



## TEMPLESOUL

Soul Sessions at North Sydney Yoga

### Soul Sessions

Join Rachael Cox, Intuitive Healer, author and founder of TempleSoul to develop strategies to live your life more peacefully, mindfully and joyfully, through a specially designed seven-step process - the Soul Sessions.

These sessions are based on Rachael's book and have been guided by her healing sessions at TempleSoul. They will help you see the beauty in life, to tap into its magic and wonder and reclaim yourself as a powerful, peaceful warrior of the light.

In each session we will discuss each step and Rachael will give you practical ways to see the gift in every situation, relationship and circumstance you encounter. Each session will finish with a beautiful half hour meditation.



During the seven sessions you will become more conscious of working with your energy and how to use it more wisely. It will give you confidence in your ability to tap into and trust your inner voice, your innate wisdom and learn to work with the flow of energy allowing you to become a more creative, confident and empowered being.

This seven step process will help you connect with your inner voice, creating inner transformation to help you approach life in a way that is in alignment with your spirit - enabling you to live more harmoniously - with grace and balance.

If life seems to be a constant struggle, if you are suffering fatigue or are feeling stagnant or blocked, then these sessions are for you.

Learn to live a life based on love, rather than fear, on confidence rather than uncertainty, on possibility and action rather than impossibility and passivity.

Live a life that is authentic and sacred - learn to live a rich life full of creative expression - a life lived from the heart.

Find that stillness and peace within and learn to hear the true whispers of your soul, the song of your spirit and learn dance in flow with life.

## Free Workshop – TempleSoul – A Sacred Space Within

**Introduction**                      Saturday April 7<sup>th</sup> 1.30pm - 3.30pm

Introduction: A one-hour free introduction to becoming your own TempleSoul. In this session, Rachael will introduce herself and tell you how she stumbled upon her spiritual journey and how it has enriched her life wholly and completely. She will run you through her first book, TempleSoul - A Sanctuary Within and run you through each of the seven steps to becoming your own TempleSoul and living more peacefully, mindfully and joyfully.

This seven step process will help you connect with your inner voice, creating inner transformation to help you approach life in a way that is in alignment with your spirit - enabling you to live more harmoniously - with grace and balance.

Learn to remove blocks, limiting beliefs, fear and hesitation and live your life fully, mindfully and happily.

In this session I will be introducing the concept of healing circles: what they are and how they can deeply benefit your practice. After each workshop there will be a two-week period of integration and introspection before we sit for a healing circle matching the Soul Session of the month.

It is not compulsory you attend both sessions but I would highly recommend it.

### Session 1 – The Universe and Who We Are

**Workshop**                              Saturday May 12<sup>th</sup> 1.30pm - 3.30pm  
**Healing Circle**                      Saturday May 26<sup>th</sup> 1.30pm - 2.30pm  
(Duration depends on number of participants)

This week we will talk about the Universe and who you are as a magnificent energetic being, light-filled, magical and mysterious. I will help you uncover some of the secrets of the Universe and how our energetic make-up and aura affect our lives. I will use simple language, we can all understand, in a non-threatening, open environment. Once you know who you are and how you operate as an energetic being you have taken the first step in reclaiming your true nature.

### Session 2 – Mirrors

**Workshop**                              Saturday July 14<sup>th</sup> 1.30pm - 3.30pm  
**Healing Circle**                      Saturday July 28<sup>th</sup> 1.30pm - 2.30pm

“Everything that you need to change around you is a reflection of what you need to change within you.”  
Jerome Baudel

This week we learn the fascinating concept of ‘mirrors’ - or quite simply, the philosophy that the world reflects back to you what you need to learn. Every lover, every partner, every child, every family member, every teacher, friend, stranger – every person you meet serves a purpose. Learn to work with this concept and this alone will change the way you view life forever!

### Session 3 – Trust & Faith

**Workshop**                              Saturday August 11<sup>th</sup> 1.30pm - 3.30pm  
**Healing Circle**                      Saturday August 25<sup>th</sup> 1.30pm - 2.30pm

Trust & Faith. Sometimes this concept is a tricky one, but Rachael has tips and tricks on implementing trust & faith into every aspect of your life. We will learn the art of becoming the observer; learning to

accept and not challenge whatever life throws at us. We will learn the importance of unwavering faith, that the Universe always has our back and that challenges are there to be met for our growth, our healing and our benefit. We will learn to trust fully in the divine plan, letting life flow freely through us rather than swimming against the tide.

