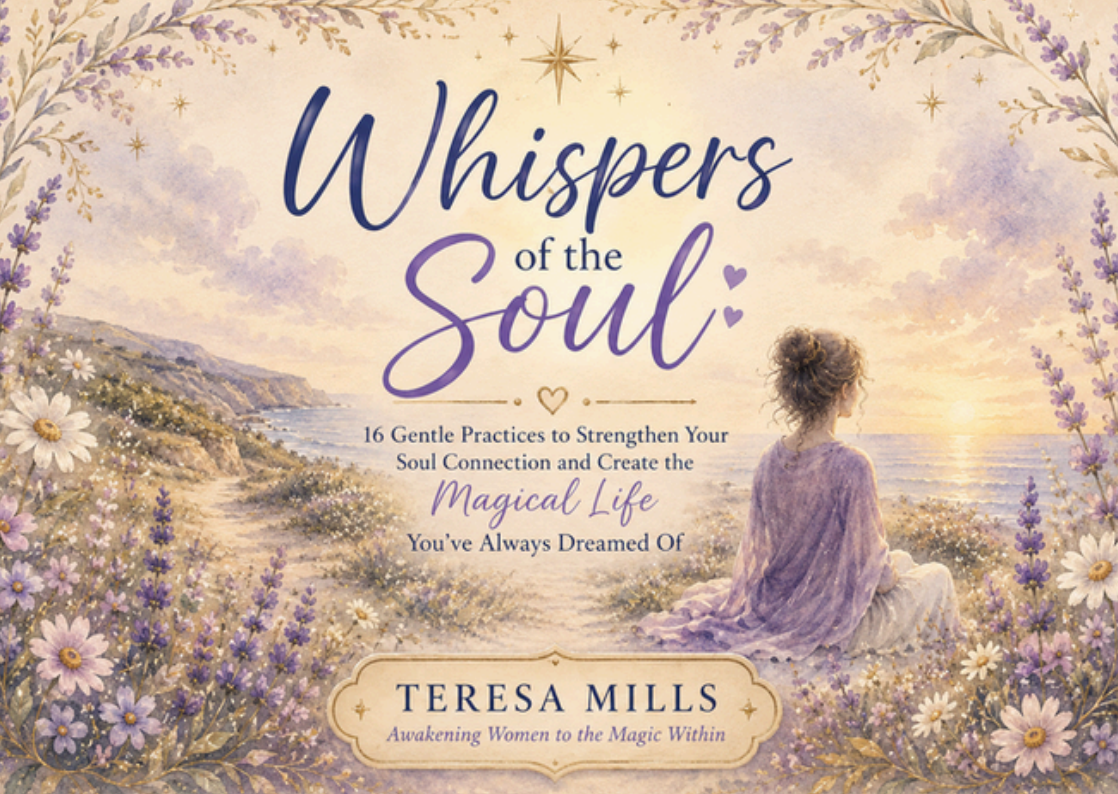




Whispers of the Soul

16 Gentle Practices to Strengthen Your
Soul Connection and Create the
Magical Life
You've Always Dreamed Of

TERESA MILLS

Awakening Women to the Magic Within

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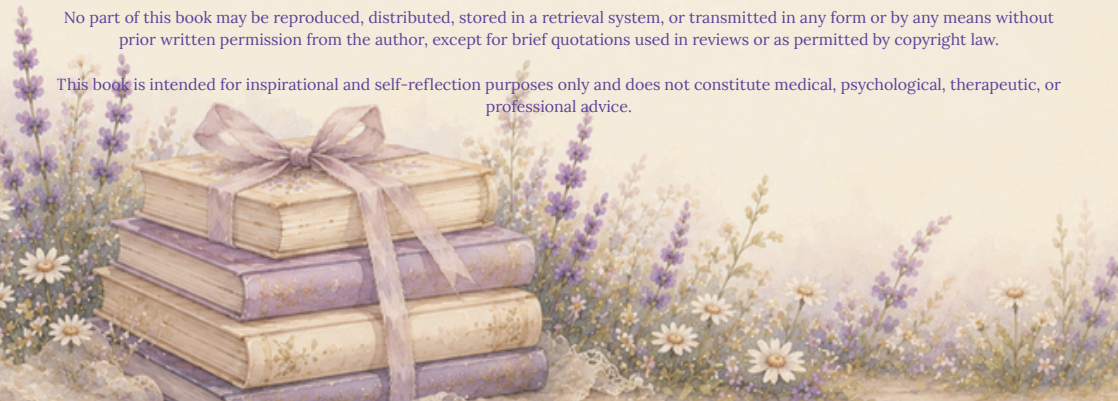
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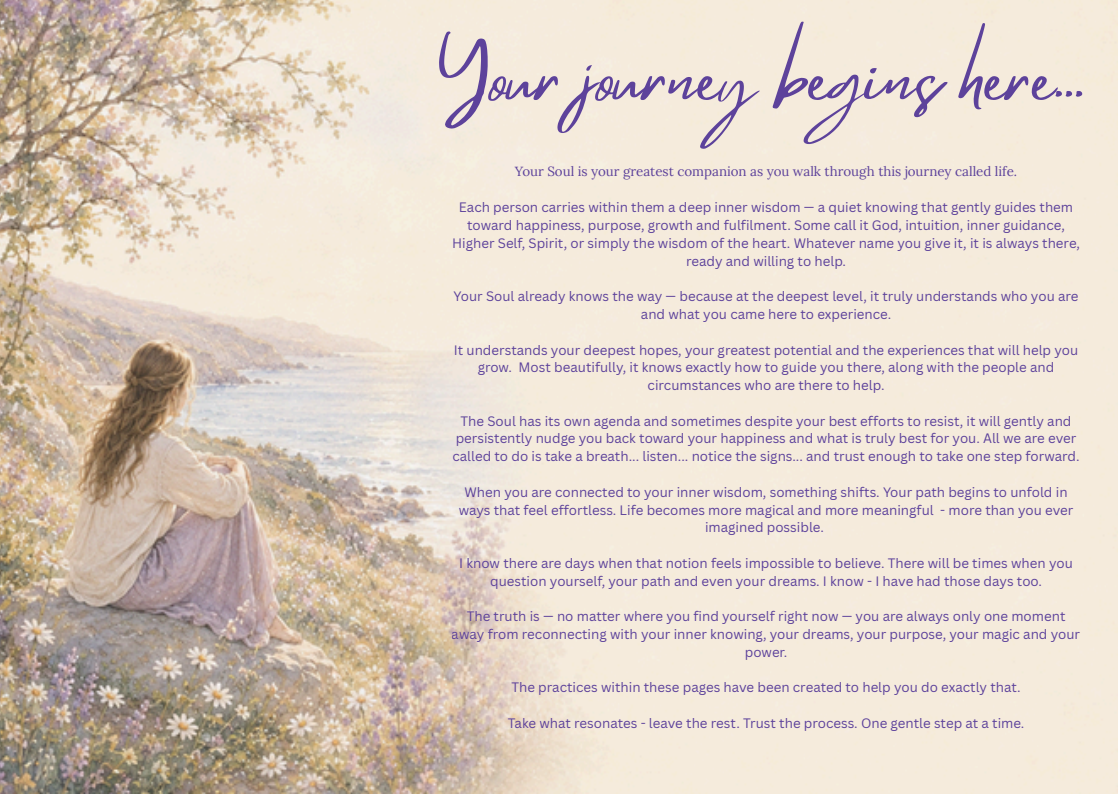
Dedication

To the woman who forgot how
magical she truly is.

This one is for you.

May these pages help you
remember. 





Your journey begins here...

Your Soul is your greatest companion as you walk through this journey called life.

Each person carries within them a deep inner wisdom — a quiet knowing that gently guides them toward happiness, purpose, growth and fulfilment. Some call it God, intuition, inner guidance, Higher Self, Spirit, or simply the wisdom of the heart. Whatever name you give it, it is always there, ready and willing to help.

Your Soul already knows the way — because at the deepest level, it truly understands who you are and what you came here to experience.

