

SURFACE TO SOUL

THE COURSE JOURNAL



WITH SEZ KRISTIANSEN

WELCOME TO LIFE WITH A LITTLE MORE SOUL...

You are here because you want to live deeper within yourself and within the world you live in.

You are here because you are uniquely sensitive to the superficial layers of life and it leaves you distracted and weary.

You are here because you are tired of leaving your worth, joy & validation to others.

You are here because you want to connect to the bigger picture of who you are and live in alignment.

You are here because you want to grow, nourish and empower yourself.

You are here because you believe love has a way of changing how you live.

You are here because your Heart calls you home.

**This is not a meditation course.
This is a journey back to yourself.**

Let resonance be your guidance. It is one of the most powerful components to any spiritual journey.

You are echoed in every word here. *You* are reflected in every gentle melody and *you* are returned home in every silent moment on this course.

Find resonance in these meditations and you will find yourself.

In sincere gratitude,

Sez

LET'S DIVE IN

WHAT TO DO NOW

1. **Print** out this e-book so you can make notes.
2. Follow the **access instructions** from your welcome email.

REMEMBER

- Set aside around **20 minutes each day** to listen to the course in ascending order (Day 1 first, then Day 2,3,4...)
- **Answer the questions** in this e-book after each meditation, giving yourself time to reflect and respond.
- Contact Sez if you need help or have any comments about the course! Just send her a direct message at @sezkristiansen or on this email:
hello@sezkristiansen.com

You will receive personal, ongoing support & guidance throughout this course. Sez will be in contact with you via personal emails (*and you can always request to not be contacted if you prefer.*)

Create an intention *now* to finish the course so you experience your full potential and open yourself up to all expressions of emotion that come through. This is how we allow the teachings to stay with us and create the most impact on our lives.

Please note you are welcome to share supportive experiences from this course on social media & with friends/family - please reference Sez in kindness.

DAY 1

LOST IN THE SHALLOWS

How did you feel during today's meditation? What words resonated with you? How did you feel after braving the *storm*?

Where do you feel the least control?

- 1 - My work environment*
- 2- My habits*
- 3- My future*
- 4- My relationships*

REMINDER OF TODAY'S TOOL:

Write two statements on the palms of your hands.

On your dominant hand, the hand that steers you through your day - write the words, **Power through breath** – and on the other, **Surrender Control.**

“Slow down & find refuge in your own silence.”

DAY 2

SUBMERGING

How did you feel during today's meditation? What words resonated with you? How does *emptiness* make you feel?

Do you feel like there is a deeper meaning to your life?

- 1. Yes, I know I am here for a singular purpose*
- 2. Yes, but I feel like I have many purposes*
- 3. No, I believe everything is random and purpose is subjective*

REMINDER OF TODAY'S TOOL:

Write two statements on the palms of your hands.

On your dominant hand the words, **Emptiness** - and on the other, **Universe**.

"Step back from what you are seeing - to where we are seeing it from."

DAY 3

FREEDIVING

How did you feel during today's meditation? What words resonated with you? Did meeting your *inner-being* provide any insight?

Where do you tend to seek a sense of worth & validation?

- 1. Through food & drink*
- 2. Online & through social media*
- 3. Through other people*
- 4. Through myself*

REMINDER OF TODAY'S TOOL:

Notice every time you find yourself seeking and simply ask yourself what it is you could offer yourself instead.

"Take the path from your inner being and your life will become incredibly peaceful."

DAY 4

EQUALIZING

How did you feel during today's meditation? What words resonated with you? How did the *drumbeat of creativity* impact you?

How do you best express your creative energy?

- 1- *Music/song/dance*
- 2- *Writing/journaling/art*
- 3- *Cooking*
- 4- *Nature/gardening*
- 5- *Socializing /being around friends*

REMINDER OF TODAY'S TOOL:

Create! Whether you felt the need to bring pen and paper into hand, or imagined a beautiful meal, a delicate craft, a plowing of earth – act upon it and let spirit take over.

