

# Awaken Your Soul Workbook



# Dear beautiful soul!

Hi, I'm Akiko. I offer healing sessions and classes to guide people to realize their spiritual essence, the Light of who they are, and help them heal the subconscious conditions and traumas that stop them from experiencing joy in life.

Many issues that I've seen over the years with my clients have similar roots. That is not being seen, accepted, or respected for who they are as a manifestation of Love descended on Earth. This separation from your soul creates polarity, pain, and numbness to feeling awake and alive because we are disconnected from the Source of who we are.

In this workbook, you'll reconnect with yourself and see others as loving as you are. Being spiritual is to be able to see one's soul. When we can recognize our soul's existence here, then we are integrating Spirit through humanity on Earth. The alchemical process of awakening leads to the ascension, where many of us came here today to manifest at this special time.

I'm excited to have you here and look forward to creating joy, happiness, and victory together!

**Love**

- Akiko



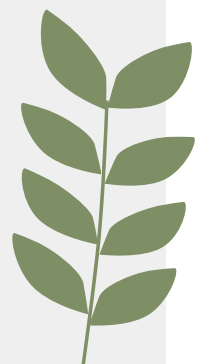
*Lesson 1:*

## Activate Your Intuition

### HOW TO AWAKEN YOUR SENSES

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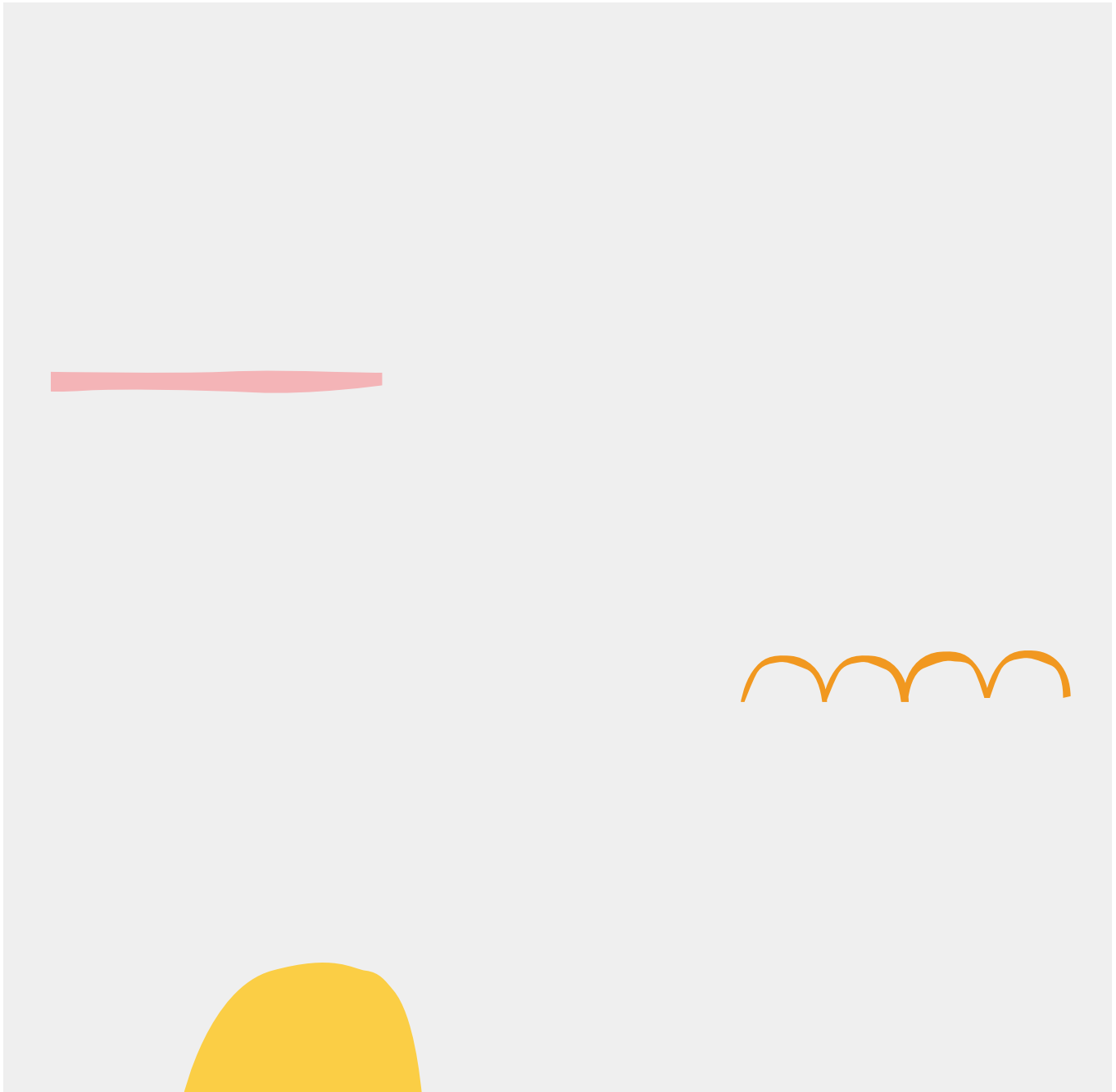
1. With your eyes OPEN, what do you see right now in your surrounding? (e.g., people, nature, animals, objects, elements) List as much as you can physically see.



