



*10 Keys to  
Soul-Hearted  
Living*

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# 10 Keys to Soul-Hearted Living

by Debre Reble

*You can live in spiritual alignment with your soul's journey through incorporating these heart-centered practices into your life. In this e-guide, **Ten Keys for Soul-Hearted Living**, I offer you the spiritual tools from waking in the morning to intending, affirming, and walking in grace every day. What I refer to as soul-hearted is a flow of pure energy sustained through the heart and expressed as soul through our human experience. Using this template, you will realize your natural ability to tap this divine energy source, create the fullest expression of yourself, and share this expanded experience of life with others on all levels. Applying these practices, you will open to a more positive energy flow which brings about clarity, vitality, happiness, and wellbeing.*

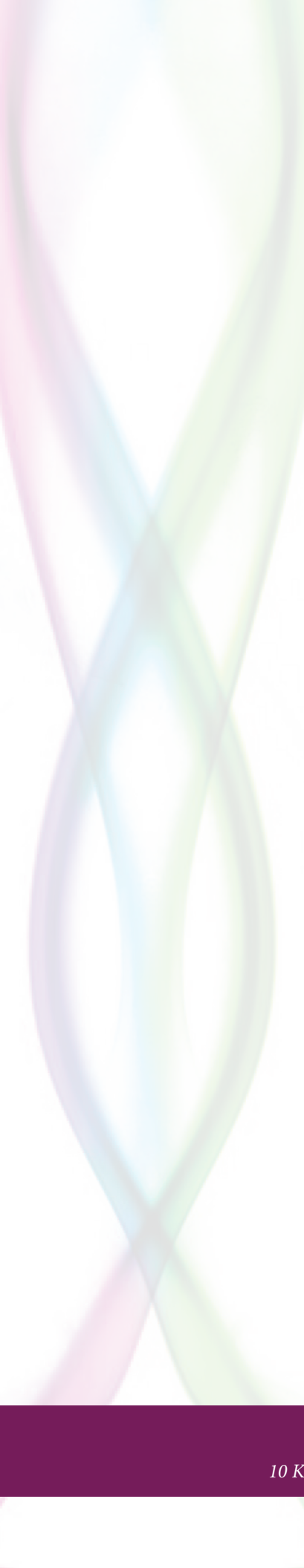
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## The First Key...

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**The first key to living a soul-hearted life is committing to our spiritual transformation through *trusting ourselves and our connection to source*.** In this discussion, source means the origin of pure energy that flows through each of us—also known as light energy, higher power, universal energy, divine intelligence, or God, depending on one's point of view. When we trust ourselves and our connection to source, we let go of controlling our lives and allow the unfolding of it. We acknowledge the divine order that exists in everything around and within us. Aligning with this natural flow of energy, we release our perceived control and create a simpler, easier way of living that enhances our daily experience.

We trust that our spirit is stronger than any situation we can possibly face and with every setback comes even greater personal transformation. With such a spiritual perspective, we even view problems, challenges, and difficulties as stepping stones for such



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change. We embrace every situation not as a source of fear or upset but as an opportunity for growth, even when it unravels the fabric of our lives, such as losing a job, ending a relationship, suffering from an illness, or grieving the loss of a loved one. As a channel of spiritual information, we see the responsibility we have for creating our reality and remove ourselves from the cause and effect relationship with what happens in our lives. We trust that we are the creators of our own reality and capable of manifesting positive outcomes.


Instead of reacting from fear, avoidance, or resistance, acknowledge yourself as a strong, sensitive, and intuitive person connected to your source. Trust yourself and open to the spiritual information coming through your heart. This information assists you in perceiving your life experiences as opportunities to fulfill your divine potential. Be aware of choices coming through this channel for manifesting your intentions, and follow through on creative ideas and projects.

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## **The Second Key...**

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**Another key to soul-hearted living is practicing conscious awareness.** Conscious awareness is our intuitive ability to tune in to spiritual information providing us with a broader perspective from which to make better life choices. As a heart-based practice, it assists us in noticing, appreciating, and paying complete attention to our thoughts, feelings, and sensations in any given moment. For instance, you may have experienced such awareness as a feeling of “aha” or as a moment of sudden clarity when everything comes into focus as if through a camera lens. Such heightened conscious awareness bypasses logical thinking and awakens an instantaneous inner knowing through our heart.