It understands your deepest hopes, your greatest potential and the experiences that will help you grow. Most beautifully, it knows exactly how to guide you there, along with the people and circumstances who are there to help.

The Soul has its own agenda and sometimes despite your best efforts to resist, it will gently and persistently nudge you back toward your happiness and what is truly best for you. All we are ever called to do is take a breath... listen... notice the signs... and trust enough to take one step forward.

When you are connected to your inner wisdom, something shifts. Your path begins to unfold in ways that feel effortless. Life becomes more magical and more meaningful - more than you ever imagined possible.

I know there are days when that notion feels impossible to believe. There will be times when you question yourself, your path and even your dreams. I know - I have had those days too.

The truth is — no matter where you find yourself right now — you are always only one moment away from reconnecting with your inner knowing, your dreams, your purpose, your magic and your power.

The practices within these pages have been created to help you do exactly that.

Take what resonates - leave the rest. Trust the process. One gentle step at a time.

A Gentle Reminder...

Perhaps the greatest gift you can give yourself right now is permission.

Permission to slow down.

Permission to rest.

Permission to dream again.

Permission to listen to the whispers of your heart.

Permission to believe that there is still more magic, joy and possibility waiting for you.

Permission to take care of yourself and put you first.

You do not need to have all the answers.

You do not need to know exactly where the path will lead.

You simply need to take the next step and trust that your Soul will gently guide the way.

Give Yourself Permission To Begin.





16 Soul Practices

**Your Journey Back To Happiness
Begins Here...**

Who are the people, experiences or
memories that fill your heart with love and
gratitude?



PRACTICE 01

Open Your Heart

OPEN YOUR HEART AND ACKNOWLEDGE THE LOVE
THAT ALREADY LIVES WITHIN YOU.

REFLECTION



At your core, you are a Soul — a Being of Divine Love, Wisdom and Light. Take time each day to connect with the people who are special to you and honour the beautiful bonds you share. Between you exists a precious and sacred connection that deserves to be acknowledged and honoured.

PRACTICE



Spend a few quiet moments today thinking of someone you love. Send them a silent blessing, a message, or simply hold them in your heart with appreciation. Notice how your heart feels when you focus on love.

AFFIRMATION



I am a being of Divine Love and I open my heart fully to give and receive love today.



What guidance have you been receiving
lately that you are ignoring or
doubting?

PRACTICE 02

Listen To Your Inner Guidance

WITHIN YOU, RIGHT NOW, IS A WISDOM FAR GREATER
THAN ANY DOUBT OR FEAR YOU HAVE EVER FELT.

REFLECTION

Your Soul understands your deepest wants and needs, and knows the quickest and most aligned path to help you get there. Often its guidance arrives as a quiet feeling, a gentle nudge or an inner knowing. The answers you seek are closer than you realise. Slow down, listen and trust what arises from within.

PRACTICE

Find a quiet space and take three slow breaths. Place your hand on your heart and ask yourself, "What do I most need to know right now?" Listen without forcing an answer. Simply allow any thoughts, feelings or insights to arise naturally.

AFFIRMATION

My Soul is always guiding me in the right direction. It is safe for me to trust myself.

What is one thing weighing on your mind
that you can let go of today?

PRACTICE 03

Be Peaceful

WHERE IN YOUR LIFE ARE YOU BEING CALLED TO
CHOOSE PEACE?

REFLECTION

A peaceful heart and a peaceful mind are two of the greatest gifts you can give yourself. When peace becomes your foundation, life begins to feel lighter, clearer and more fulfilling. Without inner peace, there is no achievement, possession or success that will truly leave you feeling fulfilled.

PRACTICE

Pause several times throughout your day and ask yourself, "Am I feeling peaceful right now?" If the answer is no, take a slow deep breath and gently release any thoughts, worries or expectations that may be disturbing your peace. Remember that peace is not something you need to find – it is something you can choose to return to.

AFFIRMATION

I choose peace and I carry it gently with me wherever I go. All is well in my world.

If your Soul had a message for you today,
what do you think it would be?