#### **Session 4 – Thoughts, Feelings, Beliefs**

**Workshop**                      Saturday September 8<sup>th</sup> 1.30pm - 3.30pm

**Healing Circle**              Saturday September 22<sup>nd</sup> 1.30pm - 2.30pm

Believe it or not, your thoughts, feelings and beliefs create your reality. In this Soul Session we will be looking at awareness and how to 'witness' our thoughts, 'feel' our feelings and question our belief systems. This enables us to live a life based more on our heart felt desires and not the perceptions of our ego and mind. We learn to find the stillness within, taming those out of control thoughts and connecting with what our feelings are trying to teach us. We will look specifically at a particular belief system you carry and look at ways to challenge that belief and to change it, as necessary.

#### **Session 5 – Self Love**

**Workshop**                      Saturday October 13<sup>th</sup> 1.30pm - 3.30pm

**Healing Circle**              Saturday October 27<sup>th</sup> 1.30pm - 2.30pm

Self-love can be described as having respect and compassion for your own well-being and happiness, and it is of vital importance. If we search outside ourselves for our value, we may very well be searching the rest of our lives. Everyone has a different opinion, a different view, a different set of ideologies upon which we base our perceptions, so who we are and what we choose to do will be different for everyone.

Your view, however, is what matters most.

Developing compassion and love for self is one of the greatest lessons you can learn. Learn the importance of treating yourself with respect, love and admiration for the incredible being you are.

Love yourself and watch the world love you back.

#### **Session 6 – Let It Go**

**Workshop**                      Saturday November 03<sup>rd</sup> 1.30pm - 3.30pm

**Healing Circle**              Saturday November 24<sup>th</sup> 1.30pm - 2.30pm

Letting go: It can be a terribly difficult concept to grasp and we all have things buried deep within us which we find difficult to let go. Whether it's a habit, a thought pattern, a belief system, a person, a place or a thing, we can all benefit from learning the graceful art of letting go. Once you learn this gracious art, you will find yourself living a much more harmonious life - free from lower negative energies that form when we refuse to let go. We will also learn the art of forgiveness, for this practice is paramount for learning to let go. Rachael will also teach you the technique of disconnecting in order to create the space you may need to let go.

All of the examples I give you are from my own personal learning and let me tell you there have been many opportunities in my life to learn to let go!

## Session 7 – Gratitude

**Workshop**                      Saturday December 8<sup>th</sup> 1.30pm - 3.30pm  
**Healing Circle**                Saturday December 15<sup>th</sup> 1.30pm - 2.30pm

And finally, the perfect end to the year: Gratitude.

This Soul Session is a critical aspect of our learning and will most certainly make you a more peaceful person. Gratitude keeps us in the now, which is a vital skill to learn. Living in the past keeps us stuck, while worrying about the future can fill us with lower vibrational energies such as fear, dread and panic.

Being here, now, keeps us anchored in the present - free from worry and fear, guilt and stagnation.

Let's end the year full of gratitude for this part of your spiritual journey, for learning to become your own TempleSoul and happily, confidently and powerfully enter the new year a new and improved you, a powerful and assertive warrior of the light.

Reclaim your power.

### Cost

#### Soul Session

Sign up before Session 1 - May 12<sup>th</sup> for 7 sessions, and receive one session free  
Pay upfront \$350

Or pick and chose the sessions that interest you.  
Drop in: \$50 a session, payable on the day.

#### Healing Circle

Sign up before May 26<sup>th</sup> for 7 sessions and receive one session free  
Pay upfront \$180

Or pick and chose the sessions that interest you.  
Drop in \$30 a session, payable on the day

### For bookings and all other enquiries

Please contact Rachael on  
0456 776 852  
[Rachcox@templesoul.net](mailto:Rachcox@templesoul.net)

### Social Media

Facebook and Instagram  
@TempleSoulHealing

[www.templesoul.com](http://www.templesoul.com)

All sessions take place at North Sydney Yoga  
144 Blues Point Road, McMahons Point