



AWAKEN YOUR  
*Soul Connection:*  
A DAILY RITUAL



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# Awaken Your Soul Connection: A Daily Ritual



Congratulations on following your intuitive guidance and signing up for this free workbook on how to Awaken Your Soul Connection: A daily ritual.

The accompanying audio **Activate Your Source Energy** is Step 3 and may be used to help you to create healthy energetic boundaries within your physical body, your Soul, and Mother Earth. Creating and maintaining energetic boundaries are a necessity as you learn to embrace your Source energy and expand your Soul wisdom. These boundaries will help keep you grounded within your physical body and protected from the thoughts and feelings of those around you.

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## Creating a daily ritual

You are a unique energetic being. Any ritual you chose to do on a daily basis to help support the health and wellbeing of your body, mind and spirit will be as unique as you are. This workbook contains a sample of what I do every morning to support my connection to my soul wisdom and establish healthy energetic boundaries.

Creating a daily routine and adhering to that routine plays an important part in growing your ability to create a life in alignment with your Soul's wisdom and your heart's desire. Energizing your Soul connection will ensure you continue to grow and expand your knowledge of yourself as a spiritual being. These steps will also bring clarity to your mind and control into your daily activities.

### **With the right steps you will be able to:**

- Establish and maintain healthy energy boundaries.
- Ground and connect to the Earth.
- Feel energetically connected to your body and your emotions.
- Help your body get nourished and ready for the day.
- Ease the daily stress of life.
- Help you plan your day so you are in control of your choices.
- Manifest your goals with the help of your divine Council of Light.

Each day brings you many new opportunities to learn and grow your understanding of who you are as a spiritual being experiencing a physical life. You will be asked to make many choices on how you want to behave and act. You will encounter many obstacles, challenges and experiences.

The decisions you make each day will include how you choose to react to the people in your life, how you move forward through tough life situations, and how you share your energy with others.

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**Consistently using the 5 steps within this workbook** will help you be able to focus your mind so you are better able to interpret all the information you are receiving. Your decisions will be easier to make when you are using all the systems of knowledge available to you including your mind, your emotions, and your normal intuitive and psychic senses.

You will become more aware of your thoughts and be better prepared to clear an issue or problem out of your energy with your mind creating a beneficial effect within your body. You will notice more quickly when you react in a way that does not serve your best interests or your stated goals for your life. You can be prepared to make clear decisions based on your plans so they will support you and your goals.

**Creating an easy set of steps** to follow every morning should be part of your daily ritual to maintain the health of every part of your system. These steps can be as easy to implement as brushing your teeth in the morning.

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## The systems you are waking up include:

- Your physical body – help the amazing intelligence get nourishment.
- Your mind – you need to remind your mind of your goals and action plans
- Your emotions – it is always good to understand how you feel before you go and interact with other people
- Your spirituality – connecting and establishing your link to your sacred Soul wisdom
- Your energy bodies – these include the many levels of your vibrational energy.

I have found by using these 5 steps each morning, I have been able to create and maintain health and wellbeing within my systems and you can learn how to do that to. When you create a daily routine it will help you get grounded and moving on your path to choosing to create a life you want. You will see evidence of positive changes in your life and your health daily.

## Staying grounded and connected to the Earth's energy

One very important issue that may be affecting how effective you are at creating a life you love and implementing your dreams is are you ungrounded?

Being ungrounded has become a common issue that may be affecting you. There is so much going on in the world it seems like everyone is moving in multiple directions all the time. On a very real level this is true as well within your energetic systems and you may be feeling the effects on your physical body and in your mind.

When you are ungrounded you feel scattered, unfocused in your thinking. Some people get overwhelmed and shut down both physically and mentally. They become lethargic and cannot seem to get enough rest.

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Some of us get wired up and cannot seem to shut down our mind or thoughts.

Being ungrounded can affect your thinking which is why it can sabotage your plans and goals for your life.

**These 5 steps will help you stay mentally alert and centered on your goals for your life.** They will also support your physical body by providing the nourishment it needs first thing each morning to get moving and best of all, they will help you maintain a clear energetic connection to the wisdom and clarity of your soul.

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## 5 Steps to use in the morning as you prepare for the day.

