



# What My Soul Told Me

*Richard Barrett*

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## **What My Soul Told Me** Richard Barrett

This book provides a practical step-by-step guide to soul activation. This four step process involves: Connecting with your soul; Befriending your soul; Trusting your soul; Becoming one with your soul. You are a soul in a human body but your ego is unaware of this. To fully step into soul consciousness, you must learn how to align the beliefs of your ego with the values of your soul, and commit to leading a values and purpose-driven life. The ultimate arbiter of where you have got to on your journey into soul consciousness is the quality of the connections you have with other people-not just your family and friends, but the strangers around you. Every person you meet is a soul who is working on the same project as you-promoting the evolution of human consciousness. Rejoice in your common heritage and purpose by connecting with them wherever you are and whenever you can. When you fully realize who you are, you will understand that in caring for others, you are caring for yourself.

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