

You are so much more than your body type, the size of your jeans, or the color of your lipstick.

You're even more than your mind.

We have to acknowledge our soul - our beautiful self - first before we can move to the place of understanding the power of it.

You've heard the term "soul searching" before. The dictionary defines this as "The examination of one's conscience especially in regard to one's motives and values."

How do you recognize the Power of Your Soul?

1. Think about your thinking, and evaluate your thoughts.
2. Analyze your life. Are you where you want to be?
3. Build onto or add new relationships.
4. Cultivate passion, whether through work or a hobby.
5. Have a soul-searching practice - whether meditation or spiritual, you get to define what that is.

None of us are without a soul, but most of us just don't feed it enough.

Our souls are like Michaelangelo's David - we need to get rid of the excess marble to allow for a masterpiece.

*"The sculpture is already complete within the marble block before I start my work. It is already there, I just have to chisel away the superfluous material." ~ Michaelangelo*

When we do so, we set our souls free and wake up to our beautiful selves - the great love, holy spirit, higher self, knowing intuition that is inside each one of us.