PRACTICE 04

Meditate & Pray

BE STILL AND LISTEN.
IT IS IN THE SILENCE THAT GOD ANSWERS

REFLECTION

Meditate, pray or simply sit in the silence each day. Prayer allows us to ask for guidance, support and comfort, while meditation and stillness create the space to receive it. It is said that when we pray, we are asking God for help with something, and when we meditate or sit in the silence, it is then that He responds.

PRACTICE

Set aside a few minutes today to pray, meditate or sit quietly in silence. Release the need to do, fix or solve anything. Simply breathe, be present, and allow yourself to receive whatever guidance, comfort, wisdom or peace is available to you in that moment.

AFFIRMATION

I am open and receptive. In the stillness, I hear the wisdom of my Soul.

Close your eyes, take a
deep breath and
imagine your favourite
place in nature
How do you feel?

PRACTICE 05

Go Outside

NATURE HAS A QUIET WAY OF RESTORING THE SOUL
TO THE MAGIC THAT ALREADY LIVES WITHIN

REFLECTION

Nature has a remarkable ability to calm the mind, nourish the Soul and restore balance to our lives. If we take the time to notice, there is magic in the colours, sounds and rhythms of the natural world. A few moments spent outdoors can help clear your mind, lift your Spirit and help reconnect you with the present moment.

PRACTICE

Step outside today and spend a few moments connecting with nature. Feel the sunshine or the rain on your face, breathe in the fresh air and notice the beauty that surrounds you. Listen to the birds, admire the colours and allow yourself to be fully present. Let the vibrance of the outdoors cleanse your energy, clear your mind and help your heart return to peace.

AFFIRMATION

I breathe in the beauty of nature and it fills me with peace, wonder and renewed energy.



What brought you joy when you
were a child?
Feel that feeling now...

PRACTICE 06

Indulge In Child's Play

YOU WERE BORN TO PLAY, TO CREATE AND TO
EXPERIENCE JOY - LET YOUR SOUL SHOW YOU HOW

REFLECTION

The Soul needs an avenue to express itself. As children, we naturally followed our curiosity, imagination and sense of wonder. We played, explored and created things simply because it brought us joy. As adults, our life often becomes heavy with responsibilities, leaving little room for fun and self expression. The Soul is expansive and by its very nature, longs to express itself through play, creativity and joyful experiences.

PRACTICE

Think back to a time when life felt simpler and play came naturally. Choose one activity this week that sparks your curiosity, creativity or joy. It could be colouring, painting, reading a book, blowing bubbles, planting flowers, dancing in the kitchen or doing something completely unexpected. The activity itself is not important – what matters most is giving yourself permission to enjoy it.

AFFIRMATION

I give myself permission to play, to laugh and to enjoy the magic of being me.



If your body were to give you a message right now, what do you think it would say?

PRACTICE 07

Take Care Of Your Body

**YOUR BODY IS THE SACRED HOME OF YOUR SOUL -
MAY YOU ALWAYS REMEMBER TO TREAT IT WITH LOVE,
KINDNESS, GRACE AND RESPECT.**

REFLECTION



Your body is the home of your Soul and deserves to be treated with love and care. The food you eat, the thoughts you think, the people you spend time with and the information you absorb all influence your energy and wellbeing. When you nurture yourself with kindness and make choices that support your health, happiness and peace of mind, your body will respond with good health and will love you for it.

PRACTICE



Take a few moments today to check in with your body. Notice how you are feeling physically, mentally and emotionally. Is there something your body needs more of right now—rest, nourishment, movement, hydration or quiet time? Honour that need in whatever way you can, knowing that every small act of care makes a difference.

AFFIRMATION



I love and honour my body. It is the sacred home of my Soul and I care for it with love.



Remember a time when someone showed you an unexpected kindness.

Take a moment to feel that feeling now...



PRACTICE 08

Be Kind

KINDNESS IS THE LANGUAGE OF THE SOUL — IT NEEDS NO WORDS AND KNOWS NO BOUNDARIES.