By using conscious awareness, we can access a greater wealth of information to support our spiritual growth and well-being. In doing this we begin to shift from viewing things simply in physical terms to seeing why things happen from a spiritual perspective. Maintain a reflective or meditative attitude as you move through your day. Pay attention to moments of sudden clarity and synchronicities that occur when you least expect them. Acknowledge the things that seem to happen for a reason. Recognize the circumstances without judging them as good or bad. Perceive every interaction or condition as an opportunity for personal transformation. Being consciously aware strengthens our sense of connection with others and the universe so that we know we are not alone on our soul's journey through life.

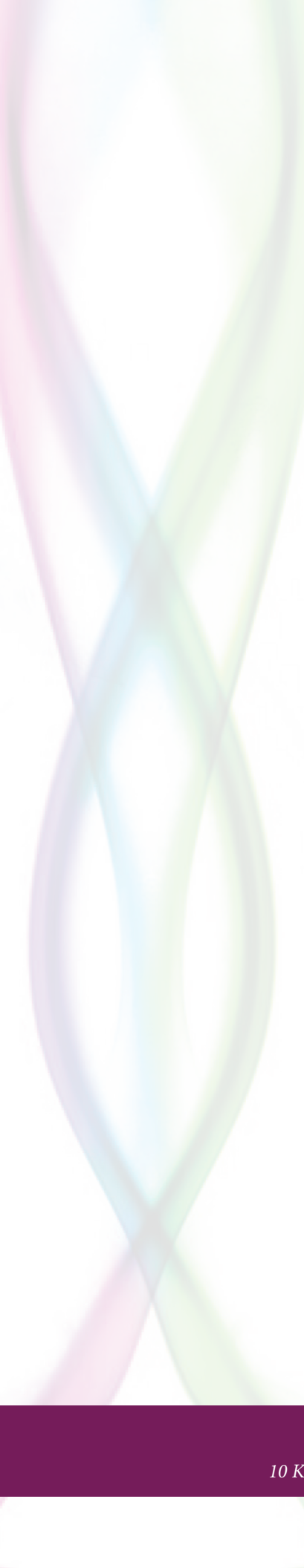
You can closely observe and monitor your thoughts and feelings as they come through your conscious awareness. Instead of reacting to your negative thoughts, you merely witness them like a storm that is passing through your mind with self-acceptance and without judgment. Notice any negative, self-degrading, or violent thoughts, then bless and release them. Replace them with positive affirmations such as "I am light," "I am love," "I am kind," or "I am whole." Use these positive mantras throughout the day. Focus your attention on the positive happenings in your life and your divine presence in the universal flow of life.

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### **The Third Key...**

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**Another essential key to soul-hearted living is *being present* — consistently remaining in a state of being open to receiving spiritual information, and deliberately noticing the beauty in the world, especially during rough times.** We can start by tuning into our senses which turns up the volume on the artistry that surrounds us. Watching nature unfold in its brilliance, we realize that we are all part of a cycle of life and death. In this unfolding, we remain grounded like the eye at the center of a tornado even as the world changes around us. Yet, at the center of this tornado, is the integration of our mind and heart, wherein lies the tranquil core of our being. Such integration offers us insight about ourselves as well



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as the opportunity to be a creative channel for energy to flow through us and manifest positive outcomes.

Practice listening to the voice of spirit through your heart. Sit in a quiet place; enter a trancelike state through breathing, prayer, or meditation; open your heart by touching it, breathing through it, or saying, "Open my heart"; then listen to the voice of your spirit speaking to you, asking it questions if desired. While inhaling, say or think, "Love in," and when exhaling say or think, "Love out." Continue until you feel centered and calm. For at least a few minutes, let your energies expand outward in gratitude or compassion for yourself or someone else.

Being present is living life as a meditation. Discover the wonder in the simplest experiences—a rainbow, a child's smile, a favorite piece of music, or a loved one's warm embrace. Close your eyes and envision a favorite image, such as a sunset or a loved one.

