

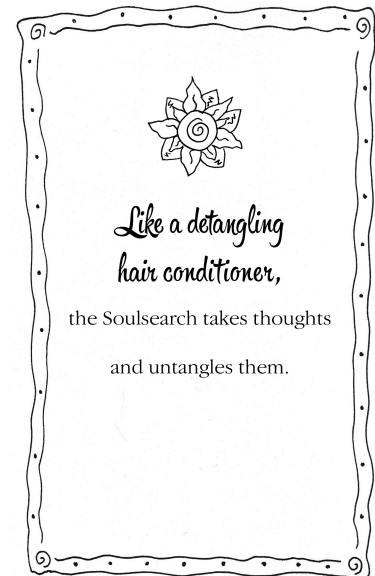
## OVERVIEW

### *the Soulseach* - 7 Common Ways of Thinking

*the Soulseach* is a way of untangling and organizing the categories of your thinking. Like a detangling hair conditioner, this process takes thoughts and untangles them. As you organize and rearrange the usual ways you think, you become more loving and effective at communicating and achieving the results you want.

Don't be alarmed. *the Soulseach* doesn't require you to learn any *new* way of thinking or give up any current type of thinking. It just asks you to organize into a new sequence the thoughts you already are having. This practice identifies **7 Common Ways of Thinking** and defines how each works. Then it teaches you how to organize those ways of thinking into a particular sequence by following certain guidelines.

When learned and turned into a practice, *the Soulseach* reliably shifts your state of mind from tangled to untangled, from fear to love, and from ambivalent to clear thinking. Imagine that! Really, imagine it. As you might picture, this change leads to inspired, collaborative action in the world, which gets clear, loving, and realistic results every time you use the process as it was designed.



Before we get into the details, it's important to ground yourself in a frame of mind that supports your success. Remember that *the Soulseach* is a practice. And like all practices, you get better as you go. Of course, the more you put in, the more you get out. But, in my experience, the more you take a playful and experimental approach, the more fun and success you'll have.

To learn *the Soulseach* in a way that impacts your life, you will need to experiment with the following:

- Identify and notice your own distinct ways of thinking.
- Categorize your thoughts.
- Sequence these thoughts.



- Become disciplined in managing your thoughts.
- Create clear internal boundaries.
- Have patience with yourself.
- Cultivate willpower.
- Be willing to fail and be uncomfortable often.
- Allow the magic to happen at its own pace.
- Trust that when you take the time to do this inner work, it will pay off (big time) in the outer experiences of your life.

Now, onto the steps. Below you'll find the 7 Common Ways of Thinking along with a brief description of each.

## 7 Common Ways of Thinking

1. Narrative
2. Positive
3. Negative
4. Inspired
5. Desire
6. Imagine
7. Creative Action

### Step 1: Narrative

Have you noticed what amazing storytellers our minds are? The human mind is most adept at this kind of thought. We tell stories—to others and to ourselves. (Do you notice that voice in your head right now, telling you the story of what you are reading?) And, as we tell them, those stories shape the direction, meaning, and actual experience of our lives.

*the Soulseach* always begins with a Narrative, a special kind of story. It's here that you set the context and focus of this particular soul search. This story has clear limits to its telling.

- Be brief: Include only the essential elements of the story.
- Focus: Concentrate on your own experience, viewpoint, thoughts, and emotions.

- **Keep it neutral and factual:** Separate out the strong judgments and emotional charges as they will have their time later on. For now, just name any negative judgments or emotions as neutrally as you can and move on.

Imagine you are a reporter writing a three-paragraph piece, facing an immediate deadline. It is important to stick to the storyline in a way that puts all the information in front of you clearly. The goal is to tell the story in a concise, matter-of-fact, and clear way that thoroughly sets the focus, context, and purpose for searching your soul.

When the Narrative is done, before your mind goes to the negative, shift your attention to get ready to focus on the positive thoughts you have about this situation. This conscious shift is critical as the natural impulse is to hone in on what is NOT working.