Here are 5 steps I use every morning to help me clear my energy, ground in the energy of the Earth, center my thoughts and set my intentions for my life.

### Step 1: Drink water

Water is a necessary ingredient to attaining and maintaining good health. Nearly all the major systems of your body depend on water.

#### Water:

- Moistens the tissues of the body
- Regulates body temperature
- Lubricates your joints
- Helps prevent constipation
- Lessens the burden of your kidneys and liver by flushing out waste
- Helps dissolve minerals and other nutrients so your body can use them
- Carries nutrients and oxygen to the cells.

**The best thing you can do for your body** is learn to drink 16 oz of water within the first hour of waking up. Studies show the very best time is within the first 15 mins of waking up. Your body needs water and while you have been sleeping you have not given it any liquids.

There is a general thought that the liquids you drink do not need to be water they just need to be caffeine free. I thought that too but I noticed a very marked increase in my clarity of mental focus when I started to follow this step every day. Try it for yourself and see if you notice a difference.

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## **Step 2: Do some simple energy exercises.**

You are a physical being. You have a body. You also have a very complex energy system. Your energy is animating your body and helping it move.

You are also starting or expanding your ability to embrace the spiritual side of your being. Working within the Spirit or Soul energy level can leave you feeling very spacey, lightheaded and disconnected from your physical self.

When you go to sleep your spirit does a lot of work within the Soul level of your energy. This is partly because your body has shut down and the logically side of your mind has fallen asleep. In other words, your spirit and soul energy systems are awake, alert and working.

**Every morning when you wake up you need to reestablish where you are within your total system. Think of it as a “where are you now” spot on the map of the Universe.**

These exercises are designed to help you ground and center your energy within your body. They also get both sides of your energy working together.

In addition to your body you have two hemispheres of your brain and at times only one side might be working properly. This will also leave you feeling ungrounded. Your mind will be out of balance and alignment. These exercises will help your mind work harmoniously too.

**These exercises can be done anytime** you feel ungrounded but I also like to do them before I do the connecting and grounding process, which I have provided you within the guided visualization.



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## Grounding Energy Exercises

### 1. The self-hug

The self-hug is designed to help you feel protected and supported. To do the self-hug, stand up straight with your arms straight out in front of you. Cross your wrists and hold your hands together. Now pull your arms up close to your chest so that you're giving yourself a big hug. Do this and you will get both sides of your energy flowing harmoniously, plus it feels good!

When you really feel the need to become more balanced sit down, cross your ankles, and then do the self-hug. Adding the ankles will help you pull the energy throughout your body and add support to get the energy within your entire body flowing harmoniously.

### 2. The high step

You can also get both sides flowing together by doing the high step. To do the high step, first do an exaggerated march. As you march swing your right arm and hand across your left leg. Make sure you are lifting your leg up high. Then swing your left arm and hand across the right leg. Twist at the waist when you swing and march. Do this about 10 times on each side, to have both sides of your energy and mind working together.

### 3. Gently sway back and forth

Gently swaying back and forth, doing little twists as if you were playing with a hula-hoop will also cross your energy and help get your body and energy moving. Exercising with a hula-hoop is good for your energy however you can get the same great benefits just by swaying your hips or twisting at the waist while you swing your arms around your body.

### 4. Touch your toes

Start by standing straight with your legs spread apart. Bend at the waist and touch your left foot with your right hand. Stand up straight again. Then bend at the waist and touch your right foot with your left hand and stand up straight again. Do this 10 times for each side.

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## Step 3: Listen to the free audio, Activate Your Source Energy

**The Activate Your Source Energy guided visualization is only 9 mins long.** It has been created to help you:

- Use your mind to build strong energetic boundaries
- Learn how to feel your energy flowing strongly in your body
- Center in your own energetic field
- Connect and ground to the Earth
- Connect to your Source or Soul energy
- Ask your divine Council of Light to help you with your goals

**Within the visualization you will build a column of loving light.** This column of loving light is used to cover your entire energetic field. When you connect to the heart of the Earth and connect to your Source energy you are establishing a clear boundary of where your energy starts and stops. You are expanding your mind's awareness of your energetic system.

Within your column of light you will help your mind understand you are safe and protected from the energy of others. With all the chaos and confusion that is taking place within the world this is a very helpful process to build within your mind and belief system.

