

INTRODUCTION

Do you know what makes your soul shine? What adds that divine sparkle in your effervescent soul? It's doing what you love. That's how our Soul Works. When you follow your heart, pursue your passions, love yourself and give love to others, your vibrations rise and your soul's light shines brighter. This book is all about helping you become your happiest, brightest and shiniest self.

When we feel overwhelmed with stress, confusion, impatience, frustration and anger, our vibrations become low. We refuse to embrace change and desperately try to hold on to the past... which is already gone. The more desperately we hold on to these thoughts and emotions, the more our soul suffers. But when we open ourselves to new experiences and learn to let go, we can nurture our mind-body-spirit connection and truly reach our fullest potential. All we need to do is surrender to what is and accept what comes our way.

Unfortunately, we live in a society where pursuing surface demands and materialistic goals is given more importance than taking care of our soul's health. And this leads to myriad mental illnesses like stress, anxiety and depression. As we keep popping pills to maintain our sanity and achieve materialistic goals, the harmony between our mind, body and soul shatters. Our soul starves.

But our soul is the center of our being. The core of our existence. We, as human beings, are meant to feel, experience and live. Not to suppress our emotions and ignore mental health concerns simply to accomplish what the society tells us to. We can only experience true happiness by tending to our soul. By listening to our inner voice and increasing our self-awareness we can nourish our spirit and make the soul happy. By connecting with the Divine we can experience inner peace and spiritual bliss.

We, at **The Minds Journal**, understand how the Soul Works. That's why with careful attention and meticulous effort we have developed this engaging & enlightening book to help you navigate better through life and find your true purpose. Our objective is not only to help you nurture your soul, but to help you improve your mental & emotional health, build meaningful relationships and improve the quality of your life. We help you open yourself to all the positivity, happiness and bliss around you, absorb it all and spread this happiness to others. We open your eyes to the endless possibilities calling you towards them so that you can explore your hidden desires, rediscover yourself and understand what truly makes your soul happy.

Welcome to Soul Works!

The Minds Journal is dedicated to enabling individuals to awaken, empower and assess themselves to understand their true purpose in life. We are an all-encompassing online mental and emotional wellness platform for promoting mental health, self development, healthier relationships & better living. Our mission is to reduce the stigma around mental health and encourage honest conversations. Over the past couple of years, we have become the pioneering and definitive guide to your mental health.

Visit *themindsjournal.com* to access original, high quality, informative and helpful Articles, Blogs, Stories, Poetry, Quotes, Thoughts, Photos and Videos instantly on mental health, relationships, abuse, horoscope, self-development, parenting, quizzes, books, movies & more. Now we are proud to announce Soul Works Edition I where we have carefully compiled a collection of selected articles and quotes for our readers.

Let the mind talk begin!

BEGIN YOUR JOURNEY OF SELF-DISCOVERY

Do you know what you want from life?

The key to understanding this begins with understanding yourself. Being aware of your personality traits, strengths, values and dreams can help you know yourself a little better, figure out what is missing from your life and take steps for personal fulfillment. Self-discovery is the greatest adventure anyone can embark upon and Soul Works is the map that can lead you to the buried treasure... your inner self. Yes, the journey can be perilous at times, but in the end knowing yourself will be worth all the effort.

Begin your pilgrimage of self-discovery with The Minds Journal. We have curated a collection of 53 hand-picked articles and uncountable quotes crafted with passion by talented authors & experts from across the globe. To help you delve deep into your own psyche and emotional depths, we have categorized this book into 4 distinct sections so that you can smoothly navigate through the treasure map of self-discovery. These deliberately designed sections portray four stages that you must experience to recognize your personal power.

Stage 1: Listening to Your Soul

In this loud world filled with distractions, your inner voice may often get lost amidst all the noise. But you need to pay attention to that subtle voice of your conscience because the soul always speaks the truth. Our inner wisdom and a guidance system drives us towards our predestined destination. By listening to our soul's truth we can understand what it needs from us, who we are meant to be, recognize the signs of the universe, let go of unhealthy patterns and behaviors and understand the meaning of life. So pause, breathe deeply, calm the noise inside and listen!

