

# Understanding the Language of Your Soul

Elari Onawa



Your magnificent inner being, the expansive, nonphysical aspect of you, *your soul*, speaks to you in many ways. To begin to understand how this communication takes place, we must start with – your *heartfelt* dreams and desires are the language of your soul. They call you forth to *who you truly are!* And who is that? A powerful creator, a spiritual being *playing* in the sandbox of time and space! You chose to be here, and you have the ability to experience *anything you choose!* You would not have a desire, if you didn't also have the ability to experience it! And there's more! We evolve, grow

and can also experience great joy – *when we allow ourselves to embrace what we really want to create or experience next.* When we do, we expand in consciousness, in our creative abilities, and in our joy!

**This is why it feels so good when you line up with a goal or dream!** Sometimes though, if you've struggled to create or experience something wanted, you may think the solution is to stop wanting new experiences, or you dial it down and dampen your enthusiasm. You may think in doing so, that you won't be disappointed. However, this way-of-being can't work, because you're denying *who you truly are*. Taking this route, is like dialing down your aliveness and fulfillment, because *you are literally denying yourself!* Also, there's always an aspect of you that wants the experience of growing and evolving, of being fully, authentically Self-expressed!! It is part of who you are! If you check in, you'll feel the truth in this! That's what that yearning for *something more* is – your soul telling you that *there is something more to life*, and you can create and experience it!

**A better, far more fulfilling way to “do life” – is to let yourself play!** You can start doing this with greater eagerness, when you see the connection between your desires, and your beliefs, and then understand what your soul is trying to tell you! Obviously there's more to this fun and fabulous language, and creating, than I can cover here, but I will set a great foundation for you in this guide. I'll give powerful insights into why you feel the way you feel, and how to interpret one of the foundational forms of soul language, *your emotions*.

When you follow your joy, you evolve and life feels like the wonderful adventure you know it can be!

[ElariOnawa.com](http://ElariOnawa.com) Copyright © 2016 Elari Onawa

For more soul-nourishing tools [subscribe here](#).

## You Are Wired for Joyful Expansion

**The Truth is you are always surrounded by loving support.** This is true, even if you currently cannot feel it, sense it, or see it. You'll understand why in a moment, but for now, there's a framework that needs to be built. Your life experiences invoke clarity and desire within you. Why? Because as a creator, at your core, you love to create! You are wired for it! And without desire and clarity, there can be nothing new, no deeper understanding, no evolution, no expansion, no joy.

**Every aspect of you benefits from your physical experiences.** So, you could say that your heartfelt dreams and desires are not only a potential source of joy for you, they are also the means by which the Universe expands, *by which you expand and evolve!* In order to fulfill a desire, especially if you have not created it before, requires an expansion in your consciousness, in your beliefs. You must be willing to believe that you can have it! You are part of evolutionary expansion. And you have your own guidance system; your soul is speaking to you, moment- by-precious-moment!

**You receive powerful guidance through your emotions.** It is true, that you also receive impressions and promptings, in the form of thoughts, intuitive guidance, and physical signs as well. Yet, those are most readily available are the emotional signals you receive, in response to how you are seeing or interpreting your life experiences. Because you are always evolving, your emotions tell you if you are keeping up with *what you really want*, and *who you've already become at a soul level!* When you want something, your soul becomes it, and calls you toward it!



So the most important relationship you have – is the one between the physical aspect of you, and your soul!

## Your Magic Compass

**Your emotions are messages from your soul guiding in the most fulfilling direction possible.** So, there are no good or bad emotions, *because they all tell you something.* Certainly some are preferred over others, but if you tighten up and deny or resist “negative” emotions, *you can't get the message!* This creates unwanted recurring patterns, and as you know, that isn't fun! But when you let yourself get the message – when you stay open, without resisting, making them wrong, judging them or tightening up – you can quickly benefit from the wisdom of your soul! Then you can do something with the guidance, make course corrections, and continue to create and

enjoy the beautiful journey, as you intended, when you chose to come into physical form. Yay!