"To create from spirit is to be at one with our divine nature."

DAY 5

DESCENDING

How did you feel during today's meditation? What words resonated with you? What directional element did you feel called to?

What is your favorite way to be at one with nature?

- 1 – Spend time in the garden*
- 2 – Care for houseplants*
- 3 – Use herbal remedies, teas and foods*
- 4 – Go for nature walks, hikes & camping*
- 5 – Use the moon to track my goals & cycle*

REMINDER OF TODAY'S TOOL:

When you lose yourself to anxiety, stress, anger or fear, take a moment to become aware of how it feels to be without your inner anchor as a way of gauging how wholesome coming back to yourself also feels.

"To make life sacred is to connect our inner and outer worlds together."

DAY 6

AQUALUNG

How did you feel during today's meditation? What words resonated with you? How did it feel to be present with your pain?

Do you feel pain has a purpose in your life?

- 1- *Yes, it provides personal growth*
- 2- *Yes, but it's still hard to see its purpose sometimes*
- 3- *No, life is inherently hard for no greater reason*

REMINDER OF TODAY'S TOOL:

*Contemplate the question:
 "Who would I be without my pain?"
 Try connect with this version of yourself as often as possible.*

"The more you fill yourself up from spirit outward, the less emotional torment will be able to take up space within you."

DAY 7

IMMERSION

How did you feel during today's meditation? What words resonated with you? How did the poem make you feel?

Do you feel like you belong to the country you were born in?

- 1. Yes, it is my homeland*
- 2. No, I feel like I should have been born somewhere else*
- 3. Some parts of my country feel like home, while others don't*

REMINDER OF TODAY'S TOOL:

Write your own poem about belonging. Use as many descriptive & emotional words as you can. It doesn't need to make sense or follow a format & no one has to see it. Just let yourself flow onto paper, creating a few lines of what belonging means to you.

"To find that you belong to every moment that is offered to you during the day is to be at home wherever you are."

DAY 8

ANCHORAGE

How did you feel during today's meditation? What words resonated with you? Were you able to detect the undercurrent of silence?

Are you comfortable in silence or does it bring up any fears?

- 1- I am always comfortable in silence*
- 2- I fear the isolation & mystery of silence*
- 3- I am comfortable sometimes. It depends on my mood*

REMINDER OF TODAY'S TOOL:

If you feel like you need to find the undercurrent of silence again – come back to the circling your index on the palm of your hand & let it bring your attention back into your depths.

"Silence is a sense in the truest form and why it is our feeling guide in returning home."

DAY 9

SUNK INTO SOUL

How did you feel during today's meditation? What words resonated with you? How did it feel to let your Heart *burn* within you?

Do you believe that Love is all around you?

1. *Yes. I see it in everything and in all people*
2. *No. I find it hard to see in the world today*
3. *I would like to believe it but find it difficult to see in certain people*

REMINDER OF TODAY'S TOOL:

How you respond to yourself and others is a sign of how deeply connected you are to yourself. Consider in what way you are responding to others at the moment.

"Heart is unconditional and unconditional. It embraces time and time again, simply giving relief in its purest form."

DAY 10

DAILY DEPTH

Notes and reflections for the final day. What does the superficial life feel like to you? What does depth feel like to you?

"Devotion to a deeply nourished living is to know how you connect to yourself."

SHARE YOUR EXPERIENCE!

If you felt this course had an impact on you, know that there is no greater sign of support than sharing your experience with me. I'd love to connect with you on this journey so we may walk it together. This is not where it ends, it is just the beginning! Join me for a more meaningful social media experience at @sez kristiansen or share your insights from this course on #surfacetosoul

SURFACE TO SOUL©

THANK YOU
FOR BEING
HERE.

THANK YOU
FOR BEING
YOU.

“WHEN ALL THE KNOTS OF THE HEART ARE UNLOOSENED, THEN EVEN
HERE IN THIS HUMAN BIRTH, THE MORTAL BECOMES IMMORTAL”

#SURFACETOSOUL