## HOW TO AWAKEN YOUR SENSES

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2. Now, with your eyes CLOSED, what do you intuitively see, feel, or sense from the same objects you just saw in the first question? It could be a sensation, thoughts, realization, feelings, or images. There's no right or wrong. Have fun, write down what you hear in your heart, and see in your mind's eye!



## HOW TO ACTIVATE YOUR HEART

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3. Place your hand on your heart and take a few deep breaths. Your heart has seen everything you've been through in your life. What do you feel from your heart? What is your heart saying to you? List 5 things that may come up.

1

2

3

4

5

4. Write down any judgments, doubts, or confusion you may have and thank your thoughts. That's your mind, a friend of your soul.



## WHAT ARE YOUR STRONG SENSES

1. In the previous exercise with your eyes closed, how did you notice what you noticed? How did you connect your heart? We have all the senses but tend to have a few strengths to connect our heart. Circle each sense from 1 (lowest) to 5 (highest).

### Visualization

- *images, colors, shapes*

1 2 3 4 5

### Sensation

- *feelings, senses*

1 2 3 4 5

### Cognisant knowing

- *intuitive knowing, gut feeling*

1 2 3 4 5

### Audible hearing

- *inner-voice, sounds, tones*

1 2 3 4 5

### Scent

- *smell, aromas*

1 2 3 4 5

### Taste

- *taste, texture in the mouth*

1 2 3 4 5



## WHAT ARE YOUR STRONG SENSES

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2. Your heart is a portal to your soul. Your heart opens when you use your senses for joy and happiness. By using your top 2 senses that you found out about yourself, what are the activities you can do to bring you joy?

- *For example, if you have a strong visual intuition, creating artwork could be your activity. If you're a clairsentience it could be energy work. If you have a strong inner knowing, it could be meditation or journaling.*



