



# Soul Evolution

## 3 Steps You Need for Personal Transformation

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# Introduction: Challenges are Our Greatest Teachers

- When your world becomes a difficult place to navigate, you are faced with questions-
- Why is this happening to me? How do I deal with this situation?
- You are influenced and by Instincts, Environmental Influencers & Genetic DNA.
- This is what creates the subconscious patterns of your Soul.



- The outer layer of your soul is your Ego. It is your navigator trying to help you thrive as it interacts with different experiences.
- The outcome is relative to the resonating patterns that relate to your previous influences.
- You are conditioned to allow ego driven navigation that instructs you to change outer environments to suite your inner needs.



- We have come to an age where some primitive instincts, threatening environments and some genetic character patterns are proving toxic to our wellbeing.
- This creates a ripple effect and it reflects on a broad set of energetic variables.
- To Evolve the Soul, you must learn to work with your ego to restructure patterns that do not serve you.
- You become a co-creator of your subconscious patterns.



- When you learn to master yourself, you have achieved an evolutionary process.
- One could say, that is your purpose.
- It is a personal journey.
- 100 guided meditations will not take you there.
- The following 3 Steps will give you an insight to what strong foundations for your authentic soul's evolution looks like.



# The 3 Steps

1. The 4 A's

2. Energy Work

3. Connecting 3 States  
of Consciousness



# The 4 A's



- Awakening
- Awareness
- Acknowledgement
- Acceptance

# Awakening

- profound shift in consciousness, an opening of your inner self to a deeper reality.
- Rather than looking out into the world and finding blame in others, a mirror appears, and you find yourself realizing that **you** are the person who is responsible for your attitude and responses within your own life.
- The experience can lead to significant changes in values, beliefs, and behaviors. A deeper appreciation for life develops and a desire to live in alignment with your true nature and purpose unfolds.
- You search for how to nurture your own limiting beliefs, difficult feelings, and repetitive patterns. There is a strong need to create better relationships with all that is. That is how you came to read this article.

