



LISTENING TO THE
WHISPERS

WORKBOOK

DIVINE SOUL

Welcome!

I am Kristy-lee, Spiritual Life Coach, Advanced Soul Realignment Practitioner, Crystal and Chakra Healer. I am so glad that you have found your way to this self-care journaling workbook.

My love for nature - in all its forms is intertwined with my love for the sacred container that we have within us, for the Divine Mother and Father and for our never ending limitless connection with all that is.

In this workbook, I combine elements of all of those things with the purpose of holding sacred space for you to step into the aligned and in-tune aspects of yourself that are at your core.

Together we will embark on a journey of self-discovery and enlightenment.

Kristy-lee xox



ABOUT ME

Kristy-lee; sacred space holder, intuitive, Divine Wisdom Keeper and your guide through your journey of remembrance and reconnection.

JOURNALING PROMPTS

WHISPERS FROM THE SOUL

Have you ever experienced moments of profound intuition or inner guidance, often described as "whispers from the soul"?

When you recall these moments and leaned into the deep connection to your inner self or intuition? How did it feel? Did you follow the whispers?

Consider any resistance or hesitation you may have felt in following these whispers. What do you think influenced your willingness to trust your inner guidance?

JOURNALING PROMPTS

WHISPERS FROM THE SOUL

When you listened to these whispers. Did they lead you towards growth, healing, or alignment with your true self? How did that feel?

How can you cultivate a deeper connection with your intuition and honor the whispers from your soul in your daily life?

Diving deeper into the what you have written above - can you write out some action steps to make this happen?

JOURNALING PROMPTS

THE HEALING POWER OF NATURE

Think about moments when you've felt deeply connected to nature, have you ever felt a sense of guidance or wisdom emanating from nature itself? In a moment of reflection, what pearls of wisdom did this bring for you - this is the whisper of the Divine Mother and your Soul.



THE WISDOM THAT IS HELD IN THE EARTH

In this journaling workbook I hope that what you have come to realise is that you are far more connected to your inner voice than perhaps you thought you were.



We are so busy rushing from moment to moment that we sometimes forget our soul and the Divine is always speaking to us.

When we take time out to connect with this aspect of our being we can feel truly held, and we allow ourselves the gift of oneness and unity with all that is.

This is where the magic resides.