Consistently clearing, cleansing and renewing your energy is very important to maintaining good health. It will also support you as you heal your mind, body and spiritual connection to your Soul being throughout all of your systems.

**The guided visualization can be used anytime** you feel the need to center and ground but **please do not use this right before bed.** It is designed to open up your energy and get you going.

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## Step 4: Set your intentions for the day

You know the things you want to accomplish. You may have an overwhelming amount of tasks. The point of this step is to list either on paper or mentally **3 things you intend to work on** during the day. It could be writing a newsletter for your group. Painting a room in your house. Taking your children to the doctor and getting clear information about their health.

It doesn't matter what the intention is, it only matters that you clearly understand your intention and prepare yourself for how you want to interact with the people or situations associated with your stated goal.

This process sends your energy forward into the day and allows you to set the mental visual for how you will behave or what actions you will take to attain that goal.

**I also take the time to ask my angels to help me** with my intended goals. It is important to mentally ask them for help and support at least once a day, and you can ask as often as you want. Your divine guidance is always with you, but they cannot interfere with choices you are making for your life. So ask for help often. Know the angels are with you and do want to share their love and light vibration.

**This is a very important step to help you manifest your desired goals.**

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## Step 5: Daily affirmations

An affirmation is a statement you make and imprint upon your mind. When done correctly this statement becomes a new way of thinking for your mind. You are sharing what you want to believe about yourself and bring into your life. Think carefully about what you want to create.

To make an affirmation really work you need to share as many of your systems with this affirmation as possible.

**Example** one of my favorite affirmations is  
**“I am a loving, healthy, well-balanced being of light.”**

When I focus on that statement I bring to my mind the feeling of being fully loved. I visualize my body whole and healthy. I bring an understanding of being in balance. I expand my connection to my energy with myself as I focus on that statement. I know I am loving. I know I am healthy. I know I am well-balanced in all aspects of my life. I understand I am a being of light.

This statement makes sense to me and I accept that this is my truth.

**An affirmation should also be stated in the now**, as part of your present state of being. Such as:

I am a being of love and light. As I spread my light and happiness out into the world it is returned to me tenfold.

I am a successful, creative entrepreneur who is able to create a lifestyle with happiness, abundance, joy and love.

I am a healthy, vibrant being of light and love. I express my joy and happiness with everyone I met. I chose to see the light in myself and in others each and every day.

**Louise Hay has many affirmations within her books that are very inspiring.** I received one of her books as a Christmas gift. This book was created in collaboration with Cheryl Richardson entitled ‘You can Create an Exceptional Life’. They share many affirmations within this book that are uplifting and encouraging.

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My favorite is **“All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe.”**

Working with affirmations can be done whenever you need or want to remind yourself how wonderful you are. How blessed your life is. How good it feels to be growing and expanding your awareness of yourself as a beautiful extension of your Soul.

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## Throughout the day

These steps can be done throughout the day. Use all of them or just your favorite one whenever you feel yourself starting to feel unfocused or you need an energetic boost to help you complete a task or get through the next part of your day.

Remember to set boundaries for yourself and for the many energies that are vying for your attention and time.

Create and maintain a daily practice for activating, clearing, and cleansing your source energy.

Stay hydrated and drink water throughout the day.

**Remember your real power in this life is your power to choose your actions and reactions.**

If you work with the processes within this workbook and listen to the guided visualization you will be able to notice a feeling of connection and relaxation within your body, emotions, mind, and energy within 21 days of daily use. Many people notice a sense of control and well-being within the first week.

You will know the process is successful when you sense it within your physical body. You will feel it within your emotions. You will be able to better control the thoughts and beliefs that are playing out within your daily life.

**Have fun!** Enjoy learning and growing as a healthy, well-balanced and fully functioning spiritual being living and creating a wonderful life here on planet Earth!

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## Next steps

**If you would like to learn more** about any of these steps or if you are feeling the desire to understand more about yourself and all the amazing levels and layers of energetic systems that make up your Soul Being please go to my website [www.MaggieChula.com](http://www.MaggieChula.com) to learn more about the services I teach and share with my clients and students.

**I would love to hear from you.**

*Have a wonderful time creating a life you love!*

*Maggie Chula*

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for the Master Teachers of the Akasha

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