



*the
art of
soul
making*

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WITH BETH WAREHAM

Dear Reader

Congratulations on downloading this free excerpt of The Art Of Soulmaking! In this free excerpt you'll get to see the titles of the 26 lessons you can follow to go inwards and find deeper strength of purpose and a more resilient joy. You will then get to see a preview of 3 of the lessons to help you get started on your Soulmaking journey now. We wish for you that this workbook marks the beginning of a life changing journey you will never forget.

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Next, here's a letter from editor Beth Wareham on how she encountered The Art Of Soulmaking after a long and successful career in publishing and how the workbook helped her process and harvest the pain she was experiencing in to more joy and purpose in her life.

A LETTER FROM THE EDITOR

I encountered *The Art of Soulmaking* after more than twenty-five years' experience in the publishing industry. I was at the top of my career, and had an adventurous lifestyle to complement the productivity. I'd edited and was a publicist for several best-selling books, and got to see parts of the world few ever get to travel to.

Then, life came crumbling down after I lost half of my family in a six-week period. It was a reckoning unlike anything I'd experienced, and I was forced to take a step back and process the trauma. With much pain, I began my journey inward, taking steps in a long process of rebuilding my internal world.

It was during this phase of my life that I was contacted by a woman who worked for Soulmaker Press, asking whether I'd be interested in editing a book called *The Art of Soulmaking*. She said the book was meant to offer a template for getting in touch with the soul, and was being written for people in prison.

One thing led to another, I met Nicole, and we started to talk about this book. At first, I had no idea what she was talking about. My idea of "practice" was squats and lunges, or things kids did on weekday evenings before their weekend soccer match. "Soul" was foreign to me as a word used outside of a religious context. I was intrigued. I had long ago abandoned religion because I didn't like the way it felt for me: binding and full of superstition and control. It didn't seem very welcoming for this much woman. No, religion was not for me. But soul, that word had energy; that word had freedom. That word had space. I said Yes, let's write the book.

I told myself my soul was no different from any other part of me—say a glute or a quad muscle—and the more I worked it, the

better I'd feel. Turned out, it was as simple as that. Daily practice got me journaling and meditating and stretching. That first forty minutes of the day became sacred. Journaling was a boon to my creativity and to understanding my emotions. The more I practiced, the more insights and epiphanies I had, seemingly without effort. They just appeared, and my life deepened. I began a new relationship with the natural world, watching birds and just feeling the surging energy of Earth under my feet.

In a matter of months, as my own life changed, we finished the prison edition of the book. It launched at a women's prison in California, where, after putting up flyers, seventy-three women signed up. The prison was as shocked as we were. That was just under three years ago. Today, over 20,000 people in prison have gone through *The Art of Soulmaking: Prison Edition* book. There are dozens of formal and informal groups at over 190 prisons across the country studying the book together. Volunteer pen pals and the incarcerated participants in *The Art of Soulmaking* exchange tens of thousands of letters annually.

It was during this time that Nicole contacted me and suggested we make a version of this book available for the everyday person. I immediately said Yes. Again, we got to work.

It is from this personal journey, this unique and timely friendship with Nicole, and this wonderful community of people in prison, that I offer you this template to truly find yourself, and soulmake with your life.

You'll find plenty of instruction, encouragement, stories, and support inside this book. Embrace it as best you can, in whatever way fits for you. There's no wrong way to do it. We welcome you to this community and to this experience of freedom thousands have already benefited from.

Love,
Beth

Next, here's a sneak peak at three of the 26 lessons inside The Art of Soulmaking. These exercises are written to invoke curiosity, powerful and constructive introspection, and to re-connect with the deep power source inside of you.

THE HIDDEN MASTER

LESSON 1

Basic Goodness

The mind is a powerful warden. The body, our soul, our refuge and salvation, can often seem difficult to enter. Some have left themselves so long ago, they forgot that home is within.

Looking for your own self-worth from the outside world, energy, and talents is aimed at continuing to elicit someone, or something, to say, “Yes, you are good.” We live in a state of sinking, hopping from inflated life raft to life raft as people affirm our value. Perhaps you have grown accustomed to hanging on to these rafts, to hearing the air slowly escape and the dark water slowly pulling you down. This is what we consider hell: living locked out of ourselves.

This pattern continues. If it is not a good deed, it is the right job. You will be happy when you find the right job. It may be the perfect partner, the perfect family. Everything, anything, but you.

When you’ve lost track of your innate goodness, everything you experience gets measured against, “Does this make me good or make me bad?” This is why we grasp at success and drown in failure. We strive for that brief “pleasing” and “winning” feeling, at the cost of inner peace and a clean conscience. Who are we pleasing? What do we win?

In the hardest of times, how do we remember that what is inside of us is made of Good? Everywhere we look we are reminded of hurt, and the reminder of hurt instills a sense of shame. The shame and hurt pierce through “I did something wrong,” and we can begin to believe “I am something wrong.”

