

Rabia Atici

Spiritual Psychology
Healing the Soul

From a courageous heart
to the awakened Soul that is
the agreement of the Heart and Soul

Forword

Our Life is no coincidence, we are all here in this earthly school to align us with our Soul. This book is about the coming into being of this agreement and how the healing of the Soul will determine the direction of our path and will lead us to a Loving and joyful path that will fulfill our Life and journey. Our Soul is going to counteract its full self and the Universe, and we will accomplish this

agreement with love and joy and bring the awakened Soul to the experience of Life. The awakened Soul is a Soul with an open heart who feeds its self with Love and shapes its Life with harmony and is here to experience Love. Eventually every Soul will experience this Love. Everything in our Life and everything in Life serves this purpose. Experience step by step what it is like to awaken to a consciousness that creates from his heart and experiences the full energy of his whole Soul and fills his life with Love and joy. We are all go through a test, the one of fear and how we can free ourselves from our fear and align ourselves with our Soul. This is the spiritual journey we are all on. This book gives the insight, what the Soul is and what it needs to function optimally in Life. In one word this book is about the needs of the Soul, what it needs to function healthy and optimally. We all know what Love is and what the Soul is but do we know what the Soul needs to function healthy and optimally with its full potential. Knowledge is power and with the knowledge you will gain with this book, you can help your Soul and its needs and so experience the full potential and the optimal and healthy Soul of your whole being, your complete Soul. Ever since my childhood I always had a feeling, there is more to life than the one I know of. And the more I got older the more I realized what spirituality was and what it meant in my own Life. And so, the more I immersed myself in this spiritual Life, the more I gained the knowledge and

the more I got the urge to share this knowledge with everyone and help everyone who are seeking for their Spiritual Life. Our Soul requires that we be healthy in body and mind, the spiritual Life requires a healthy Soul, the one that is at the center of its power. Love requires consciousness only then can we walk the present of our being. Sooner or later every Soul will enter and walk the present of his complete soul. Our knowledge and awareness, our experiences are nothing more than lessons to awaken us to our Soul and prepare us for aligning with our Soul and our spiritual Life. That you are reading this book is a sign that you crave for the healing of your soul. A healthy body and mind are a reflection of a healthy of the Soul. The healing of the Soul will shift humanity's revolutionary step towards a more harmonious and Loving consciousness. Both individually and collectively. The healing of our Soul will heal our body and mind and thus heal the world. The healing of your soul not only benefits you but also the world well.

Chapter 1

Healing The Soul

The health of the Soul has not been studied, and for ages people are looking for a remedy for all the diseases that are the consequences of fear anxiety and stress, which are the consequences of our experiences from when we did not know much that are harmful to the health of our Soul. You can heal the body with chemicals, but to cure the disease itself, you have to take a closer look at the health of the Soul. Our Soul cannot bear the fear, tension and stress and becomes weak and sick as the cause of this fear and powerlessness. Many Souls create all kinds of diseases because the poverty and pain and misery that they are in is so big that they can no longer bear it and so they create diseases in them to leave the earth. If the Soul cannot give what it is here on earth for and if he cannot develop into its wholeness, then that Soul will become ill and pull itself back from Life. Spiritual psychology is created so that all the Souls can heal and put an end to the diseases that are the result of our fear. The violence and all the wars in the world are so horrible that most Souls can't take it anymore and take a fall out in Life. And I'm not even talking about the animals that leave the earth because they can't give what they came here on earth to give and they all cause diseases in themselves and leave the earth. Forgive yourself and

