

Heaven on Earth Spiritual Growth Audio Courses

Welcome Series: 2  
Welcome to Your Soul



Sananda with Christopher Sell

Music by Thaddeus

[www.heaven-on-earth.co.uk](http://www.heaven-on-earth.co.uk)

Course Code: W002

# Welcome Series: 2

## Welcome to Your Soul

A Sananda course with Christopher Sell

### Introduction to the Course

#### The Background

This series, each with two guided meditations or inner journeys, is designed to help you on your path of spiritual growth. Whether you regard yourself as a beginner or as someone already well along your path, these meditations can take you into beautiful inner spaces and create profound shifts. As you listen Sananda is transmitting frequencies specifically for you at your current stage of growth.

The series introduces many beings and states of consciousness that can assist you on your journey of enlightenment. Even where these are familiar to you, you may find fresh insights and a deeper sense of connection developing for you as you use these inner journeys.

Heaven on Earth also offers further courses that build on this series.

#### Introduction from Sananda

*Your soul loves you unconditionally. This is a good place to start. Start with the love and by degrees understanding of who and what your soul is will come to you. You can feel your soul's love all around you and within every aspect of your being. There is no portion of your being without the capacity to be permeated by your soul's love. And in this age your soul offers this love to you renewed by its journey towards the Source of All. For you could think of your soul as an intermediary between yourself and the Source. Itself a portion of the Source, your soul seeks growth and greater aliveness through experience.*

*Experience can come to your soul in so many different ways. One way is for your soul to mirror the Source by allowing a portion of itself to experience a separate existence, as you. You, coming from your soul, have taken on human form and through your human form explore the incredible richness of experience offered by the Earth plane. Every one of your experiences, no matter how you judge them, enriches your soul. In gratitude, you might say, for these gifts, your soul pours its love to you, and through you to your world. As you allow yourself to receive this love so that it fills you to overflowing and pours into your world, so this world in which you live reveals to you more and more of the love which is its essence too.*

## Introduction from Christopher

### What is the soul?

Your soul exists outside of this reality of space, time and matter. Rather than being a part of you, it is more that you are a part of your soul which has manifested here in human form. While you experience life as a sequence of events, your soul might be said to experience your past, present and future as all being simultaneously present. So your soul's perspective on your life may be very different from your own.

Your soul offers you unconditional love at all times; it never judges you. It does hold a vision for you; for your soul recognises that you grow through all kinds of experience, and so it is as if your soul says to you, 'Why not grow now through joyful experiences?' To help you do this, your soul offers to merge more and more with your human self, so that you may experience more of its joy.

### Why connect with my soul?

As you connect more and more with your soul, you live life more and more as your soul, knowing more often and more fully the states of love, peace and joy that are native to it. Connecting with your soul helps you too to see your life, and the choices life brings you, through the eyes of your soul. Your soul's broader perspective and ability to see past, future and present equally makes it easier for you to make choices that take you higher.

### How will I know my soul?

Your soul is always with you and you are always connected to your soul; this can make it a challenge to recognise your soul's presence at first. Just as we take the air we breathe for granted most of the time and only notice it when a breeze, for instance, catches our attention, it may be only when there is a fluctuation in your soul's relationship with you that you notice its presence. For, while your soul's love is constant and unceasing, your relationship with it (as any relationship) is alive and changing moment by moment.

Your soul tends not to shout; most of the time it speaks softly. When you become quiet within it is much easier to hear the voice of your soul. That voice may not be a 'voice' in the familiar sense at all. There may be a feeling of a 'sea change' - something transforming within, or a knowing arising within you that wasn't evident before. Often your soul's presence may be revealed by feelings of being supported or aligned that bring with them a sense of inner peace or joy.

### What is my soul's purpose?

Your soul might be said to have as its purpose the fullest experience possible of the joy of oneness with the Source of All. Another way of describing this is as a quest for greater and greater aliveness. In this quest your soul chooses to explore through you, and perhaps many other manifestations of itself, how it is that even in a state of being in a separate physical body oneness can be found in all its rich and infinite variety.