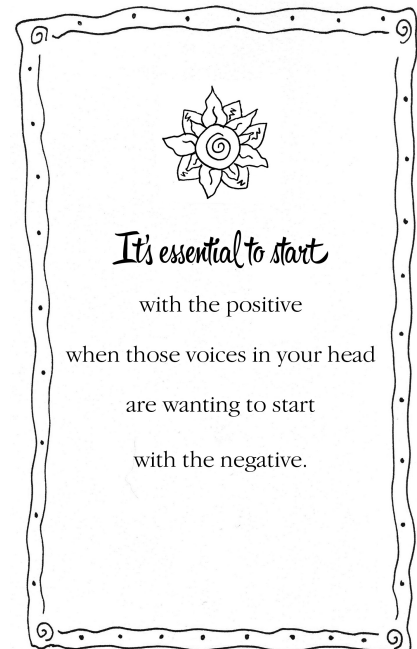
This is where patience and willpower come into play—use them to follow the guideline to **Always Begin with the Positive**. By arranging your thinking in this order, you will set a solid foundation on which you can stand as you engage with the negative. Starting with the negative will sink you every time, no matter how good the intention. So don't do it.

## Step 2: Positive

What are the positives you have when it comes to this narrative? Think of the circumstance and everything that is positive in it. What are the strengths, skills, and personal values you bring? What opportunities, ideas, and rays of light are positive and relevant to this situation? What things and people are available to you now, present in your life, as resources? What's working for you?

Name all of these.

As you name them, allow the solid feeling of *having* fill you up. Allow the positive emotion of knowing you **HAVE** something valuable in your pocket, right now. Allow the solid positive emotions to sink in and be felt.



Once you have experienced the positive emotions, or slices of them, it's time to move to the negative. For many, it's the default state of mind—so it should be easy.

If you notice it's not too easy to shift from positive to negative, that's okay as some of us have a habit of avoiding the negative. Here you can practice going into the shadow, as it is a necessary step to knowing the truth that sets us free. Avoiding negativity is a sneaky way of holding onto it.

We can only build sustainable things from the positive and never from the negative. That's why it's essential to start with the positive when those voices in your head are wanting to start with the negative. Don't Forget: You always want to stand on the positive as you enter the toxic land of negative.

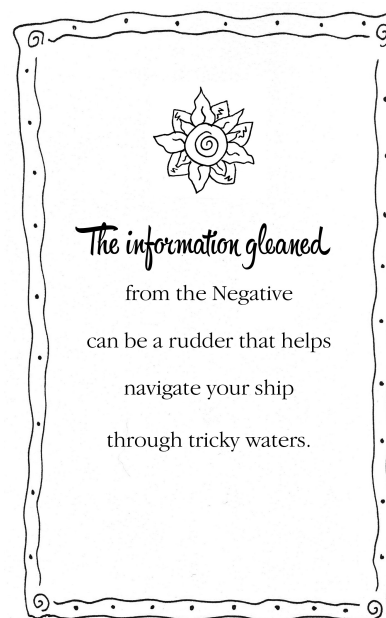
### Step 3: Negative

You step into the Negative to name your negative beliefs, thoughts, and emotions so that you can find any embedded truths or buried insights. All negative energy (of thought, belief, and emotion) needs to be brought into the light and then clearly bounded and firewalled after extracting anything of value.

This process ensures negative energy will not interfere with the creative process. You are NOT here to invest, rent space, or build a case (or a house). It's an *in and out job* for sure.

What are the negative things that you think or feel about this circumstance? Here you get to look at all that is frustrating, annoying, frightening, irritating, blocking, and troubling you.

Be sure to frame each negative as clearly being *Something Negative I Have*, as distinct from *The Truth*. So often we confuse the two. What do you HAVE that's blocking? Not working? Lacking? Sabotaging? Critical? Blaming? Shaming? Taking away? What are the fears, the thoughts that keep looping, and the facts of your narrative that you don't like?