REFLECTION

Being kind both honours and uplifts your Spirit and the Spirit of those around you. Kindness has a positive ripple effect that often extends far beyond what we can see. A kind word, thoughtful gesture or moment of understanding can brighten someone's day and even change the course of their life. We should never underestimate the power of kindness, for it has the ability to touch hearts, lift spirits and create meaningful change in the world.

PRACTICE

Today, look for an opportunity to perform a simple act of kindness. Offer a genuine compliment, send a thoughtful message, lend a helping hand or simply take the time to listen. As you go about your day, remember to be just as kind to yourself. Celebrate your efforts, acknowledge your strengths and speak to yourself with the same compassion and understanding you would offer someone special.

AFFIRMATION

I am kind and loving — to myself and to others. The kindness I give out returns to me multiplied.

Think of a time when you laughed so much that
your cheeks hurt...

I bet you're smiling just thinking about it!



PRACTICE 09

Smile & Laugh Often

A SMILE COSTS NOTHING AND IS A BEAUTIFUL GIFT TO
GIVE TO YOURSELF AND OTHERS

REFLECTION

A smile can melt even the hardest of hearts. It can brighten someone's day and lift their mood in an instant. Best of all, it is free and easy to give. Joy and laughter nourish the Spirit, lighten the heart and can sprinkle a little bit of magic into your day.



PRACTICE

As you go about your day, smile as often as you can. Notice the little things that bring you joy, spend time with people who lift your Spirit or revisit a memory that makes you smile. You might be surprised at just how good YOU feel.



AFFIRMATION

I am filled with joy. I smile freely, laugh often and spread my inner light wherever I go.



A hug can say a million words without a single word being spoken.



PRACTICE 10

Hugs Fix Everything

WELL ALMOST ANYTHING!

A HUG IS A GENTLE REMINDER THAT LOVE, COMFORT
AND CONNECTION ARE ALWAYS WITHIN REACH.

REFLECTION



Never underestimate the healing power of a hug. A warm hug can comfort, reassure and remind someone they are loved and safe. Think of someone whose hugs always make you feel special. Close your eyes for a moment and feel that hug right now.

PRACTICE



Today, take the time to hug someone special. Don't forget that you are someone special too. If there is no one near you that you can hug, then give yourself an extra big squeeze hug. Hold the hug for just a little longer than usual and allow yourself to fully experience the connection. Don't forget to hug your pets if you have one – their hugs are often the most healing of all.

AFFIRMATION



I am deeply loved, fully supported and beautifully connected to those around me.



Think of someone or something in your life that you are truly grateful for.

Close your eyes and allow that feeling to fill your heart.

Today I am
Grateful for

- ♥ the sun on my face
- ♥ a kind word
- ♥ laughter with friends
- ♥ good health
- ♥ this beautiful day

PRACTICE 11

Being Grateful

THERE IS ALWAYS SOMETHING TO BE GRATEFUL FOR — AND THE MOMENT YOU START LOOKING FOR IT, YOUR WHOLE WORLD BEGINS TO SHIFT.

REFLECTION

Take time each day to acknowledge what is good in your life, no matter how small it may seem. Gratitude opens your heart and creates space for even more blessings to flow. It doesn't matter what you are grateful for, as long as you are sincere in your efforts. The more you find to be grateful for in your present, the more there will be for you to be grateful for in your future.

PRACTICE

Today, make a conscious effort to remember the good in your life. It may be something significant or something small and wonderfully simple. Take a few moments to acknowledge your blessings and just be thankful for how blessed you are.

AFFIRMATION

My heart overflows with gratitude, and the more I give thanks, the more blessings find their way to me.

Is there something you are holding onto that is
ready to be released?

Feel the feeling and breathe out...



PRACTICE 12

Deal With Your Emotions

EVERY EMOTION YOU FEEL IS A MESSENGER — HONOUR
IT, LEARN FROM IT AND LET IT GO

REFLECTION

Allow yourself the freedom to feel what you need to feel. Emotions are a natural part of life and each one has something to teach us. Where possible, put issues that are weighing you down to rest. Fix what you can and take steps to let go of the rest. Remember, when the time is right, everything will be balanced and understood. In the meantime, treat yourself with kindness and focus on the good that is present in your life right now, rather than dwelling on what is missing or not working the way you would like it to.