**Imagine a magic compass guiding you to the best possible life experiences, helping**



you discover and understand yourself, especially as it relates to the most important relationship of all – the one between your physically-oriented perspective and your nonphysical- perspective. It's like getting a guidance system for your soul truth! So, you are not your emotions; they are a compass guiding you toward a magnificent life experience. They guide you toward YOU!

**The basic way to interpret your compass, is that if you feel good, you are seeing someone, something, yourself, or a life experience as *all of you, the nonphysical you and the physical you – truly want to see it.*** In other words, you're not caught in a disempowering story, but rather, are seeing life *as you truly desire it to be.* As it is your focus, your vantage-point through which you create, having such a guidance system is of tremendous value to you, wouldn't you say? **The better you feel, the more in synch you are with *who you truly are, and what you want to create and experience next.*** Everything we experience in life flows from the universal law *that it is done unto you, as you believe.* Your emotions tell you whether you are focused in a powerful way, or not!

**If you feel good you're on the right track!** If we're feeling bad, you're not allowing yourself to move in the direction you really want! Every emotion is a gift filled with valuable insights!

### What Your Soul is Telling You: A Guide to Your Emotions

**Here are some common emotions and the corresponding messages, or teachings that are often associated with them.** You can use this as a decoder, to better understand what your soul telling you! If you're feeling a particular emotion, look it up, and read the definition. Notice how you feel as you read it. Do you will feel a resonance or ring of truth to it? Now, what do you want to do with this information? How will you apply it, so you benefit from it?

If you feel that you need more guidance, read the questions that follow the "Soul Dictionary". You can also [schedule a session with me](#), if you're called to go deeper, or are ready to experience more clarity, ease or enthusiasm!

## Your Soul Dictionary

**Anger:** What are you pushing against? You may be attaching your self-worth to an event, or judging and reacting to another's right to choose. You may feel that a boundary has been crossed. If so, what is it? What does that tell you about what you truly want or value?

Attachment to anger may mean that you want to be right, more than you want to see the Higher Truth of the situation. But, if you can see resistance or "making wrong" as a pointless use of energy (because we all have the right to choose) you can lose the desire to judge others. Over time, you feel more aligned with Soul Truth, that everything has a right to exist, *which is truly a good thing!* Everyone has the freedom to choose, that's what it means to have an individual life! And you get to choose what you focus upon and therefore create, feed or perpetuate. Focusing on *what is truly wanted* is the way to experience more of what you want!

**Appreciation:** You are focusing on what you like, and you're seeing the value or beauty in someone or something. It feels good, because how you're seeing the object of your attention is in the vicinity of how you see it, at a soul level! Appreciation means you are acknowledging and honoring the relationships, experiences and gifts in your life that are most pleasing to you. In pure appreciation, you are joyfully using what you have, and are open and receptive to more goodness.

**Arrogance:** You are feeling threatened so are puffing yourself up to feel better. You've forgotten *who you already are* – complete and perfect! When you see this, that you are not only enough, but you are loved, of value and are adored and appreciated *as you are*, this defensive reaction is no longer triggered!

**Boredom:** You are ready for a new adventure! What interests or excites you? There are so many possibilities, and you can easily allow yourself to see them! You will find that by cultivating eagerness for an idea, or a new perspective, or seeing what impulses have been showing up for you. Expect to find the answer to what you are seeking!

**Confidence:** Means you're feeling supported and are ready, willing, and able to make your mark, in a way that feels good to you! You may be focusing on positive momentum, or seeing the best in yourself and your life. You may be allowing the wonder and magic of the universe to assist you. You are lined up and ready, and your beliefs about yourself or a situation, are in the vicinity of how your soul sees it!

**Compassion (True):** You are seeing a soul on a journey, as you are observing yourself or another. Compassion is not sympathy, rather it is the understanding of a struggle without judging it, or "feeling bad about it". It is an understanding that *we've all, even the masters, at times, forgotten who we are, as powerful creators.* The difference though, between the masters, and those who are not, is that the master-creators infrequently forget who they truly are. They also do not allow themselves to stay in a story that perpetuates the illusion of powerlessness. Instead, they quickly turn toward what is wanted, in a kind and gentle way.