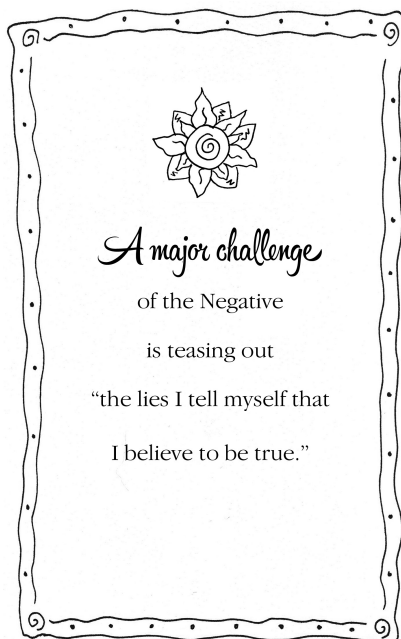


This can be tricky territory. There are certain ways in which we think that can hide the truth from us. The Negative is full of lies and half-truths and always one or two pieces of gold, which can only be extracted when the negatives are well-named and bounded instead of being allowed to take over and boss everybody around.

The safest way to uncover the negative is to use the following phrases with each sentence you utter.

- A negative thought I have is...
- A negative feeling I have is...
- A negative belief I have is...
- A negative thought that I know is NOT true, but it keeps coming up is...
- Something I believe is true that is negative is...
- A fear I have is...
- A negative thought/emotion that keeps looping is...
- A fact in this circumstance that I don't like is...

As you name each negative, make sure you clearly label it in the above ways, as this sets a boundary. Your mind won't default to believing it to be a truth when you tell your mind that *This is just a Negative thought*.



**Some examples:**

- This is hopeless.* (label: a negative thought)
- I don't deserve it.* (label: a negative belief)
- This will never change.* (label: a negative thought that keeps looping)
- I've fallen into some bad habits.* (label: a fact and circumstance I don't like)
- My fears and doubts caused me to hold back.* (label: a negative truth revealed)

So here is the big moment. You have told the facts of the story as a Narrative and named what is Positive and what is Negative about the Narrative.

Now you get to leave behind the negative (often easier said than done) after gleaning whatever it has revealed. Then you turn your focus to what Inspires you about what you have uncovered so far. This is where your spiritual practices come into play.

#### **Step 4: Inspired**

Truth emerges from the fire of negatives tempering positives. We are relieved to see, feel, and name the negatives so that we can learn from them and clear them out. That is a necessary step, as nothing positive is ever created from the negative, only more negative. Again, avoiding any negative thinking or pretending we don't have negative thinking is a way of holding onto it. So make sure you have thoroughly vetted your negatives.

Now the stage is set for Inspiration or *that which causes creative activity*. The question to ask yourself here is "What inspires me now?"

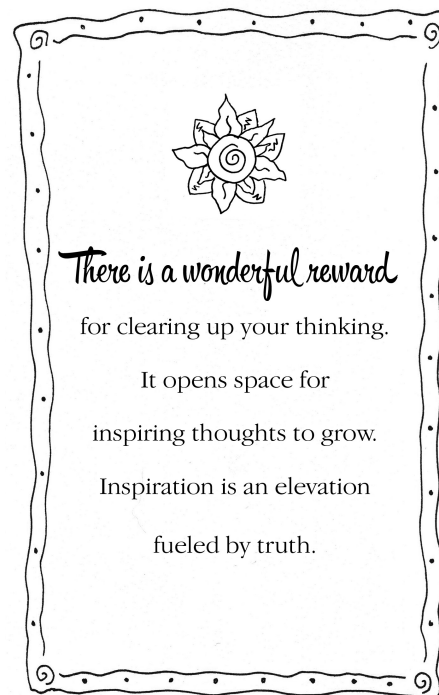
This is a delicate moment as negative energies can be heavy and powerful. We are drawn to negatives like slivers of metal to a magnet. It takes willpower and an enlightened order of thinking to shift out of those energies.

Sometimes changing your physical environment can help. Go for a walk in nature. Move to a different spot in your home that has a cheerful and open energy. Drink a glass of water and stretch your body.