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PRACTICE

Take a few quiet moments today to check in with your emotions. Simply notice what you are feeling – just observe without judgement. If there is something that is weighing heavily on your heart, ask yourself if there is anything you can do to bring peace to the situation. If there is, take the appropriate action. If not, maybe it is time to put it down for a while. Let go and trust that everything will unfold as it is meant to.

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AFFIRMATION

I lovingly release the past and trust that peace and healing
are always available to me.



*That sign, that coincidence — that was your
Spiritual Team.*

Breathe it in and smile



PRACTICE 13

Divine Support System

**YOU ARE NEVER NAVIGATING THIS JOURNEY ALONE —
YOUR SPIRITUAL TEAM IS CLOSER THAN YOU THINK AND
MORE DEVOTED TO YOU THAN YOU KNOW.**

REFLECTION

You have an entire entourage of helpers in Spirit who love you beyond words and are ready to help you in any way they can. Whether you think of them as Angels, Spirit Guides or Divine helpers, they are always nearby. Ask them for help as often as you can - no request is ever too big or too small. The Law of Free Will prevents them from intervening in your life unless you ask for their assistance, so ask often. It is their total joy to support and guide you as they walk beside you on your journey forward.

PRACTICE

Take a few quiet moments today to connect with your Divine support team. Ask for guidance, comfort, clarity, support or a sign that they are with you - then pay attention. Notice the people, conversations, ideas, opportunities and coincidences that appear. Stay open - help often arrives in the most unexpected ways.

AFFIRMATION

I am guided, protected and deeply loved by my Divine support team. I am never alone.



Think of someone whose kindness changed your life.

Hold that beautiful feeling
in your heart and smile.



PRACTICE 14

Ask, How May I Serve?

TODAY, SIMPLY BY SHOWING UP WITH AN OPEN HEART AND
A WILLINGNESS TO HELP, YOU CAN TOTALLY CHANGE
SOMEONE'S WORLD

REFLECTION

As often as you can, ask yourself the question, "How may I serve?" Even the smallest act of kindness, encouragement or support given to another, can have a profound impact on their life. Each day presents us with the opportunity to make a positive difference in ways both seen and unseen. When we focus on being of service to others, we not only uplift those around us, we also nourish our own Spirit.

PRACTICE

As you go about your day today, look for opportunities to be helpful. It may be as simple as offering a kind word, sharing a smile, helping someone in need or listening with an open heart. Remember that even the smallest acts of kindness can create a ripple effect that extends far beyond what you may ever see.

AFFIRMATION

The love and kindness I share today creates positive ripples that I may never fully see. My presence makes a difference.



Imagine what it will feel like when your dream
comes true - how will you celebrate your success?
Take a moment to feel that feeling



PRACTICE 15

Say Thank You

SAYING THANK YOU BEFORE YOUR DREAMS ARRIVE IS AN ACT
OF FAITH - AND FAITH HAS A BEAUTIFUL WAY OF MAKING
MAGIC APPEAR

REFLECTION

One of the most powerful things you can do is say thank you for your dreams before they arrive. Research shows that the subconscious mind cannot tell the difference between what is real and what is imagined. When you give thanks in advance, you begin to align your thoughts and feelings with the reality you wish to create. Rather than focusing on what is missing, you begin to focus on what is possible. This helps to dissolve fear, doubt and resistance, creating space for your dreams to unfold with ease.

PRACTICE

Choose one dream, goal or desire that is important to you. Spend a few minutes each day imagining that it has become a reality and that you are saying thank you for its arrival. Feel the gratitude, excitement and joy that you would expect to experience when your dream has actually manifested. Trust that your Spiritual Team are working behind the scenes to make your dreams come true.

AFFIRMATION

I give thanks for all that I have and all that is on its way to me right now. I am beyond blessed.



Are you being called to trust the process?
What would happen if you let go a little and
just allowed things to flow?