In our human lives each of us has a purpose which is sometimes called soul purpose. This purpose will vary from person to person; but however it is expressed, whether through teaching or sport or gardening or being a great friend or any of the myriad ways we find to express our essence, ultimately it is to manifest as much of our soul's joy as we may.

## What is a soul group?

Just as you belong to a number of different groups, such as family, friends, neighbours, colleagues and so on, your soul does also. Soul groups easily overlap just as human groups may. Nevertheless, you may consider your soul group as something like a soul family, with strong connections that find expression through time in many different ways. If you choose to look back at previous lifetimes, you might discover familiar faces cropping up over and over. These are likely to be members of your soul family, for often you choose to work with members of this group, playing important roles for each other and providing valuable, though not necessarily comfortable, opportunities for growing.

Though some members of your soul group may incarnate in the same time frame as you, many may not. They be giving you support from the soul planes and either not incarnating on the earth plane at all or at different times than yours, depending on what best serves the higher purpose of each.

## Notes

### **A reminder: Do not listen while driving.**

Since these inner journeys may take you into deep states of relaxation, do not listen to them when driving or doing anything, such as operating machinery, that requires you to be alert and focused on the outer world.

## The inner journeys

Before listening, choose a time when you can be relaxed and undisturbed for about half an hour. Notice your posture; sit with your spine comfortably erect. If you prefer, you can listen lying down, again with your spine comfortably straight. As you listen you will be receiving many transmissions of light and love from your guide and from Sananda. After the journey finishes you may like to spend a few minutes absorbing your experiences as you come back fully to the outer world. Listening to these inner journeys several times is likely to enhance their effect. Trust your intuition in choosing when and how often you listen to each one. You'll find further suggestions in the What's next? section.

## Track 1: Bringing Your Soul's Light into Your Body

Sananda helps you to connect consciously with your soul as you breathe in your soul's love and light. You are guided to bring this love and light into your energy field, especially to your physical body. As your cells are permeated with your soul's light you assist your body to evolve to its highest potential. Merging with your soul, you are helped to see your life through its eyes as you receive the loving insights your soul offers you.

Music: *Cellular Evolution* from *Becoming Your Soul*

Track length: 24:09

## Track 2: Visiting the Soul Planes

Your soul invites you to the soul planes to experience how souls connect with one another. You meet your own soul group and witness the space of light a soul group creates by merging consciousness, simultaneously appreciating each soul's unique gifts and the oneness all generate together.

Music: *Blending with Your Soul* from *Becoming Your Soul*

Track length: 25:24

## What's next?

After you've listened several times to these meditations, practise using these skills without the recordings. Give yourself time (perhaps longer than when you are using the recordings) to become centred and relaxed. Though your mind may not become completely still, let your thoughts settle.

In each of these inner journeys Sananda suggests ways of using the breath to aid your connection with your soul. Whilst these ways of breathing are not intended to be fixed routines, you may find exploring them useful in developing your relationship and drawing your soul's light and love into your physical body.

Whether you are using the breathing methods Sananda suggests or not, inwardly invite your soul to draw closer and to begin to merge its light and love with your own. Notice what this feels like. Challenge yourself to notice slight shifts and nuances of energy. Feel free to communicate with your soul. You may discover that the ways in your soul communicates with you are subtle and very rich. Notice what changes after such communications. As you explore, your relationship with your soul will deepen.

Notice the feeling qualities you find in your soul, qualities like serenity and clarity, for instance. Practise finding these qualities in your daily life. Your soul's view of events in your life may be markedly different from your own; things that may seem of great importance to your personality self, may be far less important to your soul than developing qualities, like patience for instance, that your personality self may have set comparatively little store by. As you sense more and more the values of your soul, explore what it is like to live more fully by these values. Play at consciously allowing your body to be permeated with the light of your soul, as in the first meditation, and seeing others through the eyes of your soul, as you are invited to do in the second meditation.

If you enjoyed these recordings you may also enjoy:

Welcome to Your Guide [W001]

Welcome to Your Guardian Angel [W003]

Special thanks to Thaddeus and Sanaya Roman for permission to use their music on these recordings.  
You can buy it through [www.orindaben.com](http://www.orindaben.com).

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