Facing what seem like insurmountable challenges, you may have already given up the idea of your life having value or ever being able to enjoy it. You might even feel you live beyond redemption; the cause of “you” is lost.

Start with the challenging idea that you are perfect and were perfectly created for love. This lesson flows through every other lesson in the soulmaker’s progress. You may feel uncomfortable at first because of other programming you’ve received. Let’s melt through that and get to love.

“It’s not that we have little time, but more that we waste a good deal of it.”

~SENECA

Integration Exercises

Each day of this first week's lesson, after you've finished your Morning Practice, answer a question below in writing. Take as much time and space as you desire.

Beliefs

- What's something of value I offer to the people around me?

- Who do I love?

- Who loves me?

- Who do I trust? Why do I trust them?

- What is the meaning of my life?

EVERY VOICE INSIDE IS TRYING TO HELP YOU

LESSON 3

This lesson is more pain conversion work, as you learn to use alchemy to transmute difficult experiences into positive ones. In this way, you come to see that even what you perceive as “bad” is good.

How to Harvest Pain

Everything we experience carries a secret for us, and it is our work in this world to find out what that secret is. Until we do, this experience will recur, over and over, until we can grow to receive it. Some of these experiences are positive. We will meet someone who reminds us of a loving friend we were never able to be good to in return, and our second encounter grants us the opportunity to mend where we fell short the first time. In other cases, it’s a negative experience. A loved one dies, followed shortly after by another. We are turned down on the spot from two job interviews, two days in a row.

These experiences carry with them their own emotional heaviness. For example, they incite in us joy, disgust, shame, or grief. Each experience is its own initiation, its own entry point into liminality. That is a transition point for our soul. Our soul will attempt again and again to reconcile us with it. It is our bell, ringing over and over to bring us home to ourselves.

If God (however we understand God) intends for us to be naturally joyous and free, then it holds true that we can be joyous and free anywhere. Each experience is our opportunity to confront all the limitations of our mind, which would otherwise have us not feel joy and freedom. This process is like a polishing stone, slowly rubbing out the kinks to reveal our natural brightness.

At all times the soul’s calling is to receive. The soul does not choose what is good or bad. It does not say, “I will feel this, but not that.” Or “I will let you affect me, but I will not let you affect

“Knowing your own darkness is the best method for dealing with the darkneses of other people.”

~C. G. JUNG

LESSON 7

MELTING FIXATION AND TURNING ON

“Turn-ons” are the things you do that you love so much, you lose all sense of time and space. You’ll explore what you love to do—what transports you—and use it as a doorway to your genius.

“If you want to experience eternal illumination, put the past and the future out of your mind and remain within the present moment.”

~ELIF SHAFAK

*“Within its reach, though
yet ungrasped
Desire’s perfect Goal—
No nearer—lest the Actual—
Should disentrall thy soul . . .”*

~EMILY DICKINSON, FROM “WHO
NEVER WANTED—MADDEST JOY”

When we are not thinking deeply about the matter, we assume that desire is caused by what we desire. You pass by a store window or leaf through a catalog and see a beautiful sweater. You may or may not actually need a new sweater, but need is irrelevant to your feeling for this particular sweater. Whether or not you need it, you desire it. If asked why, you might describe its desirable qualities: the style, the color, and so forth. Seeing the object happens before you desire it, and you believe the sweater caused the desire: You believe your mind wouldn’t have desired it if you hadn’t seen it.

When you look at it that way, the power of attraction seems to reside in the object. It’s as if the beautiful sweater is pulling you toward itself, compelling you to feel, and making you vulnerable to what happens next. The sweater is controlling you, dictating your actions and emotions. If you can acquire the sweater, you feel happy. If it costs more than you can afford or is sold out in your size, you feel disappointed. Yesterday you didn’t even know this sweater existed. Now it has the power to make or ruin your day. We call that desire “fixed,” or a “fix-ation,” and until you inject your desires with energy, making them volatile and alive, you stay right where you are: a person pining over a sweater.

Okay, we’re exaggerating slightly. You probably don’t get that bent out of shape if you can’t have the sweater. But you get the drift. In believing that desire is caused by its object, we endow the object with power. When we do that, we experience desire as a kind of anxiety. Taking possession of the object is our best idea

Integration Exercises

- What was the most painful experience you had as a child?

- Did something good come from that pain?

- What was the most painful experience you ever had as an adult?

- Did something good come from that pain?

- Do these experiences have any commonalities? What are they?

Congratulations again on taking this step forward to embracing every aspect of your life, good and bad. Over 30,000 people have followed these steps, and this number grows by the day because people are seeing results. The Art of Soulmaking workbook will guide you to tap into the power inside of you where you will find your purpose, find a resilient joy that you can bring everywhere you go, and ultimately grow in your creativity in the world.

Your next step is get your physical copy or download your digital copy of the workbook. **Click Here** for fast shipping or a Kindle direct download and begin your journey.