A REFLECTION GUIDE

THE LANGUAGE OF THE SOUL

Meaning • Discernment • Practice



22 CONCEPTS TO EXPLORE

A personal guide to meaning and self-understanding

JAN MAYFIELD

BEGIN HERE

Welcome to the guide

There comes a point when the words you have always used no longer seem large enough for what you are experiencing.

You may feel a shift in identity, a deeper pull toward meaning, a stronger intuition, or a sense that the life you have known is asking to be lived differently.

Spiritual language can help us name these experiences, but the words are not the experience itself. Use this guide as a reference, not a rulebook. Keep what helps you understand yourself more clearly.

The words can open a door.

Your experience is what matters.

REFLECT

What are you trying to understand, name or make sense of in your life right now?

SOUL



WHAT IT MEANS

In spiritual traditions, the soul is understood as the enduring essence of a person: the part associated with deepest truth, meaning, wisdom and connection beyond the everyday personality.

IN LIFE

The word can point toward what remains when a role changes. You may recognise it in the values you return to, the way you love, or the truth you can no longer avoid.

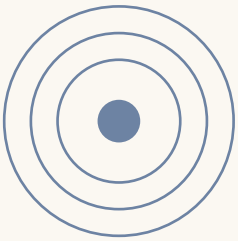
TRY THIS

Write five descriptions of yourself without using a job, relationship or role.

REFLECT

What feels most essential and unchanging in me, beneath my roles?

HIGHER SELF



WHAT IT MEANS

A term for the wiser, more spacious aspect of self that is less driven by fear, urgency or ego. It points toward the part of you capable of seeing a wider perspective.

IN LIFE

You do not have to become a different person to access a wider view. Sometimes the shift is a pause long enough to notice what fear is adding to the story.

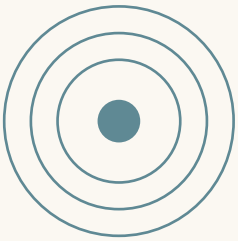
TRY THIS

Write a current question. Answer once from urgency, then once from a calmer vantage point.

REFLECT

If fear were not making this decision, what might I already know?

CONSCIOUSNESS



WHAT IT MEANS

Your capacity for awareness: noticing thoughts, feelings, patterns, choices and the way you relate to life. As awareness increases, automatic reactions can become conscious choices.

IN LIFE

Awareness does not make every response easy. It gives you a moment in which you can recognise a familiar pattern before following it.

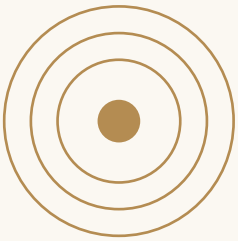
TRY THIS

Notice one automatic reaction today. Record what happened just before it.

REFLECT

What am I able to see now that I could not see before?

SOUL PURPOSE



WHAT IT MEANS

A spiritual way of describing the deeper meaning, contribution or direction of a life. Rather than a single job or destiny, purpose may reveal itself through recurring values, gifts, experiences and callings.

IN LIFE

Purpose need not arrive as one grand assignment. It may be visible in what you repeatedly care about and the difference you want your choices to make.

TRY THIS

List three themes that have followed you through different chapters of life.

REFLECT

What keeps calling me back, even when I try to ignore it?

AWAKENING



WHAT IT MEANS

A process of becoming more aware of who you are beyond conditioning, roles and inherited expectations. It can feel expansive, disruptive, clarifying or all three.

IN LIFE

Awakening can involve loss as well as discovery. Seeing clearly may change what you can continue to accept, even before you know what comes next.

TRY THIS

Name one expectation you inherited and decide whether you still choose it.

REFLECT

What part of my old life no longer fits who I am becoming?

PRESENCE



WHAT IT MEANS

The practice of being fully here rather than living primarily in memory, anticipation or mental commentary. Presence brings attention back to what is actually happening now.

IN LIFE

Being present does not require a perfectly quiet mind. It begins by noticing where you are and what is available to you in this moment.

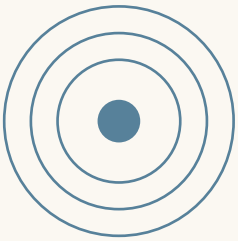
TRY THIS

Pause for one minute. Name three things you can see and one sensation in your body.

REFLECT

Where does my attention go when I leave the present moment?

ALIGNMENT



WHAT IT MEANS

Living in greater agreement with your values, truth and inner knowing. Alignment does not guarantee ease. It reduces the friction created by repeatedly betraying what you know matters.

IN LIFE

Alignment becomes visible in ordinary choices. The clearest test is often where your time, money and energy go when a value is under pressure.

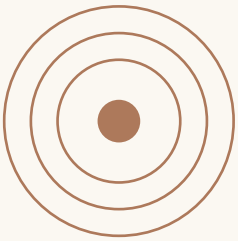
TRY THIS

Choose one value. Identify a small decision this week that would support it.

REFLECT

Where am I saying yes while something deeper in me is saying no?

EMBODIMENT



WHAT IT MEANS

Moving an insight from idea into lived behaviour. Spiritual understanding becomes embodied when it changes how you speak, choose, relate, rest, work and respond.

