SOUL vs. EGO SMACKDOWN

How to say YES! to your Soul and tell your Ego to Suck It.

TRACEE SIOUX

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Soul Contract

Dear Soul,

I commit to hearing whatever you have to say, about whatever issue you want to talk about, for the duration of this workshop.

In return, my Soul commits to speaking loudly, clearly and persistently, so much so that I cannot mistake or ignore your message.

Love,

_____

Date _____

Dear _____,

Eternal Love, your Soul

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Date _____

Dear _____,

Collectively signed by your Ego, Human Mind, your Parents, your Spouse, Judgey Neighbor, childhood religion, Fox News, Suzi Orman and "They."