To begin, you may need to force the inspiration. Open to a higher power or your higher self and intentionally let go of the negative.

Find that space in you that is inspired by what you know to be true and positive in your life, and focus on what you have learned so far in the Narrative, Positive, and Negative steps. Anchor in it now.

By sequencing your thinking this way, the inspired thoughts that emerge will form a clearer, stronger, and more powerful foundation for creation.





Here are some phrases that will help you frame an inspired thought:

- It's time for...
- Who I am that knows how to create this is...
- The truth I see here is ...
- What inspires me about this is...
- A spiritual belief I have that fits this is...
- An empowering belief I have about myself is...

As a result of this step, you are clear of all negativity, grounded in the discovered truth, and inspired to notice what desires arise in your heart in relation to the current circumstance. Desire is where we go next.

You are so much stronger than if you had just gone from Positive to Desire and bypassed Negative. This sequencing also is very different than naming a negative and looking for a desire to *fix it*. Had you done either, your desire would be infected with negativity, and you may not have noticed.

Consider what the Buddha said, which I paraphrase now: *Negativity will not cease by negativity, but by love alone is healed.* The original text uses the word *hatred*, which I think is too strong and narrow for our purposes here. But the concept itself illustrates an ancient and eternal law—one that is good to remember generally in life and especially at this point in *the Soulsearch*.

By using your willpower to contain the negative, you enter into Desire with a creative process that is inspired, powerful, and positive. It is founded on solid ground. Repeat after me: never, ever, ever create from the negative! Always clear out the negative and invite inspiration. Then you will create from a clear desire. And from there, you will imagine ways that desire could happen—and move into creative action.

### **Step 5: Desire**

Open your heart. Anchor yourself emotionally in the positive elements of the narrative and the inspired thoughts and emotions that empower you. When you are focused on what you have that is positive and are anchored in your inspiration, then explore:

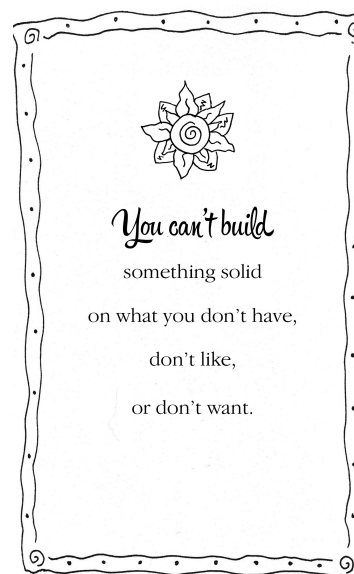
- What are the desires that bubble up?
- What does my heart desire?
- What do I want?
- What is a dream I have noticed just under the surface?

The best desires are clear and simple. They arise from what you have named so far in *the Soulseach* sequence. They are not coming from a feeling of lack, longing for what you don't have, not liking something, or fearing something bad's going to happen. They are based on what you have and what is achievable and possible for you right now. They always feel resonant and uplifting, like a melody from a song you love.

State your desire—clearly, succinctly, and from your heart. Then check your desire using these questions:

- Is it short and to the point?
- Does my heart sing when I say it?
- Do I feel like dancing?
- Is it based on what I have?
- Do I feel like I just can't wait to begin to make it come true?

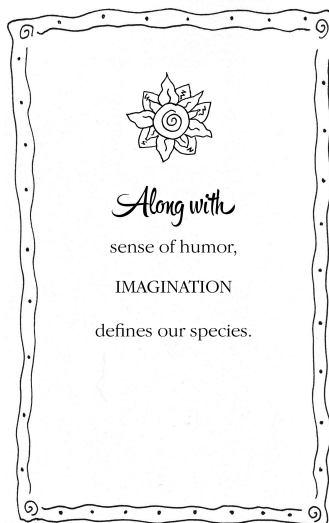
Well, if you answered a resounding YES to that last question, then you're in luck. Because now we shift to the step we call *Imagine* in which you get to dream up all the ways that your heart's desire is going to be fulfilled. This imagining, as with the steps before it, is founded on all that is positive, inspired, and desired.