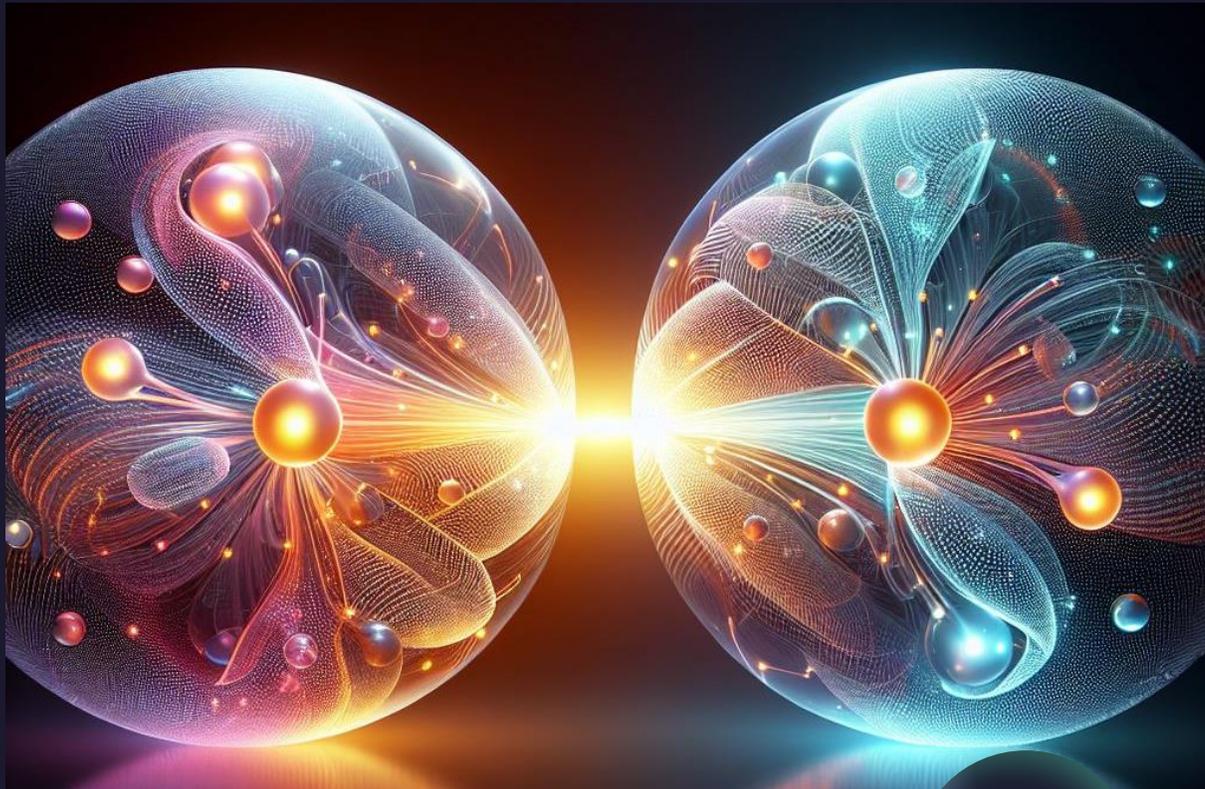


# In It Together

- You begin to understand the human experience. Insight opens up to catch glimpses of your own reflection in others. Our perspective broadens, we now see that we have all developed subconscious patterns through the experience of various environments and responded accordingly.
- A realization of your own humanity and the shared bond you have with all of humankind. Your own actions do have a ripple effect, influencing not just your life but those around you and the world at large.



# Awareness



- This is an Awareness of behavior patterns and watching interactions. Observation of your internal responses, scrutinizing emotions, your actions, and reactions to specific external environments. It is the aspect of the mind that is actively observing and engaging with the present moment.
- Becoming aware of the human character parts when they play out is about noticing how your emotions, thoughts, and behaviors are expressions of your human nature. It's observing how compassion moves you to act kindly, how fear can lead to defensiveness, and how your desire for belonging influences your choices. This awareness allows you to navigate life with greater intention, as you learn to act not just on impulse but with consideration of deeper human values.

# Acknowledgement

- Once you have awakened to your own role play and what human existence can behave like, you can identify character part patterns, structure, and their way of presenting. Acknowledgement takes you one step further.
- How has this subconscious pattern formed. What does it want. What is it trying to achieve. Can I name it as a feeling. Understanding the substance and acknowledging its purpose is what you are aiming for now. It can be tricky, and it is a learned behavior.
- Where it is connected within your psyche is the key aspect. It is a process of meeting yourself, having an internal conversation to establish what exactly is the pleasure or problem, why is it here and where does it stem from. Identifying and understanding the structure of an emotional part is acknowledging its existence.



# Acceptance

- This is one of the most difficult concepts to grasp because of our natural resistance to suffering.
- We don't want to personally be anything that we have been programmed to believe is unacceptable. We have internal conflict and reject our own limiting beliefs of ourselves. We are wired to aim for survival and if we are failing our ego's will put up a fight. After all, we have done our best.
- Ego is your subconscious outer wall. It is the character part that meets and greets the world and if it senses any form of damaging behavior toward you, it will move away. Criticism can feel like assault. Now we have a problem when we don't like our perceived unacceptable parts. So, ego locks them in a cupboard and lives in denial.



# Nobody is Perfect

- Even if we awaken to the facts, are aware of their implications, and acknowledge their structure, **if they do not serve us well**, we don't want them and there lies a conundrum. We reject ourselves, abandon parts we don't want and wish they would go away. This is our dark side, our shadow. We don't want to look at it even when we know it is there.
- To heal parts of our life we must accept that these character patterns are a part of us, a part of our humanity and they are now emotional wounds. These wounded parts keep playing out in our life. Shoving them in the background does not make them disappear. They fester until you shine a light within the shadow and - Awaken to their existence – become Aware of the role they play – Acknowledge the substance – and Accept it warts and all.



