

By,
Cate Schultz

SOUL PRIMER

BUILDING BLOCKS OF THE SOUL

**SOUL
PRIMER**



**SAMPLE
OVERVIEW**



Soul Primer

A Spiritual Alphabet for the Soul

Text by
CATE SCHULTZ

Art by
SUSAN COHEN THOMPSON
JUDITH SHAW
JACK GUNTER

Letters and Doodles by
SUSAN COHEN THOMPSON

Photography by
CATE SCHULTZ

Cover art by
JUDITH SHAW



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For the unconditional love I have been blessed with, I am eternally grateful.

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I also thank my sons, Bryce "Clever Tiger," John "Brave Bear," and Kennan "Dancing Leaves," for always loving me "Soaring Heart," no matter what....

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Introduction

The world, as we know it, is rapidly changing. There is a paradigm shift happening that is accelerating the evolution of the human species. People are moving away from the old ways of darkness. We are becoming aware that the foods and pills and beliefs fostered by ignorance, advertising, and greed are killing us. Deep down, we know there is a better way. We see examples of people who seem to have figured it out, who have somehow become enlightened. They don't seem to work as hard, or suffer as much, as others. They're healthier. Their eyes are brighter. They make it look easy to achieve amazing things. What do they know that we don't?

You've heard the buzzwords: *Abundance, Presence, Intuition*. You've heard the advice: *Meditate to manage stress; Gratitude is the key to happiness; Learn to be one with the Universe*. There are so many things to do, and lots of books on how to do them. Yet, most of us are just trying to make it through the workday, and family commitments, so we can fall into bed at night and sleep long enough to be ready to do it again the next day. When we do find time to read, we want an escape, not 200 pages on Inner Peace or Compassion - although the gorgeous books that focus on these valuable concepts are treasures for those who have time for them.

Soul Primer is a guide for the busy person who wants to learn, in easy steps, how to get started on - or expand upon - the path to personal growth. With one easy concept per week, you will develop an awareness and working knowledge of skills that can lead to a regular practice for creating and sustaining a more healthy, fulfilled, rewarding life.

If you already have some of these spiritual life skills, use this book as a luscious reminder and refresher of the nourishment needed to feed a soul. Be open to new growth as it comes.

If you are ready to find a better way to live, now is the time to begin the practices outlined in *Soul Primer*. Every week, read one letter of the alphabet and enjoy the heart-opening art. Easy exercises will help you focus on the weekly concept and guide you on how to fit it into your regular life. Only one page to read each week! Directing your life to a better path, and a brighter place, is an ongoing process. *Soul Primer* makes it simple, straightforward, beautiful, and fun!

Make this the day that you step into the life you have always wanted. The secret to creating miracles in your life is creating daily habits that support your personal growth. Start today to learn the skills that are revolutionizing mankind. Change is happening fast. Be a part of the change, for your own good, and for the good of our world.

It's as easy as A, B, C.



How to use *Soul Primer*

This easy and beautiful book will guide you through 26 weeks of life-changing practices.

Each week, a new idea is introduced, followed by a simple way to exercise the concept. Copy the week's *Daily Reminder* to a place where you can see it easily and say it aloud at least once a day. Practice the concept for a week and make notes in your journal on your experiences. Finally, the *Ongoing Goal* guides you to continuing the practice on a regular basis.

Although it may be tempting to fast-track the book, I encourage you to take only one weekly concept at a time. Taking the full week to focus on each idea allows it to settle and grow in your spirit, bringing new possibilities up from within. Even if you “already know” a concept, use that week as a reminder. Refreshing our awareness helps us stay “in tune” and deepens our understanding of a practice. Be open to new insights from the Universe.

You may go through the book in order, from A to Z, or you may randomly choose a different letter each week. Either approach is fine. If you prefer random selection, find a way to mark the pages you have already studied so you can make it through the book in 26 weeks. You may want to go through *Soul Primer* in alphabetical order for six months and then repeat for another six months, choosing pages at random. *Soul Primer* is a guidebook that can be used again and again.

Each page of artwork has been created by artists to contribute to the beauty of your experience and to inspire additional awakenings in your soul.

Please purchase or make a journal to accompany your *Soul Primer* journey. Have it with you as you study and practice each concept. Writing thoughts or drawing images about your experiences is key to fully understanding and absorbing, not just the ideas, but your relationship to them and their relationship to your life. Savor the path and be an appreciative observer of the moment.

Finally, don't be too serious about the process! Be kind to yourself and open to your experience. Some concepts may feel more natural, or come easily; others may be more challenging. I guarantee that every one of them, when adopted as a life habit, will improve your experience here on earth. All of these practices are appropriate and beneficial for any person, no matter what religion, social position, economic standing, or walk of life.

I can say, with confidence and experience, that focusing on these weekly concepts and adopting them into your routine will change your life. It takes 21 days to create a habit. As you progress, try to maintain awareness of the previous weeks' teachings and continue to apply them forward as much as possible. Soon, you will see your life blossoming into one of beauty and grace.

Many Blessings on your journey!

The letter “A” is symbolic of new beginnings

Many alphabets begin with the letter “A,” including English (“A”), Hebrew (“Aleph”), Greek (“Alpha”), Arabic (“Aliph”), and Latin (“A”).

A is also the beginning of the sacred words Amen and Ameen, as well as the first sound of AUM (known to most westerners as “Om”).

AUM is the most ancient and sacred mantra in Hinduism. It is the primordial sound, the hymn of the universe, associated with cosmic sound, mystical syllable, divine affirmation.

It is the ultimate vibration that contains every vibration, like white light contains every color. AUM is the white light of sound.