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### **The Fourth Key...**

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**Spending sacred time alone is one of the keys to soul-hearted living.** It takes tremendous courage to face our fears and becoming aware of the source of our vulnerabilities. Many of us find that being alone with ourselves is scary, making us feel uncomfortable. It's important that when we spend time alone we are compassionate company for ourselves, as if spending time with an old, trusted friend whom we unconditionally love and accept.

Create your own safe sanctuary for spending time alone in quiet reflection, whether meditating at your desk, sitting in a garden, looking out a window, or writing in a journal. Begin with five minutes at the beginning and end of the day, then increase the time each day.

Notice your physical or emotional reactions, especially in uncomfortable situations. Give yourself permission to pause then observe your experience from a more expansive, spiritual perspective to determine what your reactions are telling you about deeply seated vulnerabilities and any unresolved pain you may be carrying. Ask yourself: “What is the energy in my body telling me about myself?” “What person or situation am I vulnerable to?” “What is the person or situation showing me about my underlying pain?” Identify the origin of the pain that triggered any reaction by talking to a supportive friend or therapist, or by journaling or having a conversation with yourself.

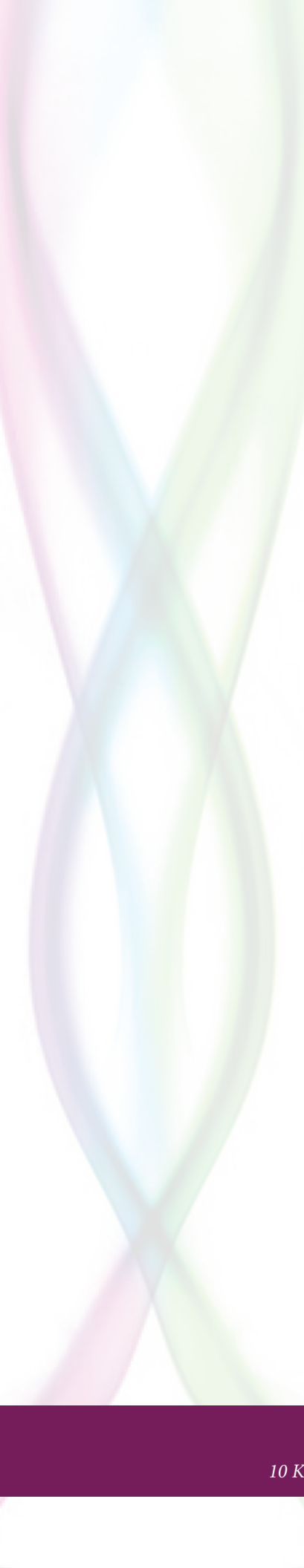
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## The Fifth Key...

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**Another key to living soul-heartedly is sustaining a positive perspective on life no matter what our circumstances.** Looking on the bright side of life governs how we perceive and respond to life's challenges. It assists us in going with the flow, transcending difficult circumstances, and making discerning choices. It also supports us in living longer and sustaining a healthy immune system which can prevent certain diseases. Sustaining a positive perspective in every situation allows us to live beyond negative mindsets, beliefs, and behavioral patterns that cause us to second-guess ourselves. Like any personal training routine, with sustained practice we then build confidence and open to new possibilities.

There will always be circumstances that challenge you in ways beyond what you think you are capable. Pause, open your heart, and release any energy blocks so you can move through any challenge with ease and responsiveness. Whether you are struggling with health, financial, or relationship issues surrender your expectations of how life should be and let it be. Simply saying to ourselves, “Let it be,” signals our brains that we



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have just entered a non-judgment zone and allows us to divest ourselves of an attachment to a person or situation so we can eliminate any associated negativity or resistance. Additionally, it encourages compassion, forgiveness, and acceptance of our own and others' journeys.

A positive outlook allows you to wake up every morning with a sense of gratitude and a healthy anticipation for what is in front of you. Acknowledge the blessings of who you are and what you already have, even if you do not necessarily feel this way. You can start with feeling blessed for being alive, followed by other blessings in your life. Continue the practice by repeating the mantra "I am blessed," or "I bless myself, my fellow human beings, and the earth."

