

## The Soul Wise Living Compass Overview

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Hi! Welcome to Soul-Wise Living. This is Laura Clark Your Soul Wise Living Mentor and I'm so glad that you have taken the time to learn about The Four Simple elements to Abundance and Living In Joy. These Four simple pieces make up the components of the Soul Wise Living Compass!

### What Soul Wise Living Is Not.

Before I get to that, I want to spend a moment talking about exactly what Soul Wise Living is. It's best to do that by talking about what it is not because that is the place in which most people actually live. Most people live in a place of chaotic thinking, emotional disconnect and a life that has abandoned their deepest desires and dreams. I get how easy this can be (indeed I lived there once upon a time). It happens because of the pace people live at. I get how easy it is to get to this place given career, health and relationship challenges people face. I get that it's easy to let go of our dreams when faced with financial struggles and the many more obstacles that we are all presented with. Most people end up in that place of chaotic thinking, emotional disconnect and a life 'less than' instead of 'full of.'" Soul Wise Living is not this.

### What Soul Wise Living Is:

Soul Wise Living is about having the courage to discover your true passion and purpose, to make choices and decisions based on your most important influencer (I'll get to that) and the ability to step fearlessly forward toward that purpose, abundance and in joy no matter the obstacles you face. Wow! That kind of sounds so hard, doesn't it?

So why do it? What is the upside to living soul wise? EVERYTHING!

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When you live on purpose, making choices based on hearing the whispers of your soul, stepping forward boldly in those choices and on purpose, It is EVERYTHING.

Living Soul Wise Is Everything.

It is clarity.

It is simplicity.

It is powerful.

It is abundant.

It is joy filled.

So, how do you go from living the way most people do to living Soul Wise and in joy? You start by using these four simple essential ingredients that lead you to knowing and accessing your own innate wisdom. You use the Soul Wise Living compass to uncover your soul's truth. Listening to its whispers will end you into abundance and living in joy.

### The Soul Wise Living Compass

The 4 pieces to the Soul Wise Living Compass incorporate the use of each of the four elements: Air, Water, and Earth & Fire. The Soul Wise Living compass shows you how each of these elements is directly associated with each aspect of your own self. These are your thoughts, your emotions, your physical entity and your spirit. These aspects of self-need to be "tamed", if you will, ~ they need to be seen as they are in order to live a balanced life. By understanding these parts of us through the lens of elements, our soul and its innate wisdom can be heard with great clarity ~ that is the compass that guides us.

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What you need to begin to understand is that the constant mostly untrue self-chatter that we speak needs to be tamed. One needs to understand that we have emotions but they do not define us. Balancing chaotic energy within our physical body as well as igniting our spirit is imperative to living on purpose and in joy.

The Soul Wise Living compass is your best guide to doing just this with your thoughts, feelings, body and spirit. The 4 parts of the compass (air, water, earth and fire) align with the parts of our earthly bodies (thoughts, emotions, physical self and our spirit).

- 1) The first direction of the compass is using is using the element of air to provide positive, clear and true thinking.
- 2) The second is seeing how the element of water can soothe and calm our emotional self.
- 3) In the third direction of the compass, we ground our physical body to calm chaotic energy and raise our own energetic vibration.
- 4) Finally, the fourth direction, our spirit is ignited and fueled with the power of fire. When you use the association of the elements with each of these essential aspects of our selves, you become aligned, you attract abundance to you and life becomes filled with the joy that earlier was not attainable.

A closer look at each of these pieces of the compass.

The first direction leading to a Soul Wise Life comes from challenging the thoughts we have had for many, many years to see if they are true and accurate. Let me give you a basic example from working with one of my clients. She told me that she would always say to herself: "I am such a klutz." The truth is that she is not a klutz but that some of her actions could be defined as klutzy. So we worked with air to eliminate this thinking. And, you know what happened? The ever present klutzy acts decreased once she started seeing them as acts instead of thinking they were innately a part of who she was. She started saving time

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and energy and replaced it with discovering she had time and energy for things she enjoyed.