**Courage:** The emotion of courage lands somewhere between insecurity and frustration. On the one hand, it's better than fear, yet you only need courage, if you're vantage-point is scaring you in some way. It would be better to turn toward hopefulness, or even better,

[ElariOnawa.com](http://ElariOnawa.com) Copyright © 2016 Elari Onawa

For more soul-nourishing tools [subscribe here](#).

cultivate the desire to see the Truth of who you are, and what you *truly* want to experience. Then cultivate that! Courage is a message from your soul, reminding you to remember who you are, a powerful creator, who has the ability to experience *anything*. It's saying to look at yourself or the situation from Truth –you can have what you want, it can be fun and easy, and the universe is built on the foundation of wellbeing, ease and joy, not fear. Focus more on what you want, rather than what you don't want, and you will know wellbeing and ease!

**Depression:** Is a message from your soul, telling you that you are habitually focusing on something that is keeping you from feeling the support, love, and connectedness that is there for you. You are a powerful spiritual being, and there is so much respect and adoration being directed to you. In the case of depression, there is some momentum going in the direction of powerlessness, so you cannot feel that love or support. That's why it feels so bad. Perhaps you have developed a habit of making yourself wrong, orienting yourself in a disempowering way, or seeing yourself as unworthy. Whatever the cause, *you can shift* that momentum. One way is to quiet your mind, so you have some space between your thoughts. Then do whatever you can, to feel better, to move in the direction of eagerness, positive expectation and enthusiasm. Ask yourself; what could be possible if I felt empowered, eager or hopeful? Ask for professional support if needed, but don't allow yourself to stay here.

**Discouragement:** Ask yourself; am I labeling aspects of my past as mistakes, or am I allowing another's opinion to move me away from what I truly want? Am I comparing myself to another? Discouragement is always a signal from your soul, that you not aligned with how your True Inner Being sees you or the situation in question! Could you instead, feed an empowering vantage-point, also known as, turning toward the Truth? The Truth is –you are powerful, and your opinion right now, is what matters most!

**Enthusiasm:** You are feeling eager and alive! You may be feeling energized by the way you are seeing yourself, life, an idea, or experience. Enthusiasm is a signal that you are thinking in a way that mirrors your soul truth, and you've allowed the eagerness to flow and grow! Enthusiasm is a sign of positive momentum and loving life!

**Fear (Manufactured):** This is some variation of anxiety, worry, insecurity, disconnection or apprehension present. It can mean that you're relying too much on your intellect, at the expense of your intuition and imagination, for example. It can also mean that you're using your mind to scare yourself! Your soul is saying *wake up, and get present to what you are creating!* It's a signal to get grounded and present, so you can choose from a place of soul truth, or empowerment and love, rather than disconnection/fear. Choose to believe in yourself and your life!

**Forgiveness:** means releasing resistance and pain. True forgiveness is a sign of liberation and cleansing, and letting go of something unwanted. If, for example, you blame yourself or others, you cause your own suffering. Why? Because blame is a relinquishing of power and happiness, something you would never do, when seeing through the eyes of *who you really are!* Your soul does not blame. She sees the Truth, and always knows and sees her power. With forgiveness, you are letting go of a counterproductive perspective. Perhaps, you are acknowledging that you or another, is doing the best she can, from her current state of consciousness! Forgiveness is the realization that you create your own reality, so you also

accept responsibility for how you feel, and what you choose to be, say, attract and do. When you choose forgiveness, you stand in my own light!

**Frustration:** Your soul is signaling you that you *know* you can have something, but you are not allowing yourself to have it! This is why you feel the way you do! *What needs to be released/let go of/forgiven?* You can choose to see and allow good things to flow to you now! You can say; *yes, I can!* You can cultivate positive expectations. You can let it be smooth, fun and easy!

**Joy:** You feel joy when you see someone or something in the way you do, at a soul level. You may be embracing your heartfelt desires, while appreciating and loving where you currently are. Perhaps you are open and receptive to the miracle of life. Perhaps you are seeing and appreciating beauty and perfection, or feel empowered, free or loving. Either way, when you are feeling joy, you are in synch with who you truly are!