IN LIFE

An insight is only the beginning. What you practise when you are tired, challenged or afraid shows whether it has entered your daily life.

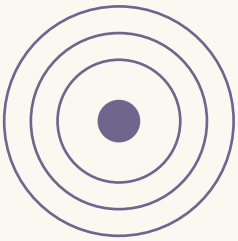
TRY THIS

Turn one insight into a specific action you can repeat for seven days.

REFLECT

What do I understand intellectually that I am not yet living?

SHADOW WORK



WHAT IT MEANS

Exploring aspects of yourself that have been hidden, rejected, protected or pushed out of awareness. The intention is integration, not self-attack.

IN LIFE

A hidden response may once have helped you cope. Curiosity makes it easier to understand its purpose without letting it run every decision.

TRY THIS

When a strong reaction appears, ask what it may be protecting. Write without judging the answer.

REFLECT

What quality or feeling in myself do I find hardest to allow?

INNER CHILD



WHAT IT MEANS

A way of relating to the younger emotional parts of yourself that still carry early needs, memories, beliefs and protective responses. The work is often less about fixing and more about listening.

IN LIFE

A present reaction can touch an older need. Meeting it with care does not mean treating every feeling as a fact about the present.

TRY THIS

Write a few lines to your younger self using words you would offer a child you love.

REFLECT

What did the younger me need to hear, receive or be protected from?

SOUL RETRIEVAL



WHAT IT MEANS

In some spiritual and shamanic frameworks, soul retrieval describes reclaiming parts of self or vitality that feel lost after painful or overwhelming experiences. It can also be used metaphorically for returning to disowned parts of yourself.

IN LIFE

You may have put a quality aside because there was no room for it then. Reclaiming it can begin gently, through a choice that lets that part of you exist again.

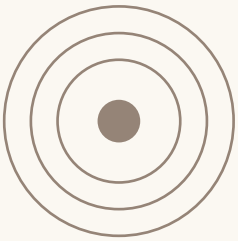
TRY THIS

Name one interest, strength or preference you set aside. Give it a little space this week.

REFLECT

What part of me have I left behind in order to survive, belong or cope?

SACRED UNION



WHAT IT MEANS

A spiritual symbol for bringing apparent opposites into relationship within yourself: action and receptivity, structure and intuition, strength and tenderness.

IN LIFE

Balance does not mean splitting yourself evenly in two. It means allowing different capacities to work together as a situation requires.

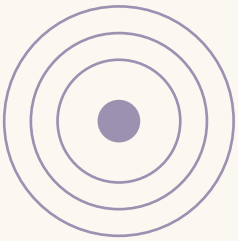
TRY THIS

Choose a pair of qualities you treat as opposites. Write where each one serves you.

REFLECT

Where would greater inner balance change the way I live?

LIGHTBODY



WHAT IT MEANS

A term used in some metaphysical traditions for a subtle or energetic dimension of the self beyond the physical body. Experiences described this way are interpreted differently across spiritual systems.

IN LIFE

You can explore an experience without having to settle its explanation. Describe what you actually noticed before attaching a spiritual label to it.

TRY THIS

Recall a moment of spaciousness. Record the sensations, setting and meaning it held for you.

REFLECT

When do I feel most expanded, connected or energetically clear?

SOUL FAMILY



WHAT IT MEANS

A spiritual concept describing relationships that feel unusually familiar, significant or connected to a deeper sense of purpose. Some traditions interpret this through past lives; others simply use it for profound resonance.

IN LIFE

A sense of recognition can be meaningful, but closeness also needs reciprocity and care. Notice what a relationship makes possible in your life now.

TRY THIS

Name someone who helped you become more yourself. What changed through knowing them?

REFLECT

Which relationships have changed the direction of my life, and what did they awaken in me?

SOUL CONTRACT



WHAT IT MEANS

In some spiritual traditions, a soul contract is the belief that certain relationships or experiences were agreed before birth for learning or growth. It is a belief framework, not something that can be objectively verified.

IN LIFE

Finding meaning is a personal choice. This idea never obliges you to stay in a harmful situation or excuse another person’s actions.

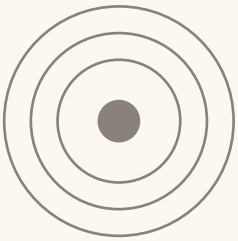
TRY THIS

Write what an experience taught you, then identify a boundary or choice it supports today.

REFLECT

If I view this experience as meaningful, what has it asked me to learn or become?

EGO



WHAT IT MEANS

The everyday identity that organises experience, protects the self and helps you function in the world. Spiritual growth does not require destroying the ego. It can mean recognising when protection has become limitation.

IN LIFE

Protection may be useful, especially when something is genuinely unsafe. It can also keep repeating long after the conditions have changed.

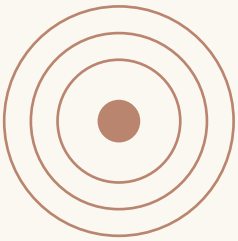
TRY THIS

Notice one protective habit. Ask whether it is responding to the present or an older fear.