PRACTICE 16

Let Go & Let God

EVERYTHING IS ALWAYS WORKING OUT FOR YOUR HIGHEST GOOD. REMEMBER WHAT IS MEANT FOR YOU WILL NEVER PASS YOU.

REFLECTION

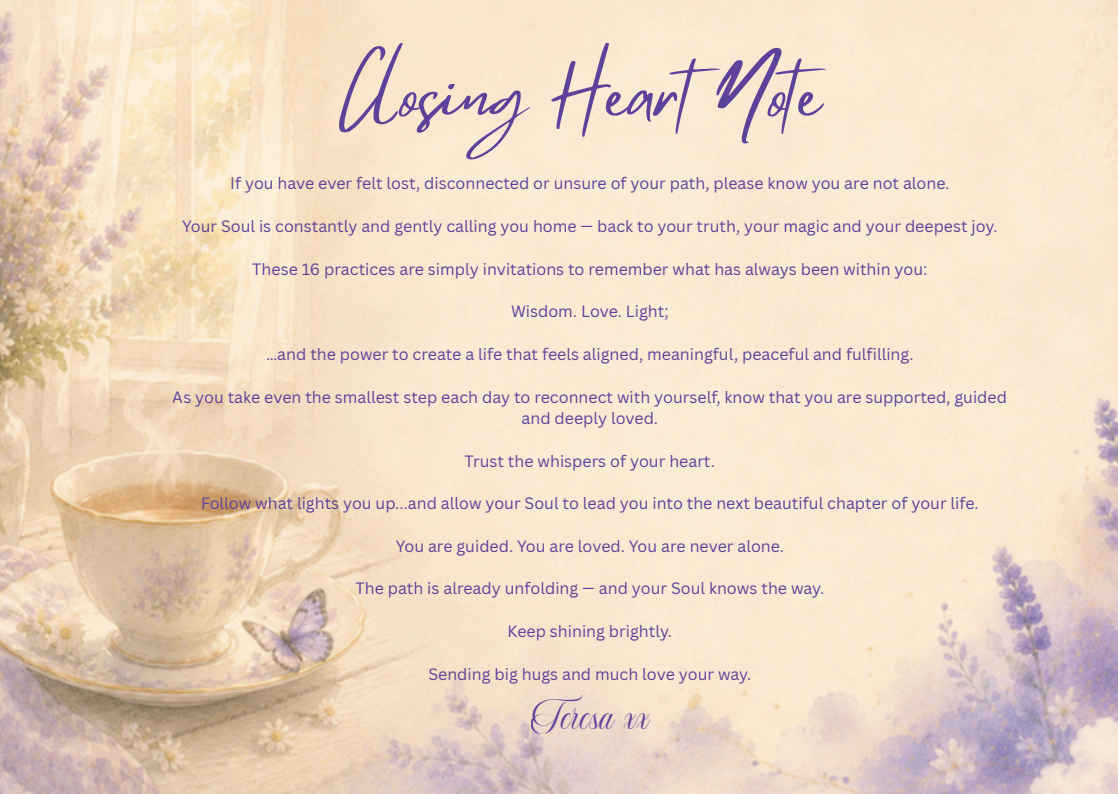
Letting go and trusting God can be one of the most difficult things to do. We often believe that if we hold on tightly enough, worry enough or try hard enough, we can control the outcome. Yet some of life's greatest blessings arrive when we loosen our grip and allow things to unfold naturally. As the Irish proverb says, "What is meant for you, will not pass you." Sometimes it is hard to believe that there could actually be something more amazing waiting for you, over and above what you have imagined for yourself.

PRACTICE

Take a deep breath and think about a situation, dream or outcome that you have been holding onto tightly. For just a moment, imagine placing it into God's hands. Release the need to control every detail and trust that everything is unfolding exactly as it needs to. Repeat the words, "This or something better" and remain open to whatever possibilities may appear.

AFFIRMATION

Everything is always working out for my highest good. I trust the flow of life completely.



Closing Heart Note

If you have ever felt lost, disconnected or unsure of your path, please know you are not alone.