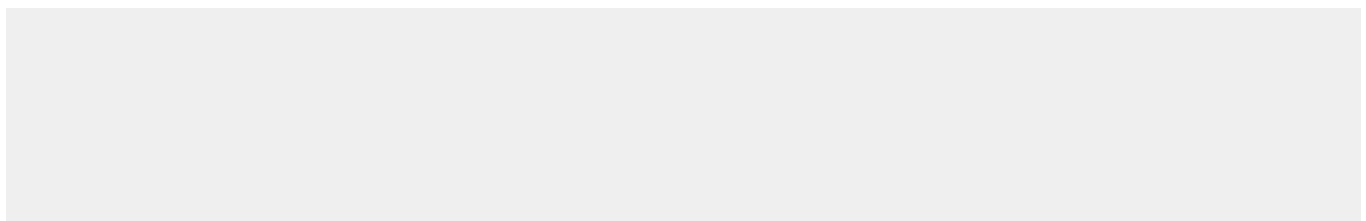
*Lesson 2:*

## Heal Your Heart - A Portal to Your Soul

### WHAT ARE YOU GRATEFUL FOR?

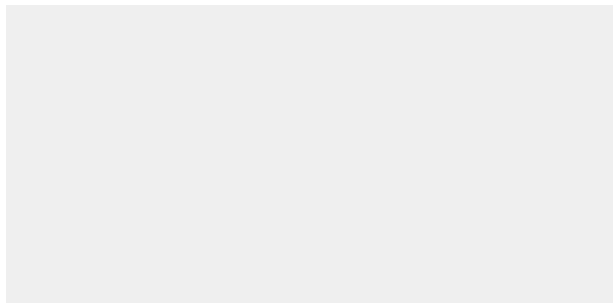
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1. Imagine you're visiting yourself 3 years ago. See your younger self back then in your mind's eye, and what would you like to say?

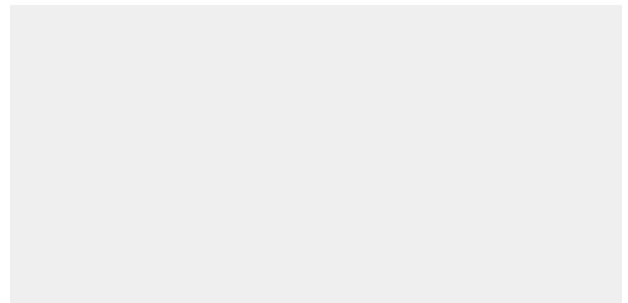


2. Your heart feels safe to open when you're grateful for yourself to be here and now with you. What are you grateful for today?