REFLECT

What is my protective self trying to prevent me from feeling or risking?

AUTHENTICITY



WHAT IT MEANS

Living with less performance and less self-abandonment. Authenticity means allowing your outer choices to reflect your actual values, boundaries, feelings and truth.

IN LIFE

Being authentic does not mean saying everything to everyone. It means knowing when your silence is a free choice and when it costs you yourself.

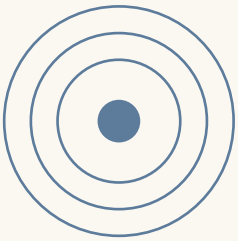
TRY THIS

Find one small place to state a real preference without apologising for it.

REFLECT

Where am I editing myself to remain acceptable to someone else?

INTUITION



WHAT IT MEANS

A form of immediate knowing or perception that arises without a visible step-by-step reasoning process. Intuition can be valuable, but discernment matters: fear, habit and wishful thinking can also feel immediate.

IN LIFE

An impression deserves attention and examination. Time, evidence and the response of your body can help you tell a steady signal from a strong wish.

TRY THIS

Record an intuitive impression before you act. Return later to compare it with what occurred.

REFLECT

How does genuine intuition feel in my body compared with fear or urgency?

SOUL WHISPER



WHAT IT MEANS

A poetic name for the quiet inner nudge that keeps returning: a direction, truth or recognition that may arrive before the rational mind has organised it.

IN LIFE

What repeats quietly may be worth hearing. You can honour a persistent nudge without making a sudden or costly decision on its behalf.

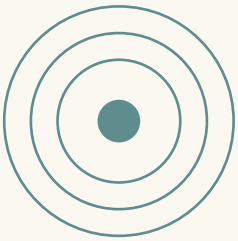
TRY THIS

Write the recurring message in one sentence. Identify a safe first step toward exploring it.

REFLECT

What quiet message has repeated itself lately?

INNER KNOWING



WHAT IT MEANS

A deep sense of recognition that feels settled rather than argumentative. Inner knowing is often described as quiet and clear, though important decisions still benefit from practical discernment.

IN LIFE

A settled feeling can help reveal what matters. It can sit alongside facts, advice and practical consequences without losing its place.

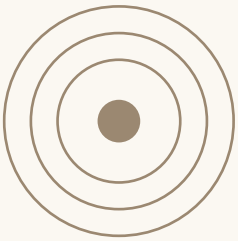
TRY THIS

Write what you sense is true, what you know as fact, and what you still need to check.

REFLECT

What do I know when I stop trying to convince myself?

SURRENDER



WHAT IT MEANS

Releasing the attempt to control every outcome while remaining responsible for your choices. Surrender is not passivity. It is the willingness to stop forcing what cannot be forced.

IN LIFE

You can act with care and still release the part that belongs to other people, timing or chance. The distinction can return energy to what is yours to do.

TRY THIS

Draw two columns: what I can influence and what I cannot. Choose one action from the first.

REFLECT

What am I exhausting myself trying to control?

INTEGRATION



WHAT IT MEANS

The stage where insight becomes part of your actual life. Integration asks: what changes now? Without integration, spiritual insight can remain an interesting experience rather than a lived transformation.

IN LIFE

Integration is often undramatic. It may look like keeping a boundary, making a call, resting differently or telling the truth in a familiar situation.

TRY THIS

Choose one insight from this guide. Put one related action in your calendar.

REFLECT

What is one concrete choice that would honour what I now understand?

A PRACTICAL DISTINCTION

Intuition, fear or desire?

Not every strong feeling is intuition. Learn the texture of your own internal signals, then consider the facts of the situation.

INTUITION

May feel quiet, simple and steady. It does not always offer a complete explanation.

FEAR

May feel urgent, repetitive or catastrophic. Sometimes it alerts you to a real risk; sometimes it repeats an old alarm.

DESIRE

May feel excited and attached to a particular outcome. Desire shows what you want, which is useful information too.

REFLECT

For a current decision, what changes when you separate quiet knowing, fear and the outcome you most want?

A MOMENT OF RECOGNITION

Where are you now?

Circle or journal beside the words that describe your present season.

AWAKENING	**ALIGNMENT**
SHADOW WORK	**SURRENDER**
AUTHENTICITY	**INTEGRATION**
PRESENCE	**INNER KNOWING**

Which three words feel most alive for me now?

Which word am I resisting, and what might that resistance be protecting?

What is life asking me to embody rather than merely understand?

TAKE IT INTO LIFE

Integration

You do not need to memorise this language. Its purpose is recognition.

Return to this guide when something shifts and you need a word for what you are experiencing. Notice which meanings deepen, which ones fall away, and which ones become real only after you have lived them.

Which word felt most familiar to me?

Which word challenged me?

Which concept am I being invited to live now?

What has become clearer through reading this guide?

The language is useful.

Your lived experience is the real work.

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A NOTE ON INTERPRETATION

The spiritual concepts in this guide are offered for reflection and personal development. They represent spiritual and metaphysical frameworks and are not medical, psychological, legal or other professional advice.

THE LANGUAGE OF THE SOUL

Jan Mayfield • 2026