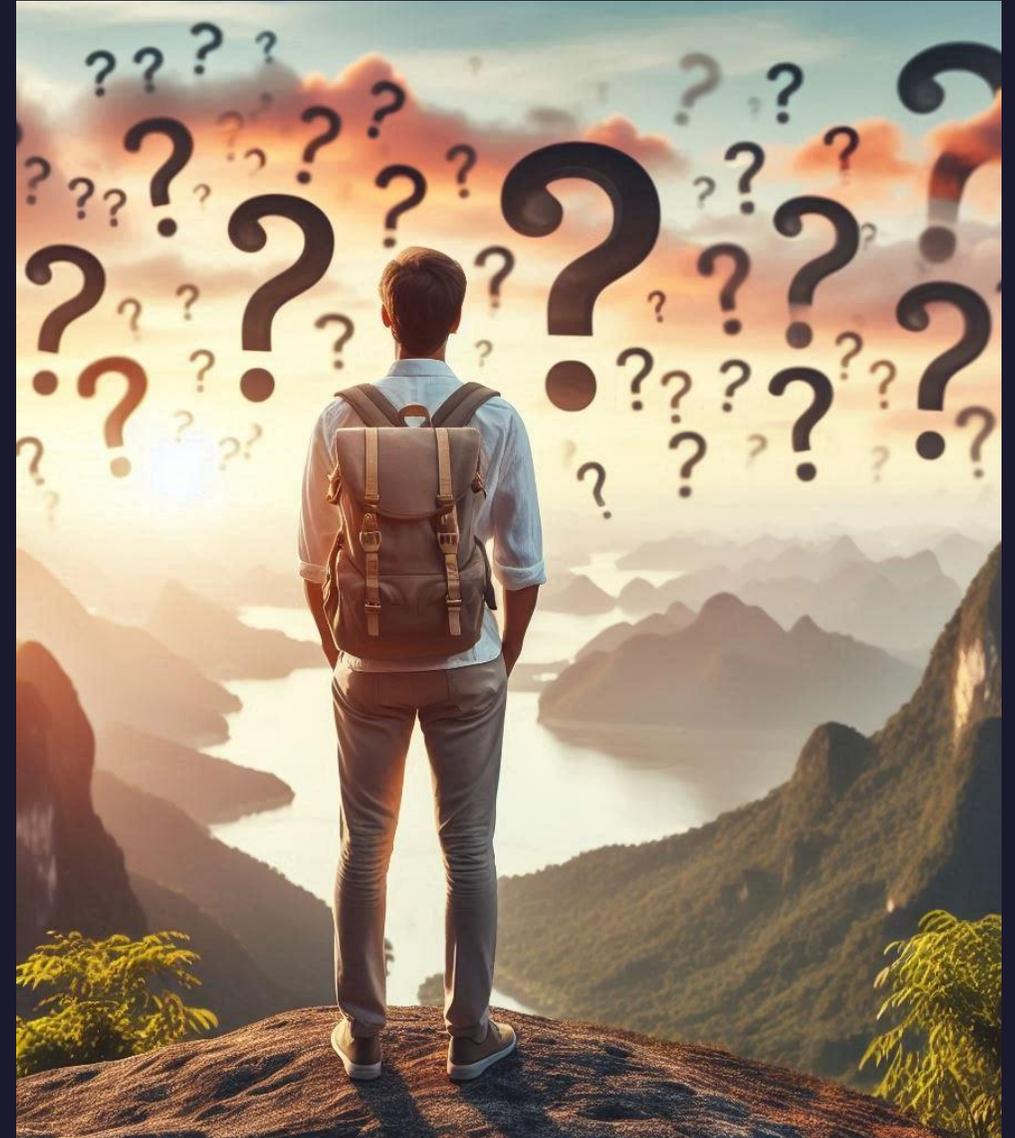
# Learning the 4 A's = 1<sup>st</sup> Step

- With acceptance, we rise beyond instincts and subconscious programming to embrace our painful truths. Acceptance is the beginning of healing our troubled subconscious parts.
- When you can open the door to a more authentic, compassionate, and fulfilling life you realize that the barriers we face along the way are not insurmountable; they are invitations to grow and to reaffirm our commitment to living as fully realized human beings.
- Accomplishing the 4A's is the foundational steps to transformation. To work with our damaged emotional beliefs.
- It is an easy thing to say this is what to do. Would you like to know how?