We cannot create from what we don't have. Just as we cannot create positive results from negative thinking, we cannot create something from nothing. So, as you imagine, make sure you are grounded in your inspired desire.

With that, you can create everything.

## Step 6: Imagine



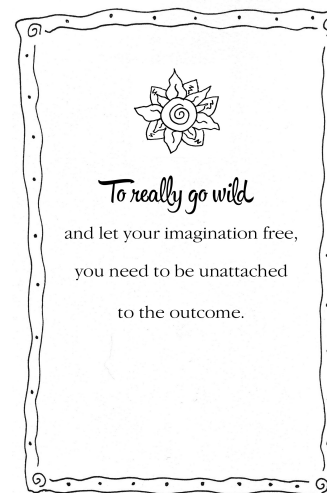
Now that you know your true heart-based desire, begin to imagine what's possible to make it real—and notice what comes to mind. What are the possibilities you can imagine for how your desire will happen?

This is a form of creative brainstorming, so allow yourself to come up with a myriad of options.

Imagine any number of scenarios in which your desire is realized step-by-step until it is a done deal. Explore the possibilities of creating from what you have.

Creatively brainstorm by finishing these sentences:

- I imagine the first step is...
- What I would do next is...
- What would happen then is...
- One crazy thing that I would do is...
- One practical thing is...
- One miraculous thing that would
- One delightful thing is...
- A good strategy would be to...
- A good partner in this is...



I hope you are getting the idea about how this works. Within the bounds of “I create only from what I have that is positive” and “Anytime I discover negativity, I remove it and put it back in its place, firewalled in the negative,” you are free to imagine exactly how your heart’s desire will happen for you.

Maybe you’re thinking, *Kat, are we ever going to talk about taking ACTION? What is the action I can take? What do I DO?*

Maybe those thoughts are coming in with a touch of urgency. What a wonderful clue! Any urgency is negative thinking. You may want to take a moment to revisit the Negative step in your *Soulsearch* just to make sure you've cleared out any negatives completely.

Yes, we are going to talk about action and now is the time. The magic of this practice, though, is that the action that emerges will flow naturally from your inspiration, desire, and imagination. The action is not filled with urgency nor tainted by negativity. It arises from your imagination as creative action.

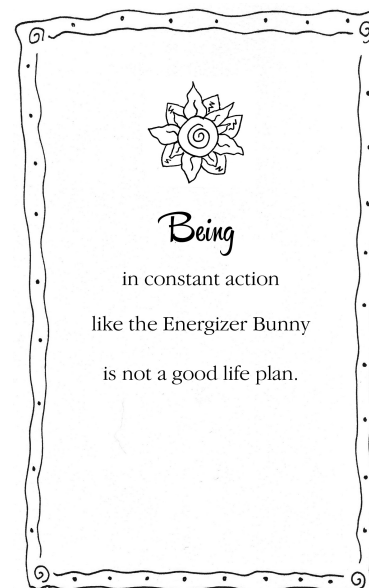
### **Step 7: Creative Action**

What creative actions are you inspired to take right now? This step is easy if you carefully sequence the first six ways of thinking. Your mind is now geared to make your desire happen! The benefit here is that your mind knows what you already have, and this will spur you into very realistic and doable action.

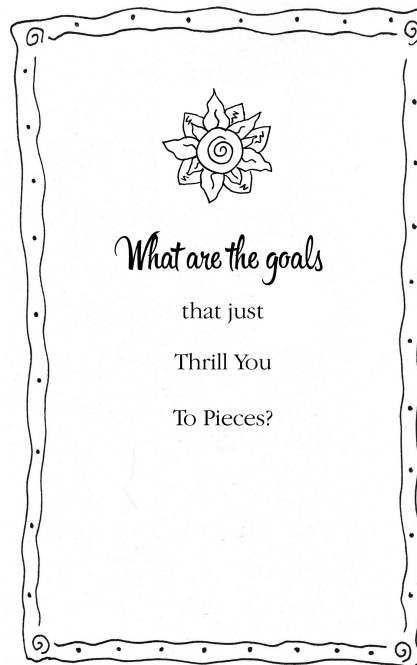
Soft focus on all you've uncovered in your *Soulsearch* and ask yourself:

- What action am I being called to take?
- What action involves something I need to stop doing?
- What action will keep me moving forward?
- What action is my intuition nudging me to take?

