders for your spiritual journey if practiced! *Soul Self* contains very important lessons and simple yet essential practices on "what to do" when you experience conflict between the ego mind and your real Self. If you're looking for guidance about your Soul's Blueprint, or just need a reminder, you'll find helpful, confirming, and inspiring answers in *Soul Self*." ~ Ken Obermeyer, author of *The Journey To Joy: Reconnecting with the Real You*.

[Read a preview of *Soul Self* here](#)

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