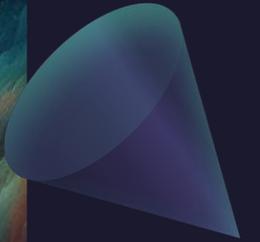
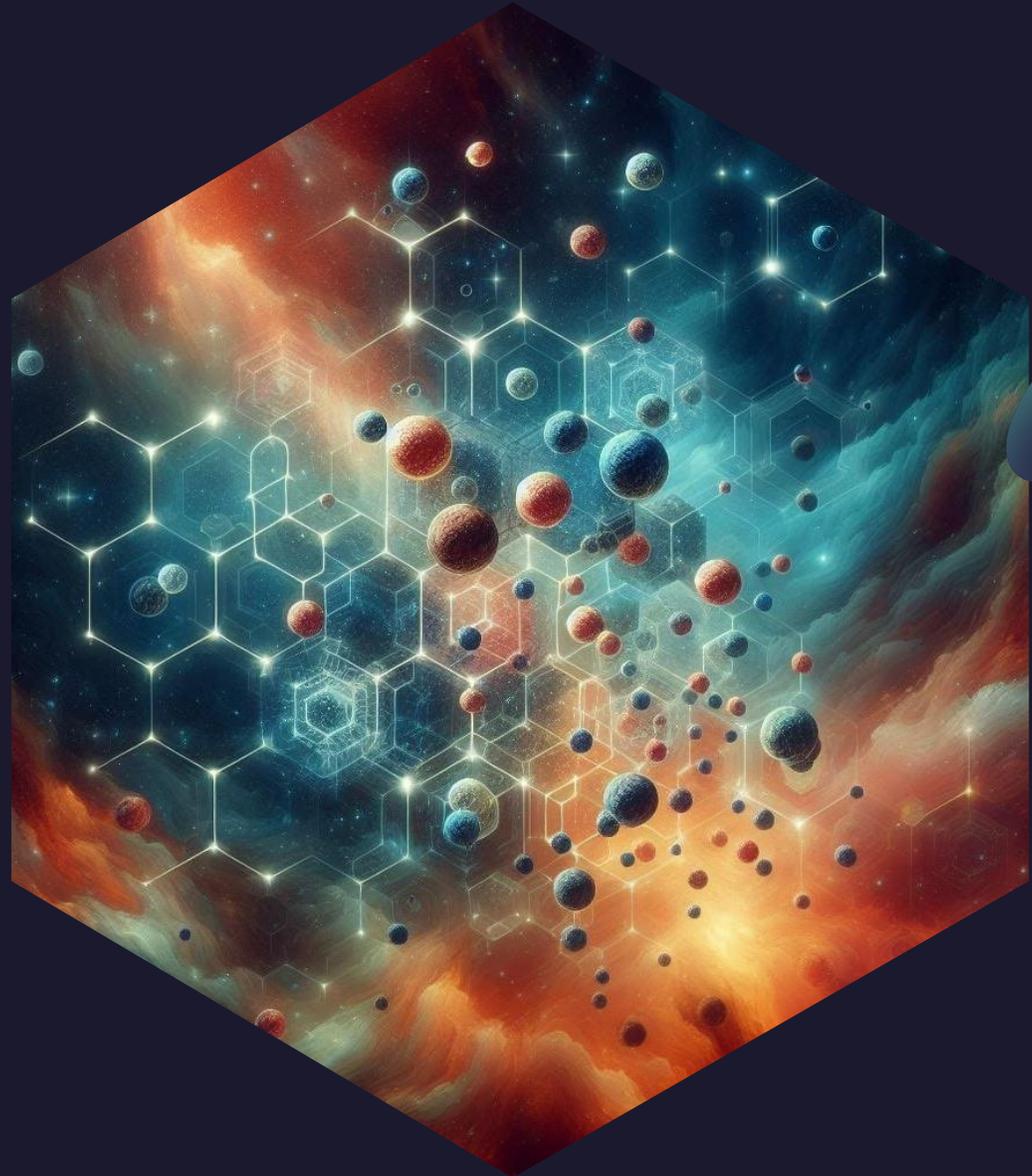
# Begin to Piece it Together

- Awakening – recognizing there is a structure.
- Awareness – understanding how it works.
- Acknowledgement – knowing what it is made of.
- Acceptance – the realization that there is no escaping who we are and all our character parts. The only way to live with rejected parts is to offer some tender loving care. Accepting the difficult, disruptive or damaged parts of yourself is like saying to them, ‘Yes, you are here, and I am going to be here for you too’.
- Working on internal subconscious structures can help to shine a light within the shadows of your soul. You can liberate, renovate, plant some seeds and restore our inner parts for better functionality and a more harmonious and beautiful existence.
- How valuable would it be to you? What would your life look like if you had the ability to lighten up your soul to gain clarity within and around you.



# 2. Energy Work

- This is not a physics lesson so I will try to keep it as simple as possible. Although it is a very interesting topic.
- Everything is energy. Cells are the fundamental complex units of life. At their core, they are composed of molecules, the very essence of matter. Atoms are the building blocks of molecules to form the cellular landscape. Atoms are active and vibrate.
- These vibrations vary as do the vibrational frequencies they generate. Frequencies resonate towards other frequencies to produce different dynamics.