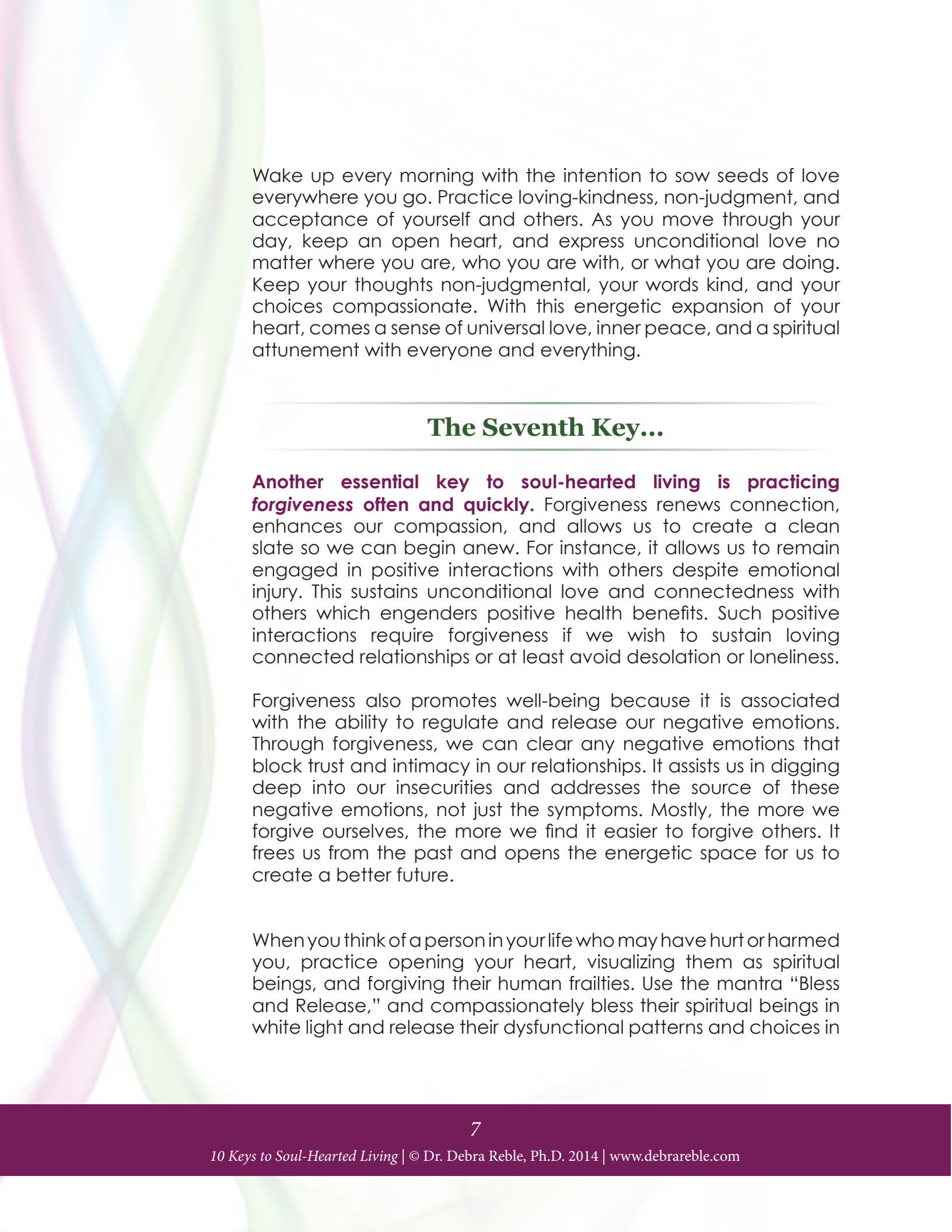
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### **The Sixth Key...**

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**One of the most powerful keys to soul-hearted living is practicing loving-kindness and compassion.** As kindness and compassion are expressions of love, and love is the most powerful force known to us, this connection is undeniable. The more you are willing to give it to yourself, the more you can be compassionate with others.

In every interaction with yourself and others, let compassion be your inner compass. Remind yourself that everyone gets lost at times and you are doing your best to find your way. Be accepting and forgiving of your mistakes and imperfections. Bless yourself and release blame, resentment, and judgment when you react negatively to a person or situation. Coach yourself by using supportive self-talk to clear negative thoughts and reactions, replacing them with encouraging phrases such as "Bless and release," "Open and let go," and "Let it be."



