

3 SIMPLE TOOLS TO GET ANSWERS FROM YOUR SOUL

Reveal your true path every day

Hi,
so glad you're here!

I'm Liselot
from Lot of Light

Lot of Light is the go-to platform for spiritual tools for purposeful living. It offers online courses and free resources.



Please join me in using these tools to easily connect to our higher self, our soul. This is the part that we normally don't have a direct line to. It knows everything about us. If you want to know what it is you really want, what you're supposed to do, if you're on the right track with something, here's where you can get answers. Lot of Light is the go-to platform for spiritual tools for purposeful living. It offers online programs and writings.

These 3 super simple techniques will give us concrete and actionable answers and insights into ourselves, so we can take daily steps on our true path.

Sounds good? Okay, let's dive in! And... enjoy!

I. AN ORACLE CARD READING

- pick the one card that attracts you most -

Oracle cards are a super easy and effective way to receive guidance for right now. I use cards every day and they have helped me through hard times!

Are you debating what to do, what step to take, or wondering if something is right for you or not?



Let your higher self give you a clue or a very actionable hint. And because it's still you that gives the tip, you can't misunderstand it. The card means what you think it means. It might be the image, or the words, or something else, that speaks to you. But you'll know what to do.

HOW TO USE ORACLE CARDS

Although there is much wisdom to learn around oracle cards, in it's easiest form it is already incredibly usefull.

You can use an oracle card deck of your own, or work with a spread laid out by someone else.

There's a variety of different decks available. Make sure the words and the images feel right, so you know it's a match for you.

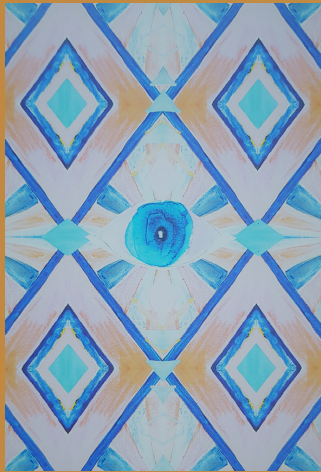
If you use your own cards, and you want to pick a card for a specific question or guidance for the day, you can just shuffle the cards and see which one draws your attention; I often have a card fall out. If you work with a spread already laid out, you pick the card that feels right for you.

PRACTICE

On the next page, there are 5 cards laid out for you. Take a specific question in mind, or just ask for "guidance for today". Then, really feel into that request and choose the card that attracts you, that comes up for you.

- Make sure you FIRST pick your card, before scrolling on to the next page! -

I



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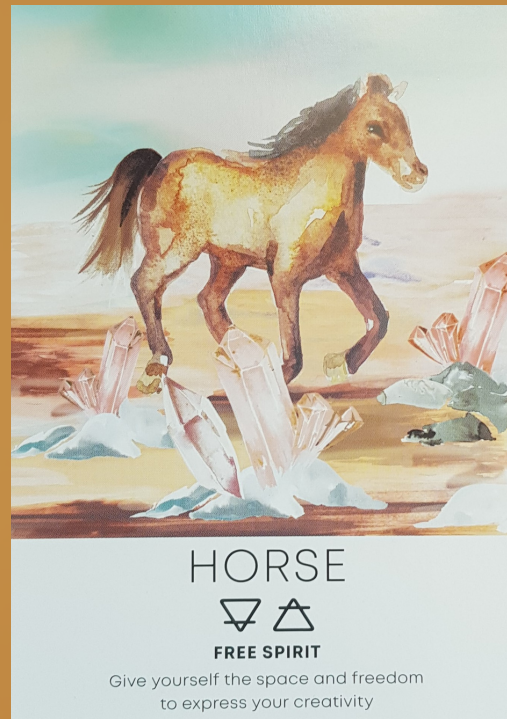


5



I. "Free spirit. Give yourself the space and freedom to express your creativity."

Hear the words and see what the image means you too. This card is about taking up space for yourself. What feels right for you? Take the time or physical space to do it.



2. "Artemis: Focus"

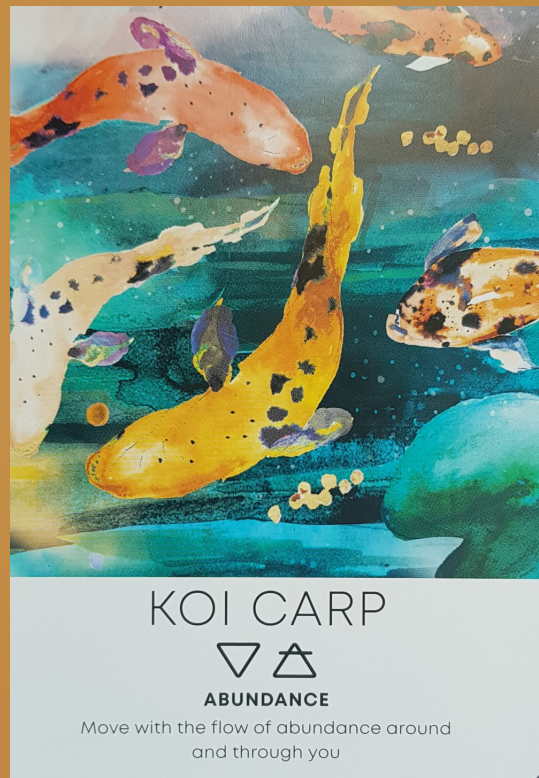
Look at what your wishes and intentions are. Are they scattered everywhere? Bring them back in and try and keep them with you. Give your full attention to putting into action what could be a next step.