That's the first part of using the compass. Using air to help clarify your thoughts.

The second direction of the Soul Wise Living Compass is to tame our emotions; to feel them but not allow them to define you. Another client of mine came to me because she was fearful of losing her business. Times were tough. She told me she would cry herself to sleep at the thought of closing the business she had worked so hard to build. So, we started using the cooling properties of water to soothe these emotions. By doing so, she was able to see that her emotions were controlling her. She had started letting them consume her and because of that she was taking less and less action in her business. Of course, it wasn't doing well because of her emotions. Once tamed by the element of water, she was able to reclaim the necessary actionable steps and move forward with greater success.

That's the second part of using the compass. Using water to help tame your emotions.

The third element of the Soul Wise Living Compass is our physical selves and staying grounded so we do not exude a wobbly or chaotic vibration. And, of course, earth energy helps ground us. We want to exude a high level vibration for this attracts other high level vibrations to us. I had a client come to me because his wife said he was 'all over the place' not focused and never completing a task. She was after him to do something to help this situation. After my initial assessment with him, I determined his physical energies needed to be grounded and so we began to use earth energy to support him. As it turns out, he did not feel much supported at home and so his body and his energy began to reflect that. Once grounded and he felt support from the earth, he was able to translate that into his life and things at home improved!

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Earth energy helps ground the physical body and elevate it's vibration to attract other positive vibrations to you.

The last of the four directions of the Soul Wise Living compass is the spiritual self. It's about the heightened sense of spirit. This, we enhance by using the element of fire. Remember earlier the description I used about how most people are living their lives? Well, when we run and operate at that pace for a while then our spirit is zapped and we feel drained and depleted. That's why so many of us vacation where the sun is. The sun is a prime example of using the element of fire to renew and rejuvenate our spirit.

These are the Four Essential Parts of the Soul Wise Living Compass. These parts take the elements of air, water, earth and fire and have them support your thoughts, your emotions, your physical energies and your spirit. Air creates clarity in thinking. Water calms and aides our emotional self. Earth helps ground our physical beings and fire helps lift our spirits.

By paying close attention to what is blocking your peace of mind, your wired emotions, your body's energetic being and your spirits, you can use the corresponding element to balance yourself. By doing this, you see things as they truly are; you are able to recognize the gratitude and blessings in your life with greater ease. You are able to allow yourself to be guided by a compass that takes you to your soul's inner wisdom.

I want to give you an assignment now: Experiment with a different element for the next four days! First pay attention to your thoughts and the air around you. On the second day, focus on your emotions and see how water can soothe and support them. Then, on the third day, notice your physical self and ground it by using the earth element. Lastly, focus the fourth day on your spirit and how you can lift it with the element of fire. Okay?

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I hope you take the opportunity to start using the Soul Wise Living compass for yourself and see how it can guide you toward greater peace-of-mind, abundance and joy of living. After all, what do you have to lose? Once you have, I want to know how it goes for you! Please either email me at [laura@soulwiseliving.com](mailto:laura@soulwiseliving.com) or connect with me via twitter [@laurapclark](https://twitter.com/laurapclark) OR join me on facebook at [Laura Clark Your Soul Wise Living Mentor](https://www.facebook.com/LauraClarkYourSoulWiseLivingMentor). I especially hope to see you there because I share lots of tips on this pathway to inner joy and more there. That's on Face book at [Laura Clark Your Soul Wise Living Mentor](https://www.facebook.com/LauraClarkYourSoulWiseLivingMentor).

I am so glad that you took the time to discover the elements of the Soul Wise Living Compass: the starting point to the pathway of inner peace and to discovering a life living In Joy.

If I can be of further support on this journey of yours, please connect with me!!

And, for now, This is Laura Clark Your Soul Wise Living Mentor and as I always like to say:

KEEP SMILING ☺

