

HIGHEST TIMELINE UNLOCKED



SOUL LEVEL HUMAN

a beginner's how-to guide



YOUR GUIDE



SYLVIA BEATRIZ

My name is Sylvia and I'm a psychic channel, intuition coach, and the host of the [Soul Level Human](#) podcast. Connect to your intuition and your Spirit Team to Soul-Level Your Life.



How to use this guide



THE NEXT FEW PAGES HAVE SPECIAL MESSAGES FROM YOUR SOUL
AND SPIRIT TEAM IN THE FORM OF GAMES AND EXERCISES.

SCHOOL AND FUN AREN'T JUST FOR KIDS,
SO I DESIGNED THIS WITH LOVE FOR YOUR
INNER CHILD, TOO.

RELEASE ALL EXPECTATIONS.

GET CENTERED.

TAKE SOME DEEP BREATHS.

AND ABOVE ALL, TRUST YOURSELF.

THE FIRST IMPRESSION IS USUALLY THE MESSAGE THAT'S MEANT FOR YOU.

IF YOU'RE TORN BETWEEN 2, READ BOTH, AND TAKE WHAT FITS.



QUESTIONS?

hello@sylviabeatriz.com

www.sylviabeatriz.com

Listen to more episodes of [Soul Level Human](#),
and submit your 5 star review on Apple Podcasts and Spotify.

SOUL MESSAGES

The first 3 words you see are the things
your soul is asking you to play with next.

A M O V I E S N A S I G N S
M P E A C E H A R A I R E C
L I S T E N H L N F R A S K
O G R O U N D I N G T T T C
U U C I A R R G E N R I E T
W O N D E R R N T T U T R N
U O U T G E O M A A S U N Y
P L A Y I T I E T S T D M E
H E R T V T A N I Y A E U N
E D T U E U E T D R S S S O
A R A O M R C R E A T E I M
L E R I T U A L M R H C C I
C A H M A G N E T I S M O N
R M A D V E N T U R E F U N

SOUL-SOLUTIONS GUIDE

Find the bonus words, too!

A M O V I E S N A S I G N S
M P E A C E H A R A I R E C
L I S T E N H L N F R A S K
O G R O U N D I N G T T T C
U U C I A R R G E N R I E T
W O N D E R R N T T U T R N
U O U T G E O M A A S U N Y
P L A Y I T I E T S T D M E
H E R T V T A N I Y A E U N
E D T U E U E T D R S S S O
A R A O M R C R E A T E I M
L E R I T U A L M R H C C I
C A H M A G N E T I S M O N
R M A D V E N T U R E F U N

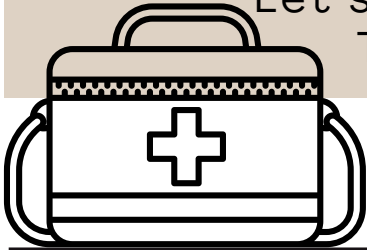
- Alignment
- Magnetism
- Trust
- Grounding
- Meditate
- Peace
- Fun
- Play
- Music
- Movies
- Art
- Adventure
- Dream
- Create
- Signs
- Heal
- Ritual
- Money
- Gratitude
- Ask



Spirit has a message for you! Which one of these jumps out at you?
Sit with it and feel into the meaning BEFORE you Google it :)
And then have fun coloring :)

ENERGETIC FIRST AID

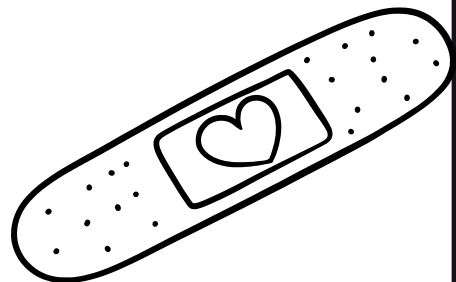
Feeling scattered, drained and foggy?
Let's get in observer mode.
Time to investigate.