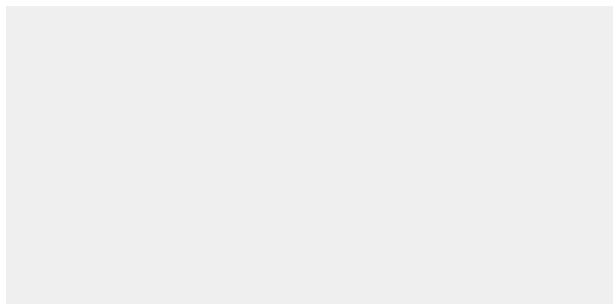
#### HEALTH



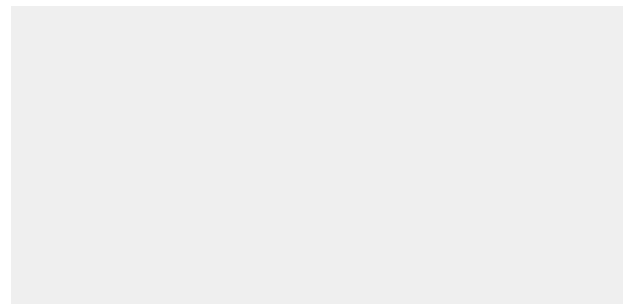
#### FRIENDS & FAMILY



#### ENVIRONMENT

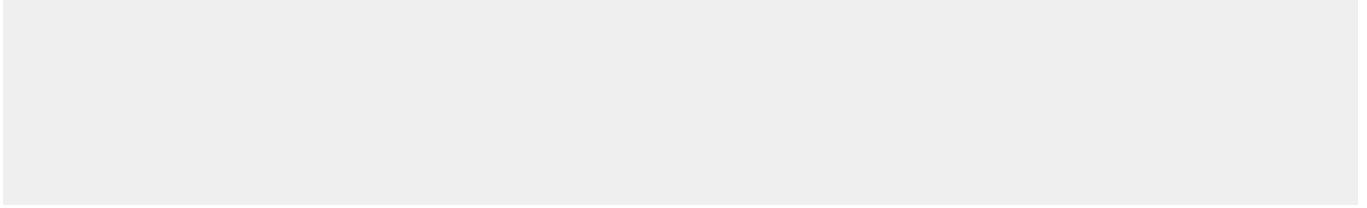


#### YOUR STATE OF BEING





3. Imagine your future self 3 years from now is visiting you today. What would your future self like to say to you now?

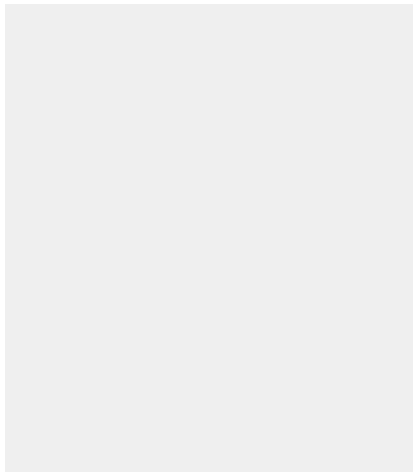


## LOVE YOURSELF

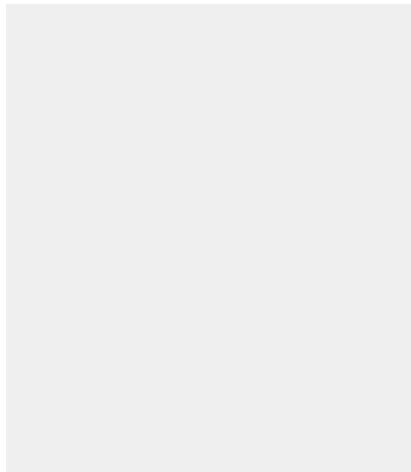
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1. Imagine yourself as a child standing in front of you. What do you see or feel by looking at yourself as a kid? Now, imagine you're a mother for her/him. What would you say or do to make her/him feel loved? Then, imagine yourself a father and inner teacher and see what they say. They're wise, and they love you.

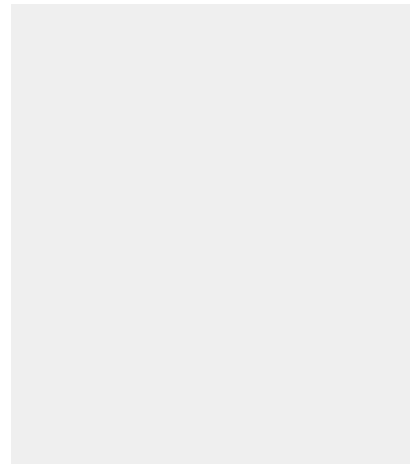
**INNER  
MOTHER**



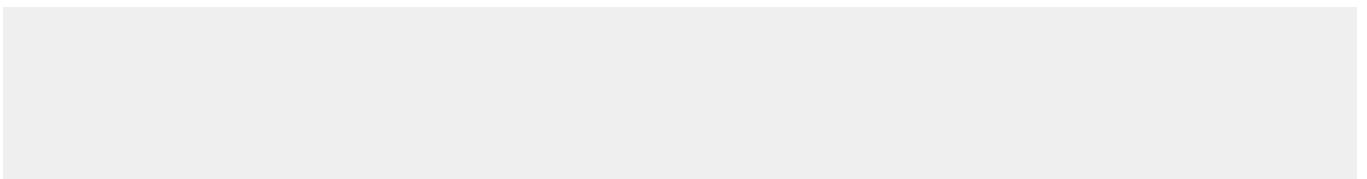
**INNER  
FATHER**



**INNER  
TEACHER**



2. What would you respond to your inner mother, father, and teacher?



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*Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her.*

**- LAO TZU**

**3.** What are you made out of?

- ☐ Love
- ☐ Wisdom
- ☐ Compassion
- ☐ All the above (and more below!)

**Did you find this helpful?**

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