DIVINE RENEWAL™ | HEALTHY 4 LIFE

Soul Rhythms Companion Guide

Four Gentle Cues for Living Aligned From the Inside Out

You were never meant to carry the pressure of fixing yourself. Living from your soul isn't about rigid routines—it's about noticing your inner rhythm, surrendering what no longer serves you, and allowing your Soul to guide your thoughts, heart (feelings), and will to move your body into aligned action—
all together as an innate being.

4 Daily Soul Cues

1. The Coherence Cue (Thoughts → Heart → Will)
Where are my thoughts, feelings, and actions moving in harmony today—and where am I forcing something out of fear?

2. The Stillness Cue (Listening Beneath the Noise)
If I step back from striving for just two quiet minutes right now, what is my soul gently inviting me to notice?

3. The Surrender Cue (Releasing vs. Fixing)
What weight, expectation, or pattern am I holding onto today that no longer serves me—and can I place it quietly into God's hands?

4. The Vitality Cue (Honoring My Innate Nature)
What one simple choice today would nourish my soul, spirit and physical body so I feel present, steady, and alive?

Living Connected as a Whole

You are more than a body —you are here in physical form to live aligned with your innate nature in clarity, health, and vitality.

Ready for Personalized Support?

In a **Divine Intercessory Renewal™** session, we don't guess or follow a one-size-fits-all formula—we rely on God to guide where to begin, what incoherent patterns to clear, and support you individually across your soul, spirit, thoughts, emotions, and physical body (in person or remotely).

Explore sessions & resources at HEALTHY4LIFE.INFO