Stage 2: The Way of Life

Life rarely goes according to our plans because life has its own plans. Despite our best efforts, we often find ourselves trapped in messy, chaotic and uncontrollable situations leaving us wondering "why?". In our pursuit of happiness, we believe we have paid our dues, yet we find ourselves failing even when we were sure to win. Our destiny steers us through a mysterious path so that we can learn acceptance. When we accept ourselves and our life as it is and let go of things we can't control, we empower our soul. It liberates us of our limitations and helps us experience happiness. Without the lows of life, we'll never be able to appreciate the highs. Embrace the glorious mess that you are because that's the way of life!

Stage 3: Building Healthy Relationships

Relationships bring meaning to our lives. We are designed to connect with others, especially our soul family. Healthy relationships are based on love, trust, respect, responsibilities, compromise, understanding and genuine care. The quality of our relationships with our family, friends, partners and others affects our emotional stability & wellbeing and influences our relationship with ourselves. Sadly, most relationships are now riddled with unhealthy and toxic patterns that lead to abuse, infidelity and ugly breakups. Identifying unhealthy relationship behaviors and putting effort into building healthy ones can help us connect deeper with people we love and our soul. Happy relationships give us the strength to be true to ourselves. It is up to you to decide what you accept and who you allow in your life.

Stage 4: Healing yourself

In order to awaken your inner self and align yourself with The Universe, you must learn how to heal all the psychological distress and emotional pain that cripples your soul. Self-healing can help you relieve all the emotional wounds, establish a stronger spiritual connection and embrace happiness. Being mindful and aware of our thoughts and emotions can significantly improve your mental and emotional wellbeing. Healing comes from a place of self-love, self-compassion, self-care and acceptance. Healing involves identifying your toxic habits, engaging in positive self-talk, establishing personal boundaries and standing up for yourself.

Let The Minds Journal help you become the best version of yourself.

With Love

The Minds Journal

*Soul
Works*

The Minds Journal Collections

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FOREWARD

5 years ago, I was a fledgling blogger and Linda Greyman, editor of The Minds Journal, reached out to me to see if I would be interested in writing for them.

At that time, TMJ was a fledgling website whose goal was to help educate, support and inspire people who were struggling with all areas of their life. I was thrilled to be asked to join them and signed on right away.

5 years later, I am a successful blogger and life coach and the TMJ has made a difference in the lives of countless people all over the world. By bringing together bloggers with a myriad of experiences and interacting with their many readers, The Minds Journal has helped people from all walks of life be inspired and informed to get the lives that they seek.

10 years ago, I was newly divorced and living with bi-polar disorder. I was struggling to find my way in the world and was always looking for inspiration from others as to how to do so. The journey was not always easy. I often felt like I was taking 2 steps forward, 1 (or 3) steps back. At times, I was ready to give up but I never did.

By doing the hard work that was needed, and supported by the wisdom that I found in The Minds Journal, I was able to build the life that I wanted – to have a successful business, to be happy with myself and to find the love of my life.

The Minds Journal has given us all a gift by publishing this compilation of great articles by brilliant minds from all over the world. At your fingertips, you will find inspiration from those of us who have done the hard work and made it. You will also find information about how you can get there too. And it's all right here for you, in one place, to help you take your steps forward to getting the life you want.

I know when I get my copy, I will leave it on my desk and open it, daily, at a random page, ready to absorb whatever inspiration that page will give me. I am so excited.

Mitzi Bockmann

Certified Life Coach

<https://tmj.bz/mit>



ACKNOWLEDGMENTS

I would like to thank countless people who have inspired and helped me throughout my life and made this journey possible. Without them, I would not have been able to accomplish this and complete Soul Works.

I am thankful to my family and friends for their unconditional support, careful guidance and constant encouragement. I would like to thank my husband for being there for me through all the ups and downs.

I thank all the amazing mentors and experts who have inspired me, helped me learn and grow as a human being and a publisher. I thank all the authors and writers I have collaborated with over the years and the ones who have directly contributed to developing this book. This wouldn't have been possible without you.

Thanks to all those who read an advance copy of this book despite their busy schedules, gave genuine feedback and helped me make Soul Works my proudest and greatest creation yet. Thanks to each and every individual who has, directly and indirectly, played a significant role in bringing this book to life.

I would also like to thank all the readers of The Minds Journal for making it such a huge success, for making me believe in myself and for inspiring me to create Soul Works much sooner than I had originally planned to.

Lastly, I would like to thank you, the reader, for your interest, time & trust in Soul Works.

I am grateful and inspired by the beauty of life and I hope this book inspires you too.

- Linda Greyman

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