I feel (include physical sensations AND emotions):

I started feeling this way when:

It reminded me of this one time when:



ENERGETIC FIRST AID

Energetic deep dives can be like cleaning out your purse. No judgement. Dump it all out, and see what you're working with. There's treasure waiting for you.

Worst case scenario. I'm afraid that:

I really don't like:

I'm frustrated because:

WOULDN'T IT BE NICE IF...

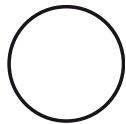
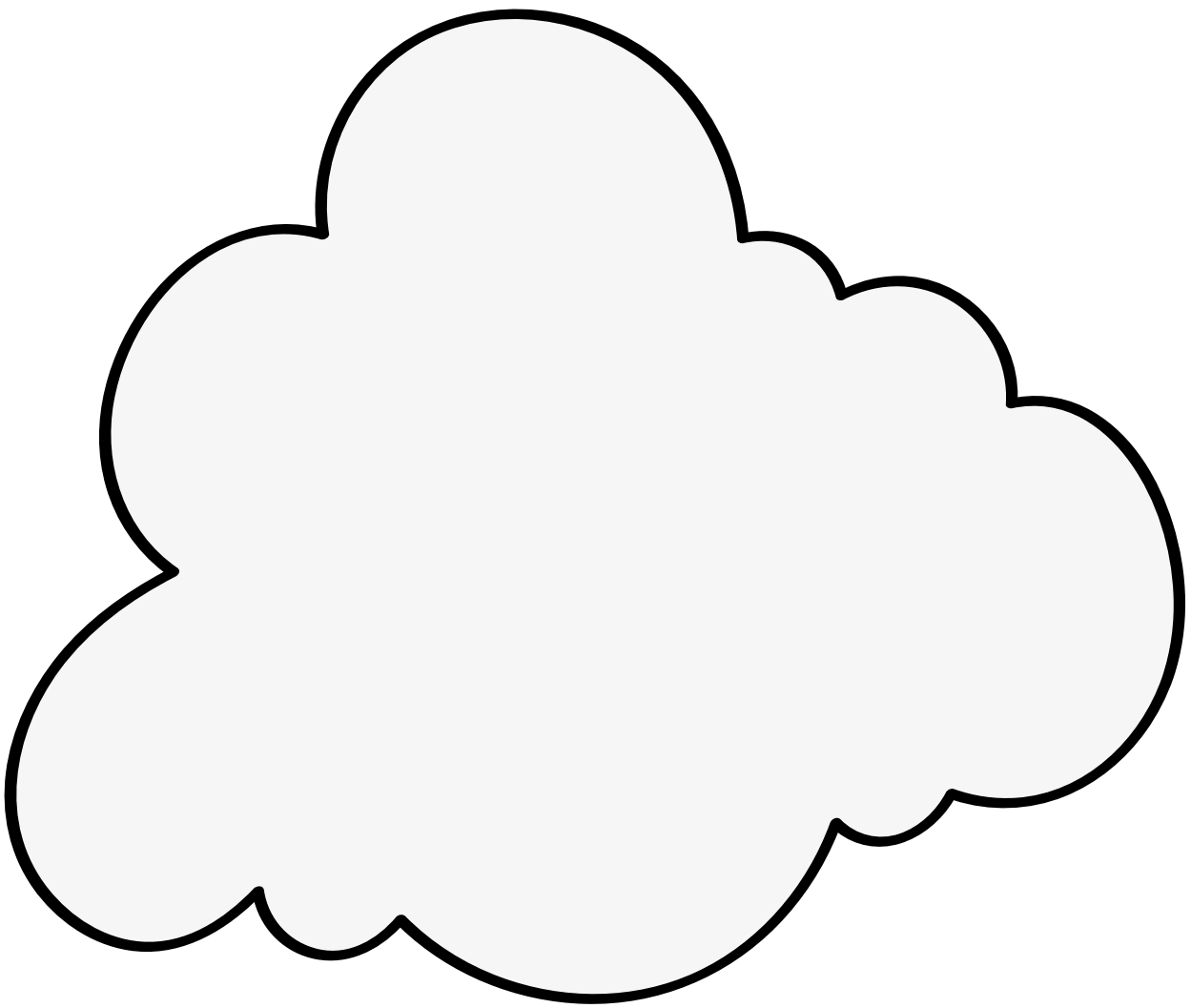
Now that you know what you DON'T want, write down the best case scenarios that would make your day and dissolve all the yuck.

