



# 3 Powerful Tools for the

# Counselor

Learn to Live From the  
Wisdom of Your Heart

Kelly Canull

# *Who is the* *Counselor?*

Counselors are the great peacemakers of our world. How many battles have been avoided because of a strong and reasoned counselor able to navigate the treacherous waters of two rivaling people?

However, the weakness of the counselor is that finding a resolution is often elevated above every other priority. As a counselor, you have discovered how to tune into the wisdom of your heart, but instead of listening to it, you spend your time trying to get your brain and heart to cooperate!

You are caught between your heart and your head. You try to make your brain match what your heart says, but often feel exhausted because of the limitations of your mind.

You're moving into a place of heart living, but still have trouble letting your mind rest. I want to give you some tools to encourage the transformation that's beginning in your life.

***I want to show you how to go inward and trust  
the voice of your soul.***

# The Mind & the Soul

**Before  
I give you the tools, I would  
like to share a few basic essentials with  
you about your heart and your head:**

- 1. You have been conditioned to ask your mind for answers and solutions.**
- 2. Ironically it is your mind that has you feeling stuck, scared, fearful, anxious, etc., so to ask that part of you for a solution is going to be limiting.**
- 3. So, what you want to do is ask your heart's wisdom, also known as your soul, for the answers.**
- 4. This is called moving from your head to your heart.**

**Your heart's wisdom is where all of the solutions and answers you desire originate, but you have simply not remembered that. By asking your soul questions from a place of pain, you can actually relieve yourself of the pain by receiving an answer.**

**When you are suffering, you ask your mind for a solution. Your mind goes to its database which only has a limited amount of responses. You have used those and you know that today those solutions aren't going to work for you, but you don't know where to go for new solutions.**

**Good news: By using the next 3 tools, you are going to have a direct experience of asking your heart, instead of your mind, for your solutions.**



*Creating an  
Altar*

# Purpose

The purpose of this tool is to bring more peace into your life and help you see how simplifying one area of your life (creating the altar) will translate to you cleaning up many other areas of your life, making more room for love to show up.

As a “Counselor”, you are a big giver, a martyr to many and often putting yourself second to everyone else’s needs. Today you are going to change this around and start to focus on your needs.

# The Tool

**1.** Find a special place in your house that you can make your very own sacred space. Look around your house for small items that mean something special to you (pictures, crystals, incense, chimes, divination cards, candles, statues).

**2.** Place these items on your new altar in whatever way your heart guides you to design it.

**3.** Sit in front of your altar and simply let go. Take 3 deep breaths and put your attention either on one of the items or shut your eyes and go inward. You can meditate, you can ask your Soul questions or you can hold one of the items and simply breathe deeply. This is your time to put yourself first.

# What You May Experience...

Building an altar is truly a life changing opportunity that you are giving yourself. Why? Well, creating a micro environment (your altar) filled with things that bring you joy tells your Soul that you are ready to create more joyful experiences in your life, have more peace, and make your needs a priority in your life. There is a direct connection between creating an altar and your Soul bringing you more simplicity in all areas of your life.

## **You can expect to experience:**

A desire to purge and clear out of your life any clutter in the form of physical objects, finances, relationships, old ways you talked negatively towards yourself or anywhere else you feel are weighed down.

A deeper sense of peace as you simplify your life.

A calm inside of you as you take the baby steps to put your needs first (making time to sit in front of your altar for 5 minutes vs. distracting yourself with other things on your 'to do' list).

Signs and messages from your Soul, showing you what your heart truly desires (you may surprise yourself by wanting to put things on your altar that rationally you would not have thought of). This is your Soul showing you what your heart desires.



# *Intuition*

# Purpose

The purpose of this tool is to show you that your intuition is deep within you, waiting patiently for you to use it. You are going to ask your Soul yes and no questions and let your body's intuition give you an answer.