# Memory Holds Vibration

- Your memory is located within our brain's neurons. A neuron is a specialized cell that transmits electrical and chemical signals in the nervous system, enabling communication between different parts of the body. They play a crucial role in the process of memory formation and retrieval. Neurons carry different frequencies of electrical impulses, which encode information and facilitate communication within the nervous system.
- The memory code in the neuron carries the vibration at the relevant frequency to your body parts. Memories form subconscious patterns that facilitate responses to different environments.
- You can open energy centers within you to create access to cellular memory. It is a skill that can be developed. Through breath, vibration, and intentional flow, we can open the doorway to memory patterns playing out subconsciously. Here we can begin to work on memory and perception.



# The 4A's Provide the Address

- You must know what cellular memory you are looking for. That is why the 4 A's are important. They give us the address to the cells carrying memory of the character part. The 4 A's communicate with your neurotransmitters so that a synapse of the relevant nerve endings correlate for energy transfer.
- Energy work gives us the roads and the vehicle to access and transport our renovation materials.
- A doorway to cellular memory that is rejected, a shadow part, needs a key to open it. The energy you are transporting must flow in the vibrational frequency of above 500 hertz to enable entrance.



# 500 hz Comes From the Heart



- You can work with energy by initiating your intent and moving consciousness. Heavy and dark energy cannot be transformed unless light shifts its vibrational frequency. The emotion carry charge and love emanates light.
- Learning how to set up and dial into your energy channels safely is a skill for life. It can be utilized to balance and center yourself when you feel scattered or shattered. The skill has the potential to create an elevation of vibrational frequencies when working together with conscious thought fields.
- How would raising your vibration and learning how to center your soul benefits your life? What are you waiting for? It is like riding a bike. When you get it, you never lose it.

# 3. Connecting 3 States of Consciousness



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- Learning how to set up and dial into your energy channels safely is a skill for life. It can be utilized to balance and center yourself when you feel scattered or shattered. The skill has the potential to create an elevation of vibrational frequencies when working together with conscious thought fields.
- The complex array of imprinted information structures creates an endless composition of character variables that determines how we perceive and interact within different environments.



# Subconscious

- We have established that character parts are located within the subconscious. They consist of energetic patterns embedded with our memory cells that emit different vibrational frequencies.
- The Subconscious state of being operates beneath the surface of conscious awareness, influencing thoughts, feelings, and behaviors without active recognition. It encompasses processes such as automatic bodily functions, implicit memories, and subconscious patterns of thought. While not immediately accessible to conscious awareness, the subconscious mind plays a significant role in shaping human behavior and experiences.
- The complex array of content within the structure creates an endless composition of character variables that determines how we perceive and interact within different environments.





# Consciousness

- The Conscious state of being refers to the awareness and subjective experience in the given present moment.
- It encompasses perceptions, thoughts, emotions, and sensations that contribute to an individual's sense of self-awareness and understanding the reality of what is happening.
- This state is characterized by the integration of sensory input, cognitive processing, and emotional responses, providing you with an individual coherence that relates to the presenting interaction of the here and now.

# Super Consciousness

- An all-encompassing energy structure that carries a state of heightened awareness and expanded perception beyond the confines of our individual identity. It transcends the limitations of the ego. Its existence of interconnectedness with the universe gives us a deeper understanding of life force and source.
- Through energy work, meditation, we can tap into this expansive state of being to open channels that retrieve intended energetic structures within the Super Conscious realm. We can direct the energetic structures to assist us with renovating our inner worlds. Our communication is intertwined with sensory input and conscious creation.



# Co-Creation

- We become co-creators. We use our Consciousness to link the parallel realms of the Super Conscious to the Subconscious. The 3 States of consciousness need to work together.
- The 4 A's have given us the address of the character part within the subconscious field that we are intentionally working with.
- Energy work opens the door to the cellular structure as well as opening channels for constructive energy transfer.
- Communication can now take place amongst the 3 realms. We can now transmit life forces and source creations to elevate the soul to a vibrate within a higher state of consciousness.



# Your Character Has Many Parts



- Your complex array of content within your cellular structure creates an endless composition of character variables that determines how you perceive and interact within different environments.
- Low vibration parts can be challenging and chaotic.
- How would raising your vibration and learning how to center your soul benefit your life?
- It is like riding a bike. When you get it, you never lose it.