Once you are in creative action, you will get new information. You will find out more about what you want and what true obstacles you are facing. You may find much of what seemed to be the block is simply not there. It's back in the negative thinking, well-boundaried.



You may find it is necessary to go back to the Narrative step once you have new information and then move through the sequence again. Once you get the hang of it, you may realize you have inhabited a new way of disciplined thinking—as Curtis and I have for years— which leads to creative action and the fulfillment of your heart’s desire on a regular basis.







## **OUTLINE of *the Soulseach***

### **NARRATIVE**

What is most important in your life right now? Which is the main topic you want to focus on today? Begin by putting out on the table between us all the current facts, thoughts and feelings you have about this area.

### **POSITIVE**

What is going well in this area, about which you have positive thoughts feelings, beliefs and experiences? What positive qualities & strengths do you bring? What's already working here?

### **NEGATIVE**

What are the negative thoughts, fears, limited beliefs and self- defeating behaviors you are experiencing in this area?

### **INSPIRED**

It's time to open to something higher that gives you faith in yourself and the world. What inspires you in this area?

### **DESIRE**

With everything out on the table and known, the positives identified and the Negatives clearly contained, having opened your heart to Inspiration... based on all this, what do you want to create, right now, in this area?

### **IMAGINE**

Here's where you get to imagine HOW to make your Desire come true. We get to play with new possibilities that are now available to you. We may brainstorm, run scenarios, use tools and exercises, discover ways of thinking and behaving that seemed impossible before. People who might be able to help you and creative ideas will show up here as well.

### **CREATIVE ACTION**

As we complete our session, a Creative Action will arise organically from doing *the Soulseach*. You will leave energized by an action and accountability plan that will move you forward toward making your dream real.



## **the Soulsearch Worksheet**

(To use between sessions)

I care very deeply about \_\_\_\_\_ and I am choosing to focus my attention on this area today.

### **NARRATIVE**

The elements that are most important to note in this area of my life are:

- 1.
- 2.
- 3.

### **POSITIVE**

What is going well in this area, about which I have positive feelings, is:

- 1.
- 2.
- 3.

#### *Positive Possibilities*

*What's working for me in this area*

*The values I am honoring in this situation*

*The inner resources I have available*

*The outer resources that support me in my life and in this particular area*

### **NEGATIVE**

I notice myself being hooked by negative thoughts, such as:

- 1.
- 2.
- 3.

#### *Types of Negative Thoughts*

*What's not working*

*Fear, Doubt, Limited Thinking*

*What I know is not true but feels negative*

*Negative but true to me is the fact that...*

Instead of focusing on these I accept them for what they are and move forward toward my Vision.

**INSPIRED**

When I open my heart to what inspires me and feel the support of the universe, I know that:

- 1.
- 2.
- 3.

*Inspiring Possibilities*

*What my Highest Self knows to be true*

*What it's now time for in my life...*

*What I see as possible ...*

*What Spirit whispers in my ear...*

**DESIRE**

With my heart open and free of negativity, anchored in the positive things I have... and feeling inspired... I know I can create what I want... my heart's desire is:

- 1.

**IMAGINE**

All things are possible when I connect with Spirit and a loving Universe... so I imagine this desire could happen in so many ways, including:

- 1.
- 2.
- 3.

**CREATIVE ACTION**

The one action I will now take to let the universe know I am happily co-creating my life is to:

- 1.

**COMPLETION**

Doing this gives me a feeling of well being and I am filled with gratitude in this moment.