# The Tool

1. I invite you to stand up (If you cannot physically stand up, you can imagine yourself standing up).
2. Ask your Soul to show you a yes by stating your real name first. In my case, I would ask, "Is my name Kelly?" My body will lean forward for a 'yes'.
3. Next, use a fake name. In my case I would say, "Soul, is my name Melissa?" Your body will lean in the opposite direction, showing you a 'no'. Now you know a clear yes and a clear no that your body's intuition has shown you. In my case, my body leans forward for a 'yes' answer and leans backwards for a 'no'. Your body's intuition may switch these, so after doing this tool, you will have your own yes and no.
4. Lastly, ask your Soul a 'yes' or 'no' question and watch to see if your body leans forward or backwards, giving you a yes or a no response to your question.
5. All week long, use this tool to ask your Soul 'yes' and 'no' questions and pay close attention to how lovely it feels to talk with your Soul, have it listen and respond to you.

Based on the responses you are receiving, make sure you put your guidance into action this week.



# What You May Experience...

By using this tool, you are actually showing your mind that you are open to your Soul giving you answers to your life. Getting back in tune with your Soul is the result you are really getting from using this tool. You are showing your Soul that in every moment you are interested in utilizing its wisdom in your daily life.

## **You can expect to experience:**

Your Soul showing you which choices throughout your day serves your highest good.

A deeper connection to your body and its innate wisdom sharing what it wants from you (eat healthier, exercise, spend more time in nature, etc).

True grace and ease as you trust that you have an intelligence within you that you can turn to at any point throughout your day to ask it for guidance and support and know it will respond.

The use of this tool is a wonderful way for you to get back in touch and in tune with the true essence of who you really are. As you do this, you naturally will find out what your heart really desires and make choices that support you fulfilling your hearts truest calling and purpose.



*Ask & You  
Shall Receive*

# Purpose

The purpose of using this tool is to show you that you are worthy of asking for what you desire and following the path your Soul lays out before you to actualize these dreams and desires on a daily basis.

## The Tool

1. Sit in front of your altar or find somewhere quiet (it may even be in your car!)

2. Ask your Soul (focus on your heart) if it could please help you create more time and space for you, with grace and ease—"Dearest Soul, I have desires in my heart that I would like to be fulfilled. I do not know what these desires are and therefore have no idea how to make them come true. I am also asking for more quiet, 'me time', in my life so that I can start to live out my heart's desires."

3. Next, find one thing that you would like to specifically ask your Soul for at this time and ask it by placing your hand on your heart and stating, "Dearest Soul, I would like to ask for this \_\_\_\_\_. I surrender and trust that this or something better will show up. Thank you."

Now you have asked your Soul to show you what your heart's desires are as well as asked for something specific that you know you desire.

Let go.

Watch as your day unfolds and your Soul starts to show you things that feel good, look brighter than other things, make your heart pitter-patter, messages, signs, symbols or anything else that you feel is an answer to your request.

# *What You May Experience...*

You are worthy of asking for what your heart desires as well as to be shown what these desires really are. If your life is filled with putting others first, than you are not making room to even identify what your heart desires. Using this tool creates the intention to get clear with what your heart desires.

If you don't feel like you have a clue of what would truly make you happy, than this tool is a great way for you to ask your soul for clarity on what your heart really desires. Let go. Be open. Watch to see what ways your Soul shows you things that make you feel good. These are all clues to what your heart desires. If it feels good, follow the bread crumbs and see where it leads you.



*The  
Next Step*

## *Divine One,*

Let this be the **beginning** of your journey inward...

The tools I've shared with you above are **POWERFUL**. If you commit to practicing them, you will see a shift in your life.

In a world where there is so much emphasis put on our to-do list and productivity, isn't it amazing to think that the change you are longing for in your life doesn't mean adding **MORE** to your already exhausted mind?

As I said above, this is just the beginning.

You will receive an email from me in a few days so I can check in with you and offer you some **support** as you implement these tools into your life.

I know that my mission on this Earth is to activate **Divine Love** in all the souls I have the privilege of meeting.

Your interest in my questionnaire was **NO** accident. Our souls were **meant** to collide and I am thrilled to uncover the reason and purpose for our connection.

*Much Love...*

Kelly



*For more information about my  
Private and Group Coaching  
or Divine Love Activations*

**[www. KellyCanull.com](http://www.KellyCanull.com)**

OR EMAIL:  
[aninwardjourney@gmail.com](mailto:aninwardjourney@gmail.com)



*You are Loved*