

3 Powerful  
Tools for the

# Scientist

Learn to Live From the  
Wisdom of Your Heart

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# *Who is the Scientist?*

Scientists are some of the most revered people in our society, and for good reason...they have propelled civilization forward with amazing discoveries!

However, the weakness of the scientist is that she relies on hard data and evidence. She finds it difficult to trust things she cannot see or measure. By taking this questionnaire, it's clear that you know there is more to your being than what you can see, but trusting anything other than your logic and reasoning is very difficult for you.

You have never been shown how to safely and easily ask your soul to show you the wisdom of your heart. I want to show you how to go inward and trust the voice of your soul.

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# 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.**



*New Perspectives*

# Purpose

Assist you in seeing your life from new perspectives. This opens you up to realize that you always have permission to see your life's circumstances, relationships and stories from new perspectives.

# The Tool

Often when we are so driven by our mind, it's the only lens we are willing to look through to see our world. But our mind filters everything because its' main goal is to keep us safe.

What if your idea of being safe was outdated? What if the ways in which you are viewing your life are keeping you stuck and scared and feeling uncertain about how to manage your life? "Scientists" tend to fill their plate with things to do to keep their mind busy. This doesn't leave much room for your Soul to share its point of view with you.

**This tool is about you allowing your Soul to weigh in on the matter and show you a new perspective on your current life situation.**

- 1.** Pick something that is going on in your life that you are certain you are right about. You just know that your way is the best way and perhaps the only way that it can be done, communicated, felt, experienced and even shared with another.
- 2.** Write out your point of view about this relationship, experience, circumstance or situation.
- 3.** State the following, "Divine Soul, I am the one who brings everything in my life its' meaning. Right now I am seeing this situation from my mental mind's point of view. Today I am willing to open up to seeing, experiencing, knowing, feeling and living a new way around this particular situation. Please show me in the next 24 hours a new way to see, feel, experience, be with and know from a new perspective that there is another solution here that I was not seeing.
- 4.** For the next 24 hours, pay particular attention to signs, messages, out of the blue experiences that are the ways your Soul is showing up to reveal to you a new way of seeing your life. Jot down what you notice on a piece of paper or in the notes app on your phone.

# *What You May Experience...*

Even though you were focused on a specific area you are asking to see in a new way, you will be shown multiple areas of your life that you can feel, see, know and be with in a new way. Since you set the intention to do so in this one area of your life, your Soul will make sure it shows you in as many ways as you are willing to see, how easy it is to let go of a limiting point of view and open up to a new, more loving and expanded way of seeing it.

You are on Earth to grow. One way to grow is to be open to seeing your life from points of view that expand beyond your mental thoughts. Your Soul has all of the answers. Using this tool will prove to you that you have another, more expanded part of you that wants to show you new ways to live your day.

A photograph of a white swan on a body of water at night. The scene is dimly lit, with a dark blue overlay covering the top and middle portions of the image. The swan is in profile, facing left, with its long neck curved. Its reflection is visible in the water below. The text 'The Peaceful Dance' is written in a white, elegant cursive font across the center of the image.

*The Peaceful  
Dance*

# Purpose

The purpose of this tool is to bring more peace into your life and show your mental mind that you are more than just your thoughts.

# The Tool

1. I invite you to place your hand on your heart and start humming to yourself.
2. As you are humming, with your hand on your heart, start to slowly dance around the room.
3. Remain focused on your heart and continue dancing and humming until you feel complete (try for 5 minutes).
4. Do this once a day for 7 full days (keep going if you desire)!

## This simple tool is about a few key things...

**A** It is a time when you consciously pay attention to your heart and its energy field. By placing your hand on your heart, you are telling your mind to quiet itself and to pay attention to your heart.

**B** Humming creates a peaceful vibration throughout your mind and body. For this exercise, imagine the humming is originating from the sounds of Creation.

**C** By dancing, you are moving your body to show your mind that you are more than just your thoughts.



# *What You May Experience...*

More awareness that you have an energy field around your heart that is peaceful, loving, gentle and wants you to pay more attention to it.

The joy of remembering that your body loves when you move it. There are so many positive physiological and emotional benefits that dancing or gentle walking will bring you. Pay attention this week to where you start to react more gently and kindly to the world around you because you have been dancing this peaceful dance.

Empowerment. This week, notice where you can drop your mental chatter into your heart center, utilize this tool in the moment and change your focus from mental chaos to peace and relaxation in a split second. Pay attention to ways that you feel more confident and courageous this week because you are doing something new and different.

You are here on Earth to remember who you really are. You are more than your thoughts. Your heart center is the home base where your soul and its infinite wisdom reside, deep within. The goal with every tool is for you to start to re-awaken to the infinite guidance and love that your Soul/heart center has for you.



Letting Go  
of your  
To-Do List

# Purpose

The purpose of using this tool is to learn how to trust your Soul.

As a “Scientist”, you love to feel in control and write long ‘to do’ lists that are impossible to fulfill. Today’s tool is about surrendering your ‘to do’ list to your Soul (your heart’s wisdom) so that you can have a real experience showing you how much more you can accomplish by opening up to receive help. You are delegating to your Soul the task of gathering these people and situations so that you have help completing your list.



## The Tool

**1.** Take your ‘to do’ list and hold it up to your heart (trust that this is going to work!)

**2.** Ask your Soul/heart center, “Please find the right people and situations to take over the stuff on this list that is not fun for me to do. I am here on Earth to have more fun and so I am willing to let go of anything on this list that I do not need to personally do. The stuff I am to do from this list, I ask that it be fun, silly, easy, graceful and rewarding as I do it.”

**3.** This tool is going to require you to try something new and trust that your Soul hears you and is already bringing the help you need your way.

**4.** If you already feel guided to write out a shorter list of only the stuff you feel would be fun for you to do, you can do this now.

# *What You May Experience...*

Are you ready to take the heavy burden of having to do everything yourself off of your back? Your Soul wants you to realize that the only person adding more to your plate is you (your mental mind, really).

You can expect to feel, as a result of using this tool, a sense of relief. Panic may be your first reaction but keep breathing, hold your list up to your heart and trust that this tool really works when you use it.

Surrendering your 'to do' list to your Soul requires that you start to let go of the need to fully control and micromanage your world and allow your Soul/heart's wisdom to show you that you are supported when you open up to receive it.

You can expect to see people, opportunities, moments of clarity, new perspectives this week as you are shown how to have fun doing your part of the 'to do' list and let your Soul do all of the heavy lifting with the rest.

The background features a dark blue diagonal band that separates a lighter, star-filled upper section from a darker, more nebula-like lower section. A bright, glowing light source is visible in the bottom right corner, creating a lens flare effect. The overall aesthetic is celestial and inspirational.

*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)**

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*You are Loved*