Wake up every morning with the intention to sow seeds of love everywhere you go. Practice loving-kindness, non-judgment, and acceptance of yourself and others. As you move through your day, keep an open heart, and express unconditional love no matter where you are, who you are with, or what you are doing. Keep your thoughts non-judgmental, your words kind, and your choices compassionate. With this energetic expansion of your heart, comes a sense of universal love, inner peace, and a spiritual attunement with everyone and everything.

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## The Seventh Key...

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**Another essential key to soul-hearted living is practicing forgiveness often and quickly.** Forgiveness renews connection, enhances our compassion, and allows us to create a clean slate so we can begin anew. For instance, it allows us to remain engaged in positive interactions with others despite emotional injury. This sustains unconditional love and connectedness with others which engenders positive health benefits. Such positive interactions require forgiveness if we wish to sustain loving connected relationships or at least avoid desolation or loneliness.

Forgiveness also promotes well-being because it is associated with the ability to regulate and release our negative emotions. Through forgiveness, we can clear any negative emotions that block trust and intimacy in our relationships. It assists us in digging deep into our insecurities and addresses the source of these negative emotions, not just the symptoms. Mostly, the more we forgive ourselves, the more we find it easier to forgive others. It frees us from the past and opens the energetic space for us to create a better future.

When you think of a person in your life who may have hurt or harmed you, practice opening your heart, visualizing them as spiritual beings, and forgiving their human frailties. Use the mantra “Bless and Release,” and compassionately bless their spiritual beings in white light and release their dysfunctional patterns and choices in





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pink light. Use this spiritual practice when you want to disconnect the physical energy from impacting you negatively. Specifically, the vibration of pink light energy governs the physical universe so it short circuits the negativity, isolates it, and cuts the energy on it. In these moments, reflect on the connection between your heart and the other person's. Then bless the individual. This tool can be used to release blame or judgment and to more quickly forgive yourself or others.

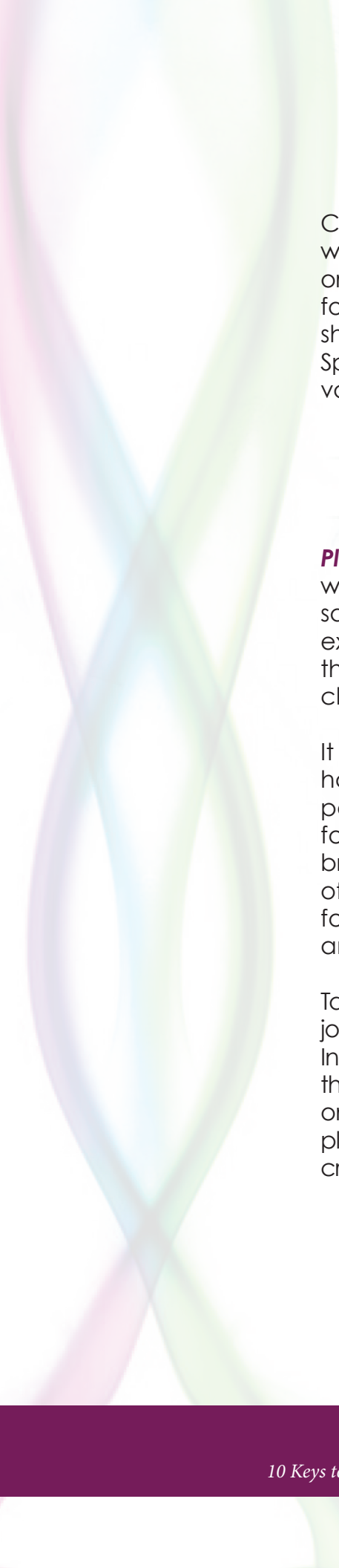
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## **The Eighth Key...**

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**An essential key to soul-hearted living is cultivating an energetic support team.** We all need to belong, to connect, since we are soul-wired to love and be loved. Most of us discover at some point in our lives that the only thing that really matters is spending time with those we love. So it is crucial to surround ourselves and spend time with the people who unconditionally love, listen, and support us. If there are toxic people around us on a consistent basis, and we allow their negativity to affect us, this alone could bring on disease by weakening our defenses.

