



# Whispers of the Soul

## A Way Back to Self

A Gentle Guide with 5 Soul-Inspired Practices  
to Realign and Reclaim

*For the moments you're ready to remember who you truly are*



©Lucia River-Wilde  
Soul Guide | Master Coach Practitioner | Yoga Nidra Teacher



# Welcome & What's Inside

*Dear soul,*

*This guide is for the moments you feel disconnected – not only from others, but from yourself.*

*Maybe you've been on autopilot.*

*Maybe you've been caring for everyone else.*

*Maybe you're simply ready to return home – to the You beneath the roles, the noise, the shoulds.*

*This isn't a big program or a loud awakening.*

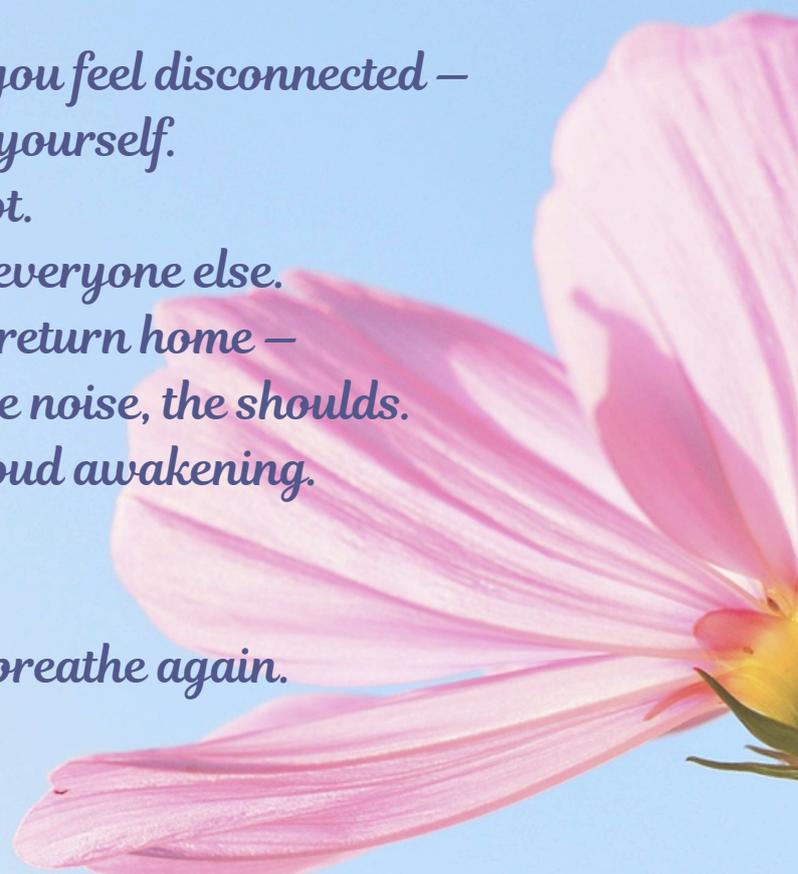
*It's a whisper.*

*A remembering.*

*A gentle space where you can breathe again.*

*With love and light,*

*Lucia River-Wilde*



## 5 Gentle Soul Work Practices

1. The Quiet Question
2. The Soul Inventory
3. The Root and Rise Ritual
4. The Soul Letter
5. The Alignment Check-In





# The Quiet Question

Begin your morning with this simple practice:

**“What would my soul love me to know today?”**

Sit with it for 2 minutes.

No need to answer — just listen.

Let the knowing rise slowly.



For a little something extra~write your answers in a  
‘Soul Speaks’ Journal.





# The Soul Inventory

Reflect on this:

- Where in my life do I feel light?
- Where do I feel heavy?
- Where am I living by habit, not by truth?

Let your answers guide one small shift this week.

And remember~no matter where  
you are in this moment — you are  
Enough.





# The Root + Rise Ritual



Place your hand on your heart, close your eyes,  
and breathe.

Say quietly:

"I root into who I am."

"I rise into who I'm becoming."

Repeat this 3x before starting your day.  
Let it ground you in both being and becoming.

Always knowing, always remembering~  
you are beautiful as you are.





# The Soul Letter



Write a letter to your soul.  
Then let your soul write back.

Start with:

“Dear Soul, I’ve missed you. Here’s what’s been on my heart...”

Then flip the page and write:

“Dear [Your Name], I’ve been here all along...”

Let your hand move without judgment.  
Let it speak truth.

Have fun with this experience~  
let your soul sing and your spirit soar.





# The Alignment Check-In

Ask:

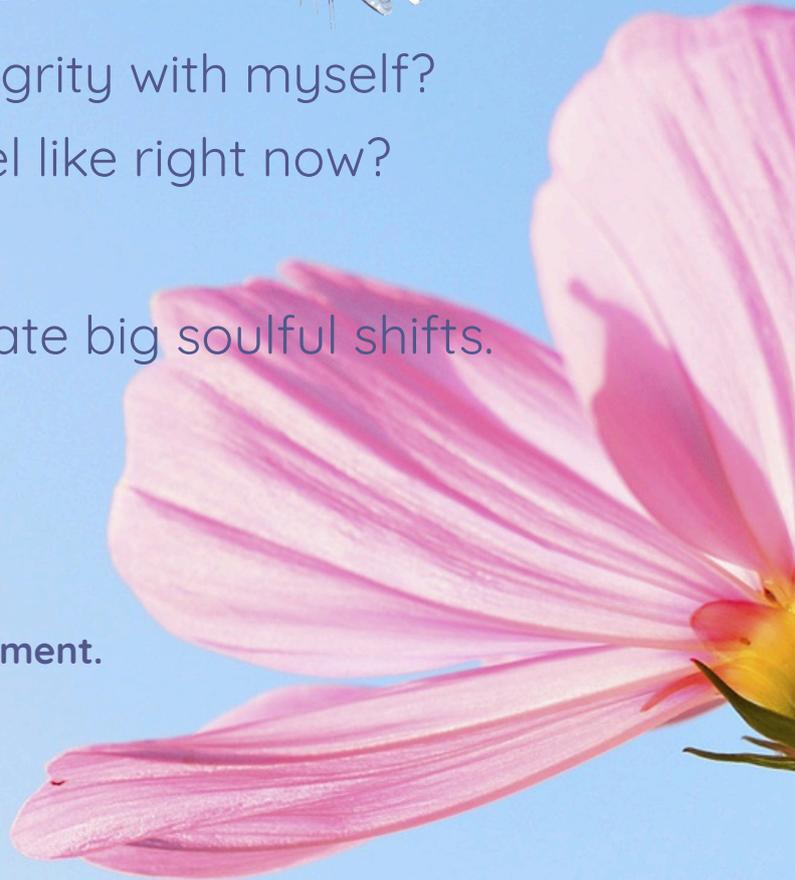
Am I saying yes when I mean no?

Where do I feel out of integrity with myself?

What would alignment feel like right now?

Small honest answers create big soulful shifts.

**Remember~it's okay to feel  
whatever you are feeling in this moment.**





# A Bonus Just for You



## Bonus Journaling Prompts

- Who was I before I thought I had to be someone else?
- What truth have I been afraid to speak — even to myself?
- What am I being called to release... and to reclaim?

Give yourself the space to breathe, to reflect, to be you.



You matter!



# Whispers of the Soul A Way Back to Self



*"Your soul is not far away.  
It's the quiet place inside you that's waiting to be heard."  
~ Lucia River-Wilde*