

THE BALANCE
BETWEEN SOUL
(DIVINE) AND
SELF
(PERSONAL)
WILL.

Cocreation.

By Kay Turner



THE BALANCE BETWEEN SOUL (DIVINE) AND SELF (PERSONAL) WILL.

My mind is strong. I manifest easily. Often though, not what I really want, or that which is of the 'highest'.

Why?

Because I either a) I surrender to an intention which is so 'wishy washy' and non-specific that the organizing intelligence of the universe has to hope the best in giving me what I desire or b) because I get 'set' on an idea that is so specific and restrictive that the universal energies have no space to network and connect me to other souls with whom I could co-create and collaborate to manifest something so much more brilliant than my individual mind could have imagined.

I wondered what to do.

After some consideration I decided that instead of following guidance or rituals suggested by others I would create and follow my own – ones that felt powerful and through which I could feel both my own energy surge and a connection to the surge of Earth and Cosmic streams.

I also decided to be curious about, and notice how, and what, my mind, womb and heart communicated in relation to desires and longings, and then tune in to examine more closely those where all three were aligned and congruent.

Mind, womb and heart. The sacred trinity through which Soul and Self (our divinity and the personal) express and interact. Sometimes there is tension, other times absolute disagreement and other times union.

~ Tension feels uneasy. I usually observe bodily discomfort, and that my mind is justifying the desire, providing lots of convincing arguments. The mind is on a sales pitch to the body.

The heart usually watches amused. Manifesting from here leads to a learning experience, false starts and action that fizzles out quickly.

~ Absolute disagreement is more extreme. The body experiences acute symptoms, usually pain, headache, IBS, nausea and the mind starts to tell fear-based stories or bark orders at the body and heart. The heart aches this time, feels empty or conflicted.





When I manifest from here, I experience hardship, exhaustion and opposition or negativity from others.

~ When there is union there is simplicity, flow and a quietness. Body, mind and heart are at ease. Nothing feels essential or difficult. There is a feeling of knowing and assuredness everything is going to work out. That it's all already happening. And this is when I am certain it's time to set intentions and ritual. When I manifest from here magic happens. Doors open automatically and opportunities are gifted. Work is like play. I'm energized. Relationships are joyful and my health improves.



"Sometimes I receive a knowing or vision out of the blue which is aligned. I've observed that these usually occur when I'm totally relaxed and not seeking – perhaps on holiday, after a long sleep or in the bath. I've also noticed that aligned desires are more easily accessed at Dark Moon. Its more straightforward and clearer at this time what is of the entirety of mind, womb and heart, of soul and self. Samhain and Winter Solstice are also potent times to access, and channel aligned desires too.

I no longer set intentions every month or only at New Moon. I wait for the quiet knowing that its already in process and then usually, but not always, back it up with a verbal evocation and crystal grid or gratitude offering to the Earth. I've found that not forcing intentions and manifestation creates space for me to receive. I've also discovered that letting go of an expected path or outcome and staying alert to what is, saying yes to offerings and opportunities which show up the week or two after intention setting, usually bare fruits and connect me with others who support the desire and dream to come alive.



The key for me appears to be is the feeling of knowing that the intention is already actioned, that there's an eventuality to it. The good things are already in the post or in your diary. Its hard to express. Its not a feeling of predestination or enforced destiny. It's a feeling of flow and joyful anticipation and expectation. I co-create with that feeling. And I can say no and not set intentions in relation to it or take up the opportunities, synchronicities and steps offered. I choose. I consent to be in relationship or otherwise with earth and cosmic energies. The universe is benevolent, and I have free will.



About me:

Education-Evolution-Embodiment, Writer, Editor,
Growing Sacred Womanhood for Girl God Books.

Facilitator, Sacred Educator at Acorn Wellness
Retreat.

Kay

[Twitter](#)

[Instagram](#)

[@kay_turner73](#)

[Facebook](#)

[@anotherlogonthefire](#)