

Soul Connection Kit

For the Pandemic



There is never a better time to align with your soul and hear your deepest wisdom than in a Pandemic.

It's also possible that many of us may be facing so many challenging realities that it is a tough time to access the wisdom of our souls. But I think that is even more of a reason to try.

These two things make accessing the inner wisdom of your soul easier:

1. You create a space that is sacred to you, and you do some centering activities like deep breathing or guided visualization or yoga, to enter into an inner space of receptivity.
2. You ask questions that the deeper part of you is likely to respond to. It's my role to come up with those questions, in this kit. Your role is to come to those questions with openness and curiosity.

What helps you hear your inner wisdom?

Experiencing Loss



All of us have experienced some degree of loss in this Pandemic, and it's important to acknowledge those losses, as a first step.

For some of us, it is the loss of a loved one or acquaintance.

For others, it is the loss of our lives as we knew them to be (never to return to exactly the same world).

Some of us have lost work.

Some of us have lost the feeling of our freedoms to experience our lives in the ways that we have always taken for granted: moving about to shop, enjoy entertainment, take care of things in our lives.

Most of us have lost our customary ways of interacting and connecting in important relationships.

What have you lost, and how does it feel to you?

What is important to acknowledge about those losses?

What feels stressful about those losses?

(Some of you may not feel acute stress, depending upon your circumstances. All of us have different experiences of this Pandemic, and all of us have our own unique responses to those experiences.)

What's the extra care you need to give yourself in your experience of loss?

Being in the Void



All of us are in transition between the world as we knew it, pre-Pandemic, and what the world is becoming. There is no way to know for sure right now what the world is becoming. And we can't just jump over there. So, that leaves us in the void.

As humans, we are tremendously resilient and resourceful beings. Even though it may not feel that way at times, we have the inner resources that we need to be in the void.

What is it like, for you, to be in the void?

What matters most to you during this time, and how does that inform your choices right now?

Who do you choose to be, in the void?

We don't necessarily choose the circumstances that we find ourselves to be in, but we do get to choose who we want to be, and we can decide how we can be responsive rather than reactive.

What are your own inner resources or qualities that will most help you be in the void?

What do you need to let go of, for now?

Embracing Opportunity



Embracing opportunity in the middle of all the uncertainty, tragedy, and loss of the Pandemic may feel like an oxymoron.

However, just as there are losses, there are opportunities. We just need to look for them.

They may be “doing” things. Maybe you now have unexpected time to do something that has been calling you for a long time.

You may be able to serve in a particular way that taps into your unique skills, nature, and abilities.

They may be “being” things, which can be just as powerful as “doing” things. There may be new or expanded opportunities to love or be compassionate, with yourself or others, for example.

What are the unique opportunities of this time, that you may not have had prior to this Pandemic?

What can you do now, to support your health, happiness and prosperity in the future?

How is your work or business changing, and how can you serve your employer, co-workers, or clients even more fully, to support their well-being?

How can you help, or contribute to someone else's well-being during this time?

Don't feel badly if it isn't time, yet, for you to embrace opportunity. We will each live our own unique timeline in the transition that is this Pandemic.

Facing Unknown Territory



Facing Unknown Territory is a bit different than Being in the Void.

Both of them are important stages in any big transition.

Being in the Void, as we explored earlier, is about being in the nothingness, before things start to move again.

Facing Unknown Territory is about that stage when you are called to move back into your life in a fuller and different way, but you are still really unsure of what the territory will eventually look like. You are truly facing an Unknown Territory.

When we face Unknown Territory, it's much more about choosing who we want to be than about planning our "doing" steps or timeline. When you're in Unknown Territory, you really can't effectively map your path ahead of time. It's usually about moving forward one step at a time, without seeing the whole picture.

So, it becomes even more important to consciously choose who you want to be, and to take each step as it is revealed to you. Living in alignment with your values is one example of choosing who you "be".

What are your most essential values, and how can you live them even more fully in the chaotic and changing environment of the Pandemic?

Who do you choose to be as you move forward every day, in increasing uncertainty?

As I mentioned before, we don't always choose our circumstances, but we can choose who we "be" in our circumstances.

What is it especially important to attend to right now, and what are the things that you need to do differently in your life, in the midst of change?

Caring for Yourself



I don't need to tell you that whatever your experience of this Pandemic is, caring for yourself is of utmost importance. If there was ever a time to make Self Care a priority, this is it.

What are the most critical practices (mind, body, spirit, emotions) for you to attend to, in order to sustain your health and well-being?

How can you be extra-compassionate with yourself during this time?

Return



Return to the first page, and re-read all of your answers to of the questions, with an open and curious mind, and a compassionate heart.

What are the themes that you see throughout the pages?

What has become clear for you?

What actions or commitments are you inspired to, as a result of your reflections?

Questions



We are all living in a time of so many questions, during this Pandemic.

When we are living in a time of many questions, and what seems like few answers, it's really important to cultivate our connection with our souls, the seat of our deeper inner wisdom.

It's often important to be willing to hold the questions, to live with them, until the answers arise from deep within us.

How will you continue to cultivate that connection with your inner wisdom?

What are the most important questions that you are living with right now?

How can you give yourself permission to live with the questions in a state of openness and receptivity, without knowing when the answers will come?

How can you be gentle with yourself in this time of many questions?

Thank You



The Pandemic of COVID-19 is a new and unique experience for each of us.

I invite you to be compassionate with yourself, and, more than ever, to cultivate that inner relationship with your soul, the voice of your deepest wisdom.

Trust that your deepest inner resources are the source of true stability and clarity in the midst of any uncertain situation or circumstance.

Cultivate, cultivate, cultivate those resources.

And care for yourself diligently, compassionately, and gently.

Please always feel free to get in touch with me to let me know about your experience with these kits.

With much love, and many blessings, in uncertainty,

Lynne

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