others and move on. Our past is past tense and our present is our responsibility and the future is the result of our past and present. So, forgive and move on. Even God can't change the past, so forgive and move on. These are the times that call for the great courage and change. Change, heal yourself, and you will change the world and heal it from its fear and misery. Our healing goes in hand and hand as individually as collective and benefits the world we live in. So, heal yourself and you will heal the world. Just as we take five minutes each day to do fitness, to do our yoga and exercise, we must take five minutes to pray to the Universe every day and consciously invoke the energy of Love in our Lives and do this every day. Pray and give your thanks for your health, for your loved ones and the earth. Every prayer brings with it the grace that gives peace to the Soul and evokes the conscious experience of Love to Life. The consciousness of Love and the Soul comes from our heart and so if we want to cultivate the loving aspects of the Soul then we have to feel what we feel and so open the door to this consciousness. The healing of the soul goes through the heart and not the mind and so the saying goes God is in our heart and not in our mind, comes from here. Choosing to not to feel anything paralyzes the heart. That is also feeling but that is feeling due to paralysis in the heart. Bitterness and powerlessness are the result of this way of feeling. In this way, the heart becomes sick and eventually the heart

closes, until you realize your choice and choose for love and trust by feeling what is in your heart and feel, feel everything what you are feeling. Where our attention goes there will we go, Love is the center of the heart, let your attention go to the center of the heart and the more you will experience this the more you will gain power over your fears and consciously replace them with Love and trust. This is how we gain authentic power.

Authentic power is the energy, the power of our Soul and to experience this we must go through the depths of our heart. Gaining authentic power requires the utmost from us. It has to be earned. Authentic power is the energy of our full Soul and serves the Soul and its human experience and is indispensable in the growth process of the Soul, better yet without authentic power we cannot grow as Souls and the evolutionary journey of man becomes clogged with fear and must be helped. As it is the case here on earth. We need authentic power to grow and to continue with our evolutionary journey. I hope and I know that spiritual psychology will help and remedy the blockage and let the human energy flow towards the Love and trust that lead all of us directly to the present of the entire Soul and the Universe and everything that is. The only way to get rid of our fear is to free ourselves from our addictions, is by feeling everything we feel and becoming aware of it. Once our fear and addiction are acknowledged, there is only one way to get rid of this fear and addiction and that is,

change your whole experience of fear and addiction, feel, and replace your fear with Love and you addiction with trust. It is important to feel what we feel to stop creating the fear, and so, feel, heal from your addictions and all of these parts of fear of the Soul that is anchored in the deepest parts of our being. Life after Life, karma after karma. Change requires us to replace our fear with Love and our addictions with trust and the illusion with our open heart, feelings. This is a long journey, and quite a process. We can't ignore it, everyone on earth is here to fulfill this journey, this process to the last detail. Every experience, everything serves this purpose on earth, so don't feel alone we are all on the same boat. The healing of your soul not only benefits you but also everyone you come into contact with, because a healthy Soul, Live's from Light and through Love. Can you imagine what the world will look like if we replace fear with Love and Live through the values of this energy, can you imagine a world without fear, war, pain and diseases. I do, it is just a matter of awareness, of being aware of our feelings, of our heart and aligning them with the Soul, so that the Soul can do its work that is here to do, which is to putting all its loving aspects of its self its whole self in the process for a healthy and optimal Life and a healthy and Loving world. Believe me these are not the times to be sad or feeling down, these are times for a great change both individual and collectively. Here are some of the aspects of the Soul that are important in its healing

process and the change of mankind, sharing, cooperation, harmony, and reverence for Life. We are all called to become aware and change our selves. We are all responsible for our own Life our own energy, and so no one can live your Life for you or take responsibility for your energy and doing your work for you. That is not possible. Your Life your responsibility. Spiritual psychology, and responsibility emphasizes the change of the individual Soul as well as the collective of the Soul. this is the difference between spiritual psychology and psychology. This is a short guide book written with the intention of helping people, to become aware of their Soul and its integrity. People all over the world are tired of being sick and depressed and want to heal and are looking for ways to do so. Through psychology, yoga and meditation and so on. This kind of healing dos not heal the Soul, it only heals the physical aspect of the Soul. To get a healthy mind and body and soul, we need to heel that part of us that needs healing, which is our Soul. Our Soul needs Love, compassion, care and harmony, every time we create the loving aspects of the Soul we heal our Soul, every time we are afraid and lose strength on anger, hatred, pain, our Soul gets sick and depressed and as a result we become powerless and ill. We will either gain authentic power through Love or lose our power through fear. With this book I want to make everyone aware to create with those parts of the Soul that will help our Soul to heal. Here are