3. "Leap. You go first. The Universe will catch you." What is it that you've been postponing to do? What is it you've been wishing for but are afraid of starting? You must take the first small step and you will be amazed at opportunities coming your way.



4. "Aine - adaptability"
Look inside and ask yourself honestly if you are prepared to change in order to receive, or are you just waiting and hoping? What needs to shift so you can go where you need to go? What old habits that no longer serve you can you leave behind?

5. "Koi carp - Abundance.
Move with the flow of
abundance around and through
you." It is time for you to
realise everything is
already there for you. Move
with ease through what is
presented to you. Trust that
all is available and that
scarcity doesn't exist in
the flow.



2. INTUITIVE WRITING

- let your hands do the talking -

Intuitive writing is an almost magical way to communicate with your all-knowing self.

Once you get into the writing and you let your hands just go where they want to go, the deepest innermost part of

you can come out to speak directly to you. And that's where it gets interesting! You don't want your mind to keep interfering, giving you the answers you have thought up with your brain or give you answers out of fear.



First, try and feel for yourself what your easiest writing style is. It might be using a special

note book and a beautiful pen, or typing freely on your laptop.

That's what I do: typing with 10 fingers is super fast so my mind can wonder off while I'm typing away.

Please give it a few times if it doesn't work immediately; your mind might want to keep mingling



in the conversation.

I promise it will work if you keep at it! Are you curious to try it out?

JOURNAL PROMPTS

Please find a favorite quote, from a book for example and get your notetaking equipment.

Now. Sit down and put your feet on the floor. Let them sink into the ground. Take a few deep, easy breaths and feel your ribs and lower back expand with the air.

Start writing the quote you selected. When you've written it down, repeat it a few more times. Feel the action of the writing and keep your attention there. When you feel ready, write down the prompts one by one and let the answers come to you through your moving hands. Just write, write, write.... Feel the rhythm. Let it flow.

These are your prompts:

"What would I want to do now, if money, status, education and expectations didn't exist?"

"What step can I take today to move towards living my purpose?"

"And what do I need to let go of?"

A faint silhouette of a person standing on a hill, looking out over a landscape, is visible in the bottom right corner of the page.

3. BODY WISDOM

- get out of your head! -



If you wish to connect to your all-knowing self (and you do, because you're here!), it can be useful to realize you usually won't find it looking around in your mind. That may sound simple, but for many of us, it really isn't.

I, for one, have tried for years to find the answers about my purpose in this life IN MY HEAD. I would think and deduct and think some more. And it wouldn't work. That's because one of the places your all-knowing self resides, is in your body, and not in your head.

So, this is not about understanding things intellectually. It is about feeling. And feeling happens in.... your body. All information about you is already inside of you - literally.

There is so much to say and learn about body wisdom and this lesson is too short to cover it all - by far (let alone the fact that I am not even close to knowing everything on this topic).

Here, we'll take a sneak peak at how working and communicating with your body can give you a whole different perspective on the issues you're working on.

COMMUNICATING WITH YOUR BODY

We're going to do a practice in the form of a meditation. It might be easiest to read through it first, and remember some key words. Don't focus too much on the exact wording while you're meditating, let's trust that your journey will be as it should be. Have a journal, your phone or laptop handy to take notes during or after. There is also a 'body journal' on the next pages that's very helpfull to make

your experience more visual. Use colors, drawings, words, icons or whatever works to visualise what happened during the meditation.



DO YOU HAVE YOUR AUDIO MEDITATION?

Press play or [download it now](#)

BODY WISDOM PRACTICE

Lie or sit down, take a moment to make yourself comfortable. Without 'doing' anything, take a few easy and deep breaths. Feel the ingoing air slightly moving your sides, your ribs, your lower back, your rectum. And just 'be' here for a while....

Then, you feel warm, healing, green energy from the earth entering your body through the soles of your feet, going up, up to all parts of your body: legs.... hips..... belly and organs.... back... shoulders and arms... head.... until lovely, green energy is floating around all over.

Take the time to feel your body, all parts of it. Just lie or sit....and feel....

If you 'zoom out' for a bit, can you sense what parts of your body ask for your attention?

If you softly give attention to one part, what do you feel, see, hear, know about that area? If you keep your attention there, can you zoom in for more details? Can you give it a color? A shape? Can you turn it around and look from other angles, what do you perceive then?

If this part wanted to tell you something, what would it be? If this part needed something, what would it be? Maybe it needs loving attention, space, appreciation. Can you find out what you can do to help that part now?

Without forcing, can you let go a bit? Can you imagine everything getting heavier and letting it go down, through the ground, into the earth?

Zoom out again and see if there is another part that needs some attention now, and follow the same process.

Take a moment to draw intuitively what you've felt and noticed on the 'body journal' on the next page.

Body journal



immediately gives you calm and centeredness that helps your practice along hugely, whether you'll be meditating for two hours straight, or just reading a novel to have some dedicated personal time.

If you enjoyed these tools, you're going to LOVE working with this online mini-course:

TRUST YOUR INTUITION

know what voice to trust
and let go of doubt and fear

[All about the course](#)

➔ Use the special promotion link in your email to take 50% off the price !

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Lot of
Light

Liselot