**Grief:** Is an emotion caused by seeing loss. Perhaps someone you love is no longer in physical form, you've moved to another town, or experienced a transition of some sort. When someone or something that was once part of your identity, or daily life experience is gone, it is common to feel as if something is wrong, or missing. Yet, it is the orientation toward loss that creates the feeling of sadness. What are you making the situation mean? This is what your soul wants you to see. You are a spiritual being, what do you think you are losing? Is there another way of seeing the experience? Give yourself the time needed to feel the loss, but do not get lost in it. See the gift of having been able to experience *what was*, as you eagerly anticipate what is in the process of becoming.

**Love:** is a sign of being unconditionally open and secure in who you are. You are allowing all life to exist as it is, seeing beauty, and are resisting nothing. There is an inherent trust in the perfection and omnipotent orderliness of the universe. You feel an indescribable wisdom and coherence at work in everything! Wellbeing abounds, and all is in divine perfection! You are seeing yourself, and life as your soul does.

**Self Actualized:** is knowing who you truly are, and allowing yourself to live from that awareness! In this state, you are purposeful, and experience peace and Higher Knowing. You are present, and so you are loving life, and resist nothing. You feel whole and perfect, lovingly Self-responsible and feel deeply supported. You know that everything speaks to you, and are open and receptive to the Truth and beauty of life's deeper messages. All is well, and you get to be here! Enjoy your journey!

## A Quick Recap and Going Deeper



**The better the emotion feels, the more you are aligned with your soul truth, and the higher your electromagnetic vibration.** As you feel better, your energy field expands and you experience more ease and grace. You feel a natural enthusiasm for life, and because you're energetically attuned to these higher frequencies, you attract more good-feeling experiences into your reality!

Life works!

**Through purposefulness, you soon realize that you can choose, and therefore create anything, based on how you focus your attention.** You can guide your awareness toward possible solutions and exciting growth opportunities for example, rather than staying focused on a problem. And you can leave the past on the shore, and sail forward into pure potential, *knowing that your success is assured!*

**The power to create is always at the choice-point, in the current moment.** Focus on this point from inner stillness, and let your mind be like calm waters. You'll tune yourself to instant knowing, where you can clearly hear your divine guidance!

**If you don't feel good, empowered, or supported ...** or if you feel triggered repeatedly by something, you will want to take a closer look, so you can learn from that. By opening yourself up to the message, you can grow! You can also release the perspectives that do not work for you, and embrace those, that line you up with *who you truly are, and what you really want to experience next!*

**Questions that may help you interpret your emotional guidance are:**

- What was I focusing on when I started to feel this way?
- What happened and what did I make it mean?
- What can I learn from this, or what do I want to do with this information?
- *Now, how do I truly want to feel? What do I really want to create?*

You are a magnificent creator. Let yourself play in the sandbox of time and space!



I'm Elari Onawa, author of *Just Believe: How Faith in Yourself Shifts Everything*. For the first 20+ years of my career, I was in leadership positions in large companies, helping them grow. And I noticed something really interesting along the way. There were a lot of people who were going through the motions, doing what they thought they had to do, or needed to do, *but they weren't feeling fulfilled or lit up by life!* I also felt a calling toward something else, and it kept getting louder. So in 2003, I left the security of a six-figure executive position, and jumped into a new, more fulfilling way of "doing life"! Since then, I've been leading Self-Discovery, Life Purpose and Self-Empowerment programs, teaching and coaching people how to create more of what they really want to experience in life. I've seen people heal what they once believed, or were told was incurable. I've seen people move from the boredom of an autopilot existence to whimsy and wonderment, from frustration to freedom, and from feeling trapped by jobs they didn't like – to living with purpose, and thriving, doing what they truly love.

Anything is possible, *when you're willing to believe that it is!* I hope you enjoy this free resource guide and invite you to share it with others. You have an entire universe within you, *celebrate that!*

Much Love,

*Elari Onawa*

*Love your life!*