Your Soul is constantly and gently calling you home — back to your truth, your magic and your deepest joy.

These 16 practices are simply invitations to remember what has always been within you:

Wisdom. Love. Light;

...and the power to create a life that feels aligned, meaningful, peaceful and fulfilling.

As you take even the smallest step each day to reconnect with yourself, know that you are supported, guided and deeply loved.

Trust the whispers of your heart.

Follow what lights you up...and allow your Soul to lead you into the next beautiful chapter of your life.

You are guided. You are loved. You are never alone.

The path is already unfolding — and your Soul knows the way.

Keep shining brightly.

Sending big hugs and much love your way.

Teresa xx

About Teresa

I am a Soul on a journey — just like you.

I have walked through many of the experiences that bring women to pages like these.

The heaviness of life, the feeling of giving everything to everyone else and wondering what remains for yourself.
The quiet knowing that there has to be more... and the long journey back to remembering that there is.

For more than 40 years, I have been deeply passionate about spirituality, Soul alignment, and the profound journey of self discovery. I have had the privilege of studying with some of the leading spiritual teachers of our time and have spent decades exploring the tools, practices, and wisdom that help women reconnect with themselves and create lives filled with greater meaning, joy, clarity, and alignment.

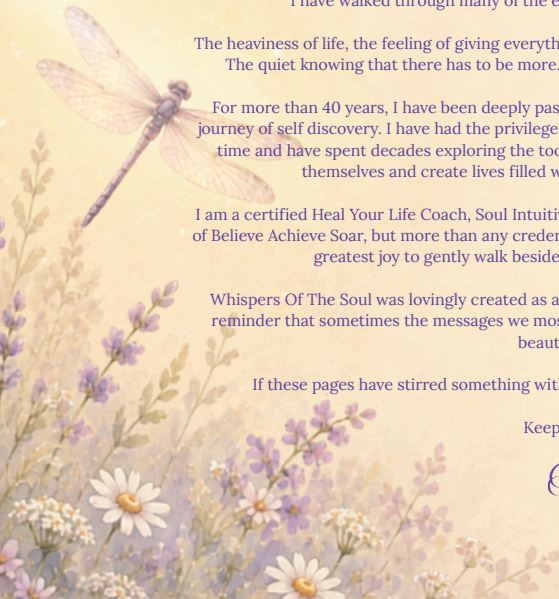
I am a certified Heal Your Life Coach, Soul Intuitive, Spiritual Teacher, and Angel Intuitive, as well as the author of Believe Achieve Soar, but more than any credential, I am someone who has found her way back — and it is my greatest joy to gently walk beside other women as they find their way back too.

Whispers Of The Soul was lovingly created as a sanctuary of creativity, reflection, and quiet inspiration — a reminder that sometimes the messages we most need arrive softly through moments of stillness, intuition, beauty, and connection.

If these pages have stirred something within you, I would love to continue the journey together.

Keep shining brightly!

Teresa xx





Continue The Journey

If this guide has touched your heart, I would love to stay connected and continue walking beside you as you journey back to yourself and the magic within.

Join the Inspired Soul Circle

A monthly dose of magic, wisdom and inspiration delivered straight to your inbox, along with gentle reminders to help you stay connected to your Soul and the life you are creating.

<https://www.teresamills.com.au/soul-circle-newsletter>

Visit the Soul Shop

Beautiful tools, journals and resources, created to inspire, uplift and support you on your journey home.

<https://www.teresamills.com.au/the-soul-shop>

Connect with Me on Facebook

Come and say hello

<https://www.facebook.com/teresamillssoul>

The journey continues... and I would love to walk beside you.



Final Reflection

Today I choose to remember that I am a Being of Divine Love filled with infinite possibilities.

I share my spirit with all those around me, and I openly accept the joy this brings.

I affirm that I am destined to soar, succeed and live a life filled with love, joy and peace.

By choosing to follow the path of my heart, my dreams are fulfilled.

Today I embrace all of WHO I AM.

I shine my light and make a difference; and in doing so, I remind others to do the same.

And so it is.

Teresa Mills