

Three Ways Your Soul Communicates With You

By Lais Stephan

Expansion happens on a soul level. There is no expansion without growth, and growth comes in so many different ways. Every soul is unique and came here to learn, and to have different experiences. For some it may be to learn how to set stronger boundaries, not to be a doormat – to learn how to say NO more often. For others, it may be lessons of letting go of limiting beliefs, of people and situations that are no longer serving their highest good. Or it may be a lesson of quitting a job that is killing them on a soul level, or of learning how to deal with rejection.

Dear ones, your soul wants to feel excited. It needs to grow, whether professionally, or in your private life. When we halt this growth, because we fear change and the unknown, we will feel stuck and lost. On the other hand, when we make important decisions to change our lives, we embark on a soul journey and will expand.

How does your soul communicate with you?

Your soul loves nothing more than being of service to you. It loves guiding you, yet too often our minds are busy and we don't listen to the whispers of our souls.

1) Your soul speaks through curiosity

When you feel curious about people, places, books etc., it's your soul trying to guide you. I can't stress this enough: any form of curiosity you have, even if it only lasts for a few seconds or minutes, you need to follow that curiosity. Make a note somewhere about what you just thought about that made you curious, and then follow up as soon as you can (I'm not

talking about any actions or behaviours that might get you into trouble!)

2) Your soul speaks through sending you strong impulses, such as your gut feeling and intuition

Sometimes you may have an idea about something and you feel there is a lot of energy behind the thought, or the decision you wish to make. This is what I call an impulse.

I once had a very strong feeling that I should quit my corporate career, take some time off a feeling that I needed to fly to Thailand and take care of my well-being. What initially was planned to last for a few weeks ended up lasting an entire year where a whole transformation took place for me, changing my life forever. By following that impulse my curiosity let me to start meditating and healing myself on a deep soul level and I ended up finding my unique gift and talent: helping women to heal their past, to master their present, and to create the future they desire.

3) Your soul speaks to you via dreams

Your subconscious mind and your soul speak to you via your dreams. Every dream carries a message. It talks to you via symbols and images. For that to be analysed you need to set the intention to remember your dreams, and once you wake up you need to immediately jot down everything you remember, as otherwise you forget.

Once you start listening to your soul, follow your curiosity – your strong impulses – or receive some valuable information in your dreams, then what?

Go make the magic happen!

There is nothing more magical – I promise you – than being guided by your soul. Because when you are guided by your soul, you are guided by the divine and your higher self.

When you live a soul-led life, you are always in divine alignment. You are always exactly where you are supposed to be – and that includes all negative experiences, too. They might feel negative to you, but in fact it's exactly those experiences that launch your big transformative journey.

I wouldn't be where I am today, if I hadn't had a total breakdown in 2011. At the time, I felt like an ugly, unloved worm – and even worse, an ugly worm without a damn life purpose. I felt lost, stuck, and I lacked energy, but I took action nonetheless.

Magic equals expansion. All this magic I talked about – all the letting go's, digging deeper into your soul, doing self-development work, making important decisions like quitting a job, leaving a relationship, starting a family – all of these decisions will put you into a transformation mode and you will feel expansion.

What is expansion? It is an energy that will help your mind, body and soul to align to the new you. It doesn't happen overnight. It might last a few days, a few weeks, or a few months, depending on the depth of your journey.

How does expansion feel?

- You feel invincible, like you are on the right track
- You feel elated
- You feel energetic and as if you could make anything happen in this world
- You feel in the flow and everything just seems to fall into place for you
- You feel profound happiness, even when it might be a scary journey and you still fear the unknown
- You feel extroverted and want to share your experiences with the whole world

And then prepare yourself for a shit-storm: the retraction period. I would love nothing more than to tell you that the

expansion period could last forever. Being in love with life, being in the flow, feeling like you are finally on the right track. All of this just makes you feel so high and happy. But after each expansion comes a retraction period.

What is retraction? It's the opposite energy of expansion, and it needs to happen, as your body needs to integrate all your learnings and all the changes in your life. Your physical vessel is much slower than your mind, your heart, and your soul.

In order to integrate all these changes, you need to allow your body to catch up. You most likely will feel confused, as you felt so great and wonder what's going on now.

How does retraction feel?

- Your energy around you will retract and you will feel exhausted for no reason
- You wake up tired even when you slept well
- You will curse all the decisions you took and will question whether it was the right thing to do
- You might have depressive mood swings
- You will feel like, after you took one step forward, you're now taking two steps backwards and that will depress you even more
- You will feel more introverted and in need to be with your energy
- You might feel easily triggered by other people

Ultimately, what is happening is this: you are now in a *cocooning phase*. You only see and feel darkness, it feels claustrophobic. You have no idea what comes after, you can't see the light at the end of the tunnel. Many will feel a depression settling in.

This is what I call a spiritual depression. Do not worry, dear ones. This is very normal, and even necessary. Your body is shedding toxic energy that doesn't serve you anymore. Your

physical body is catching up with the higher frequency of your new transformation. All your cells are releasing old junk. What you are feeling is in fact a deep detox.

What's next? What I want you to know is this: Enjoy the expansion and feeling of being on top of the world. Enjoy it fully while it lasts. Don't attach yourself to these feelings, though, and know that everything in life is temporary.

Don't fear the moment when that high feeling stops abruptly without any warning and you feel like you just crashed, big time. Embrace the new retraction phase, as hard as it sounds.

You are exactly where you are supposed to be. Don't feed too much into any negativity you are feeling right now. Know that it's a detox phase and nothing more. Take good care of yourself now, get enough rest, eat well, exercise, go for walks, journal, and remember that there is always a light at the end of the tunnel, and that once the retraction period is over, you will jump a few steps forwards and continue on your expansion journey.

For more self-study, [The Urban Howl](#) recommends [52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve](#) .

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F*ck This Shit: Rest, Let Go & Answer The Call To Allow Big Transformations To Happen

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supposed to be. Don't feed too much
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