Recognize when you are energetically drained and vulnerable to absorbing negative energy. Before engaging in a potentially vulnerable interaction, open your heart, breathe deeply, and try to release all reactivity, thereby establishing a healthy physical, emotional, and energetic separation. This also allows you to sustain a positive energy flow without taking on their drama, negativity, or process. Release negative energy by taking a shower or bath to clear your energy field after a stressful day. Engage in such activities such as walking, yoga, massage, acupuncture, or energy work to release tension and toxicity, and open you to the flow of positive energy.



Create an energetic soul support team consisting of people who love, support, and listen to you without judging, enabling, or commiserating, and who encourage you to trust yourself, follow your heart, and embrace your vulnerabilities. Practice sharing your vulnerabilities with someone on your energetic team. Speak your truth from your heart and accept your experience as valid, even though it may differ from the other person's point of view.

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## The Ninth Key...

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**Playfulness is key to living soul-heartedly.** It is essential to aligning with our soul's passion and purpose and sustaining joy and satisfaction with our work. So much so that creative work cannot exist without play. Being playful naturally liberates the mind, opens the heart, and lifts the spirit. In this state of being, we feel free to channel our energies to expand beyond any limitation.

It is important that we dedicate sacred time to simply playing, having fun, and celebrating being. We can do this with ourselves, partners, families, and friends. These playful interludes, which focus on being rather than doing, provide a much-needed break from daily routines and responsibilities, restore the balance of our energies, and deepen all levels of intimacy. By taking time for more play, we become more present, energized, creative, and productive.

Take pleasure in the simple things in life that make your heart sing with joyful abandon. Make a joy list and then initiate one item from that list. Inspire and invite others to humor you or join in as you go barefoot in the grass, dance when you hear music at the grocery store, or float on top of the water. Seek out new activities that make you laugh, play, and explore outside of your comfort zones. Infuse your life with creativity and experience it from a new perspective of wonder.

## The Tenth Key...

### **Sustaining a sense of humor inspires soul-hearted living.**

It connects us to the deepest reaches of our soul and is crucial in healing. Most people express that they would rather die than live a life without laughter. It lowers blood pressure, increases vascular blood flow, and reduces stress which in turn reduces anxiety and depression. When we laugh with others, we share a sense of interconnectedness and belonging which assists in healing as well.

Keeping a sense of humor assists us in moving outside of whatever is happening in our lives so we can assess situations with healthy detachment. Every experience we have, no matter how trivial—an impatient driver who cuts us off in traffic, an irritable waiter who will not look our way, the unexpected loss of a close relationship, or a downpour that drenches us to the bone—can be viewed as something wonderful, humorous, or simply an opportunity to discover more about ourselves.

Living soul-heartedly takes spontaneity, humor, and playfulness—all launchpads to creativity and spiritual growth. Take life less seriously, see it as a passionate adventure, and stay as lighthearted as possible. Be receptive to the possibility of new experiences, ideas, and people in your daily routine. Let go of any expected outcomes, and welcome the enhanced love, joy, and play that streams into your life.

*Living soul-heartedly is grace in motion. We have a sense of riding the crest of a wave, dancing in the light, and being wholeheartedly aligned with our soul's journey. There is no ego, self-consciousness, or reservations, but rather a natural lightheartedness and a sense that nothing is more important than the present moment. There are no problems, hindrances, or obstacles to fully expressing the light of our being. Laughter comes easily and quickly as does the ease and flexibility in playing with all possibilities in life. Ultimately, we experience ourselves as "light beings" having a human experience.*

## About Debra...



Debra L. Reble, Ph.D. is a teacher, healer, coach, and licensed psychologist who conducts a private practice and facilitates workshops on personal transformation and well-being. She continuously strives to be the best person she can be while empowering others to realize and express their fullest potential. In 2010, she published her first book, *Soul-hearted Partnership: The Ultimate Experience of Love, Passion, and Intimacy*. Her new book, *Being Love* is scheduled for release in March of 2015. Learn more at [www.debrareble.com](http://www.debrareble.com) and download Debra's *10 Keys to Soul-Hearted Living*