

NEWS LETTER

Living Your Truth

all about Soul-Centered Living



with angelabeney at soulwork

A Note from Angela

May Magic: Soul Check-In

This month, something a little different... and deeply needed.

Dear Soul Searcher,
This month, I'm offering you something simpler — but powerful.
Not to *do* more, fix more, or improve yourself — but to simply come home to yourself.

We often fill our spiritual lives with practices and checklists, forgetting that the heart of it all is presence. The **Soul Check-In** is a return to that. A moment of stillness. An invitation to listen — not with your mind, but with your heart.



*Much Love,
Angela*



MONTHLY SOUL CHECK-IN

Coming Home to Yourself

There's wisdom in you that doesn't speak loudly. It whispers. And it waits for moments like this — when you turn inward, even briefly, and ask:

“What does my Soul need right now?”

You don't have to get it “right.” You don't have to know what to do next. You don't even have to hear anything clearly. The simple act of asking — of being present — is a radical form of love.

The Soul Check-In takes one minute, but its impact can ripple throughout your day. It reconnects you with something deeper — the calm, quiet current underneath the surface of daily life.

It's not about changing anything. It's about *remembering* who you are, underneath everything the world expects you to be.

So as life swirls around you this May, let this gentle practice be your anchor. Even once a day, even once a week — let it be your way of coming back to the truth of who you are, and how you're really doing.

One-Minute Soul Check-In

This is a pocket-sized spiritual practice for clarity, connection, and inner calm. Here's how to do it:

- Find a quiet space — or just pause where you are.
- Take three slow, deep breaths.
- Close your eyes.
- Place your hand on your heart.
- Ask: **“What does my Soul need right now?”**
- Just listen. No pressure to fix or change — just notice.

You can do this in the morning, before bed, or anytime you feel scattered, overwhelmed, or disconnected.

You don't need answers.
You just need presence.



Thought-Provoking

Soul Journaling Questions

Choose one that speaks to you, or let one choose you.

- What is my Soul longing for right now?
- Where in my life am I pretending everything is fine, when it's not?
- What am I ready to release, even if it feels scary?
- What would it feel like to be truly at peace with where I am?
- What part of me have I been neglecting — and how can I show up for it today?
- If I weren't afraid, what would I do next?
- What's the truth I already know but haven't acted on?
- What would love do, right now — if love were in charge?



MONTHLY SOUL CHECK-IN

Why This Matters

Sometimes we pack our spiritual lives with so many “to-dos” that we miss the still, small voice within.

This check-in is about coming home — not fixing or forcing anything. Just *being* with yourself, in truth.

If it speaks to you, make it a daily ritual for the rest of May

Closing Out: A Soul-Centered Meditation

Let's end with a short, heart-based meditation to help you ground, realign, and close out this moment with peace.

- Find a quiet spot where you can sit comfortably.
- Close your eyes.
- Breathe in slowly... and breathe out. Again. One more time.
- Let your body soften. Let your shoulders drop. Let your mind unwind.

Now imagine your Soul as a light within your chest — soft, steady, warm.

With each breath, allow that light to grow.

Not to impress or shine for others — but simply to remind *you* that it's there. Always.

No matter how busy, distracted, or uncertain life feels — your Soul is quietly, lovingly present. Breathe into that.

Stay here as long as you like.

And when you're ready, open your eyes.

Carry this peace with you into whatever comes next — not as a shield, but as a compass.



*You are not lost. You are listening. And that is more than enough.
Wishing you a gentle, Soulful May,*

Angela 