Best case scenario. It would be so amazing if:

I really love:

I'm amazed when:

Hint: If anything is possible, why not good stuff? why not you?



SOUL LEVEL ME

What does your most expanded life...

Look like? Feel like? Smell like? Sound like? Taste like? What are you doing?

Soul is infinite, and so are you.

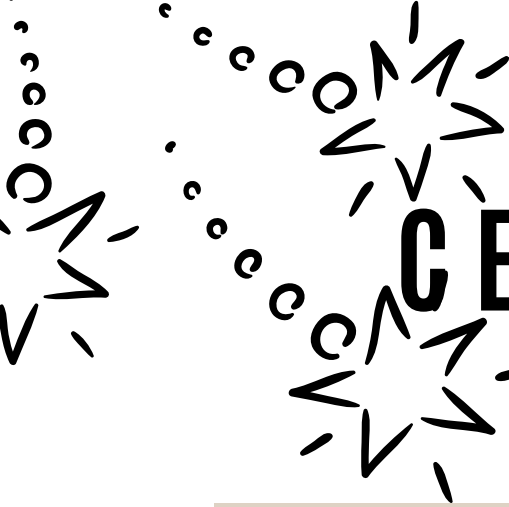
Tap into that timeline.



CELEBRATE YOU

Sometimes a foggy pause is because our little self is hurt that you forgot to celebrate them. What wins have you taken for granted? Even the smallest efforts are worth the validation.





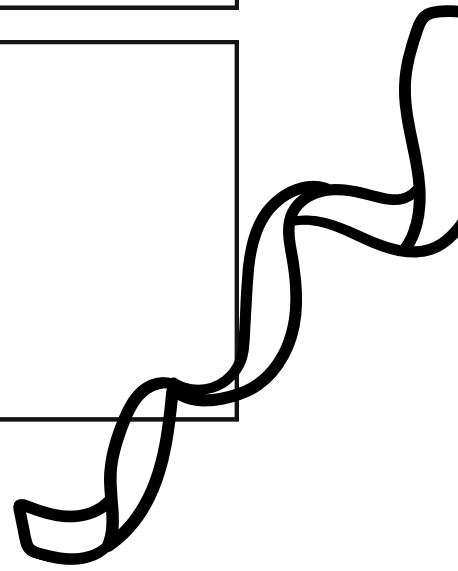
CELEBRATION IN ACTION

Let's redirect your focus to all the wins. The losses don't get to hog all the attention.
YOU DESERVE IT.

One special thing I can do for myself THIS WEEK to honor these milestones is:

One person I can call *TODAY* to share these wins is:

How did sharing this moment feel?



MINE, NOT MINE

Did you know the Universe gives us as much as it takes for us to ask for help already?

Hint: Nobody likes to be micromanaged! You gotta release it...

Here's what I'm responsible for:



Here's what I can delegate to friends, family, or paid helpers:

Here's what I'm asking the Universe for help with:



JUMP TIMELINES

It doesn't have to be hard. Just one degree of change will result in a totally different destination.
Step by step. Choice by choice.



SOUL LIFE

2-3 Sensory ingredients
I'm going to play with
this week:



VISUAL ANCHOR

When I see this symbol, I
know I'm on the right track.



(draw or paste it here)



MY NEW MANTRA

I came here to:

I'M ALL IN

One powerful ACTION that will
declare my soul commitment

*hint: it's often something we've
been dragging our feet on :)



YOU DID IT!

I'D LOVE TO HEAR HOW YOU
FEEL AFTER ALL THAT!



If you're looking for more support in keeping the conversation going with you and your Spirit Team, you can join [The Coalition](#) {of Soul Level Humans} or you can [submit an application](#) for a 1:1 session with me.

Coalition Members get 50% Off all 1:1 Sessions