The first vibration of the AUM, the “A,” stands for Akara, the creation, beginning, or waking stage.

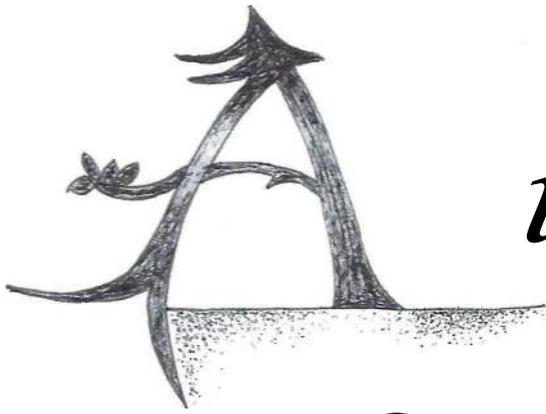
May this Soul Primer be a beginning, an awakening, a creation of a greater you.

If you have already begun, may this book help you begin again. And again.

May every day, and every moment, be a new beginning of a new waking as, week by week, you expand your being into a beautiful new awareness of light and love.

*With Blessings and Love,
Cate*

Week One

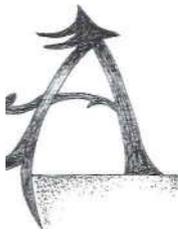


is for

Abundance

Daily Reminder

*"I appreciate the
abundance already
present in my life and
view every situation as
an opportunity to
welcome more
abundance."*



Abundance is yours to declare

Abundance is like a lottery ticket you have already won, you just need to claim it. Abundance is not waiting for you to land a better job or manifest a nicer car. It is yours already; you simply need to recognize it.

Start by banishing the belief that abundance has to do with how much money/food/toys you have. There are miserable rich people, and people that lead simple lives with great joy. It is not about having a lot to be happy; it is about being happy to have a lot.

Eckart Tolle says, “*Acknowledging the good in your life is the foundation for all abundance.*” We do this by seeing and appreciating what we already have, *in every situation*. Are you stuck in traffic? Say, "I am so fortunate to not be the one in an accident right now!" Is your co-worker ruining your day? Say, "I sure am lucky to have a paying job!" Is it raining? Say, "What a blessing this life-giving water is to our world." Is your alarm clock your worst enemy? Watch daylight unfurl across the night sky and say, "How wonderful that I get to see another day!" Did you mess up somewhere in life, miss out on an opportunity, maybe experience hurt or sadness? As hard as it may be, say aloud, "I am blessed to have situations in my life that help me to grow and evolve." Your journey is rich or poor based on your perception.

As you practice focusing on the blessing of *every part* of your life, no matter how mundane or undesirable it may seem, abundance will begin to multiply. As you become convinced that you are lucky, fortunate, blessed, and rich, so you will be. By being more aware and present to your existing abundance, you raise your energy frequency to a higher level. And like attracts like. Your glowing abundance will attract people and situations that build more abundance.

Start today to create a life of abundance by becoming acutely aware and appreciative of the abundance that already surrounds you.

This Week:

Set aside 2 minutes each morning, afternoon, and evening to pause and recognize abundance. Sink full of dishes? Say, "I am so lucky to have food to eat!" Rent due? Look around and say, "I am fortunate to not have to live under a bridge." Got a cold? Direct love to your amazing body for fighting off intruders. At first it may seem fake but, with practice, abundance will build in your life. Soon, recognition of the abundance all around you will come more easily, and will begin to attract more and more abundance to you. Record your observations in your journal.



Ongoing Goal:

Write the word ABUNDANCE somewhere prominent and remind yourself daily to find examples of how abundant your life is. With regular practice, you will see abundance multiply in your life.

Resource Pages

The following pages contain
additional resources and worksheets
for practicing some of the weekly
concepts





Affirmations of Joy
Letting Go Mastersheet
Personal Control Worksheet
Vulnerability Worksheet
Yearnings Practice & Worksheet



Blessed Last Thought:

*You now hold
the secrets of
abundant,
peaceful,
joyful life
in your hands*

~

*Pay it forward,
with love....*

A Toolbox for the Soul

This deceptively simple book makes personal growth easy and fun. Enclosed are the tools for learning and practicing - or relearning and enhancing - the skills that lead to a life filled with laughter, love and happiness. *Soul Primer* makes vast concepts, such as empathy or hope, accessible to even the busiest person. This 26-week program guides the reader through one page of text per week, with inspiring artwork and manageable daily exercises, for incorporating the skills into real life. Whether learning to meditate, releasing fears, finding joy, being kinder, practicing letting go, or any of the 21 other life skills, all ages will benefit from the heart-opening tools found in *Soul Primer*.



“This book is the perfect gift to yourself! Filled with wisdom and art, *Soul Primer* leads you gently and lovingly to discover that you CAN change your life in little steps. Do the easy weekly practices and soon you will notice you have become less stressed and, yes, even happier.”

~ Annie Scheppach, Wellness Coach and Author of
Looking for Health in All the Right Places

“*Soul Primer* is an uplifting book, guaranteed to make even the happiest among us feel more joyful, as it teaches simple techniques to live our best lives.”

~ Leslie Rule, Author of

Where Angels Tread-Real Stories of Miracles and Angelic Intervention



Cate Schultz has been a teacher all her life, with a passion for helping others. She has a BA in Education, is a certified Life Coach, and has worked with Shamans on three continents to understand the ancient wisdoms. In *Soul Primer*, she shares skills gained from years of studying, working with others, and countless hours of meditation (as teacher and practitioner) to help people heal themselves and, by extension, heal our troubled world.

The Evolution of the World
starts with
The Evolution of the Individual

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Judith Shaur 2006