

The background of the entire page is a misty, blue-toned landscape. The top half shows a range of mountains shrouded in fog or mist. The bottom half shows a sandy beach in the foreground, with the ocean and more mountains visible in the distance. The overall color palette is dominated by various shades of blue and cyan, with a white border framing the central text area.

# Pathway to Soul Connection

**Nicole Bayliss**



Your soul is calling  
Heed its call  
For it will take you on a journey  
From which you will never want to  
come back.

#### PATHWAY TO SOUL ALIGNMENT

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# Part 1

## The Soul and the Ego

You may not yet realise it, but you have found this book for a reason. Your soul has led you here. Your soul is the eternal part of you that was never born, never dies and always will be. It is eternal. It is always there within you, waiting to guide you to all that will give you joy, love, peace and fulfilment.

This is because your soul is connected to the Divine Source - some may call this Universe or God or Divine Intelligence or Divine Matrix. Throughout this book I shall refer to it as all these names, for it is so magnificent, it goes beyond a name.

This Divine Matrix is the Source from which everything comes and everything eventually returns. It has infinite intelligence, and it created you, and so it knows you far better than you know yourself. When you connect with your soul, you have access to this Divine Matrix and you are able to channel its intelligence, its knowing, its strength, its guidance and its power.

Connecting with the soul, however, takes the desire to do so; it takes conscious awareness and a certain level of effort. Why? Because we have become ruled by the ego mind - or what I also call the disconnected self.

Let me explain the difference between your ego and your soul.

**Your soul has led you here.**

**Your soul is the eternal part of you that was never born, never dies and always will be.**

**It is eternal.**



## Your Ego

- Is disconnected from the Divine Source
- Feeds you fearful thoughts
- Believes you are all alone
- Believes in hardship and struggle
- Believes there is never enough of anything.

## Your Soul

- Is connected to the Source
- Feeds you loving thoughts
- Knows you are never alone
- Is a part of the Universal Flow
- Knows there is always abundance.

Which part of yourself would you prefer to rule over your life? The truth is that most people in the world today are still ruled by the ego, and that is why there are still wars, famine, greed, global warming and a disregard for humanity, creatures and the earth.

It's also why mental illness such as anxiety and depression are in epidemic proportions in the western world.

The good news is that we each have the opportunity to awaken and to live a fulfilling and abundant life through the soul.

# Let's get to know the ego a little more

The ego is the sum total of all our past traumas, old conditioning, self-limiting beliefs and wounds.

The ego doesn't trust life because it bases the future on the disappointments and hardships of the past. These hardships and disappointments were created by the ego and keep getting created by the ego because of its fear.

The ego doesn't trust the future, worries about the future and even creates the future it fears.

The ego lives mostly in the past or the future; it struggles to be in the Now. It remembers the past and fears re-creating the past and yet it does re-create the past. It cannot be in the present moment, because it's too busy ruminating over the past or worrying about the future! If this sounds like you, you are not alone. The ego has quite a hold over us until we wake up and do something about it.



## What happens when we live life through the ego

Choices made by the ego never serve us and don't create good outcomes, because these choices are based on a certain level of fear to begin with.

Fear creates more fear. Desires that come from the ego don't ever bring about fulfilling outcomes - we may be happy when we first get the new car or the new relationship or the job promotion, but the happiness is short-lived, and we return to a sense of emptiness.

From this emptiness, we dream up another ego desire and on and on we go, creating from a sense of emptiness and never achieving fulfilment.

The ego believes there is never enough of anything - not enough time, money, love or anything else, and so it takes us on a path of striving and worrying. When we live at the level of ego, we can become exhausted.

The ego believes in hardship and struggle and so life becomes a struggle. We strive, we force and we push for things to happen, not trusting that if we simply let go and allow, all will be well, because the Universe has great intelligence and can do a lot of the work for us.

The ego gets obsessed with reaching a destination, believing that when it gets “over there”, it will be happy.

It cannot enjoy the journey, and even if you do “get there”, you won’t be happy for long, because your ego, in its perpetual state of emptiness, will already be dreaming up another destination it has to get to. In this fearful state, rarely is there a feeling of peace.

**Desires that come from the ego  
don't ever bring about fulfilling  
outcomes...**

**The happiness is short-lived,  
and we return to a sense of  
emptiness.**



# Let's get to know the soul a little more

The soul, the eternal part of you, lives in the Now and is totally present and peaceful in the Now. It doesn't concern itself with the past, for it has been and gone and it doesn't worry about the future because it's not here yet.

The soul knows that all you have is Now, and by being fully present in the Now, you create your ideal future. In fact, when you are present in the

Now, you are in complete alignment with your soul because none of your energy is being siphoned into the past or future. When you are fully in the now, you are fully available and receptive to the infinite possibilities and opportunities that exist in every moment.

You realise that every moment contains a richness that you cannot realise while in an ego state.



## What happens when we live a soul-aligned life

Your soul is connected to the Source which created you, and this Source knows you better than you know yourself and it knows what will truly fulfill you.

In fact, your soul already has a perfect plan for you, known as the Divine Plan.

This is your soul's purpose, and in this plan you will experience perfect abundance in all areas of your life:

1. Wellness
2. Purpose
3. Loving relationships
4. Money and things.

This Divine Plan is already encoded into your soul, and so by connecting to your soul and following your soul's truth, you manifest all that will truly fulfill you.

Soul choices will always fulfill you. Some of your Divine Plan you may not yet be aware of; you may not yet know what is going to truly fulfill you, but that doesn't matter, because your soul will allow all of this to unfold in divine and perfect timing.

Soul desires always bring about fulfillment, because they were created out of love, and the journey to creating these desires will be enjoyable, because the soul loves the journey.

It doesn't obsess over the destination. The soul already feels happy in the here and now. This doesn't mean that the soul doesn't have a vision, dreams and desires; it simply means that the soul isn't attached to outcomes in order to be happy; it is detached from outcomes, because it knows that the Universe is ultimately in charge, and the Universe would never want you to be unfulfilled.

The soul knows that there is always abundance, always enough of everything, and that there is no need to rush, to force or to strive, because if we are meant to have something, it will eventually come to us. And so with this soul knowledge, there is peace.

## Living at the Soul Level

When you begin to live your life at the soul level, you begin to know that everything is divinely right - even your challenges.

You enjoy the journey of life, knowing that you are guided by a Divine Intelligence that only wants what is best for you.

# Part 2

## Your Soul is Ultimately in Charge

The ego likes to think that it is in charge, but the truth is that the soul is in charge.

Because the soul is the eternal essence of who we are, it ultimately runs the show.

The sooner we accept that, the better our life will be. We are just visitors passing through.

The sooner we accept that, the better our life will be. We are just visitors passing through. I'd like to suggest you do something when you wake up tomorrow morning. When (or if!) you open your eyes, say "Wow! I'm alive!" because there are going to be at least a million souls who don't wake up tomorrow morning.

By getting in touch with our mortality, we embrace our lives. And by knowing that we are not here all that long, we begin to embrace what is truly essential in this life, and let go of all the pointless non-essentials.

That's what is meant in the Lord's Prayer when we say "Thy kingdom come, Thy will be done".

To the ego, death is something that happens to other people. The ego doesn't really accept that we're going to die one day and it leads us off the essential path with "shoulds" and "have to's" created by the fearful ego.

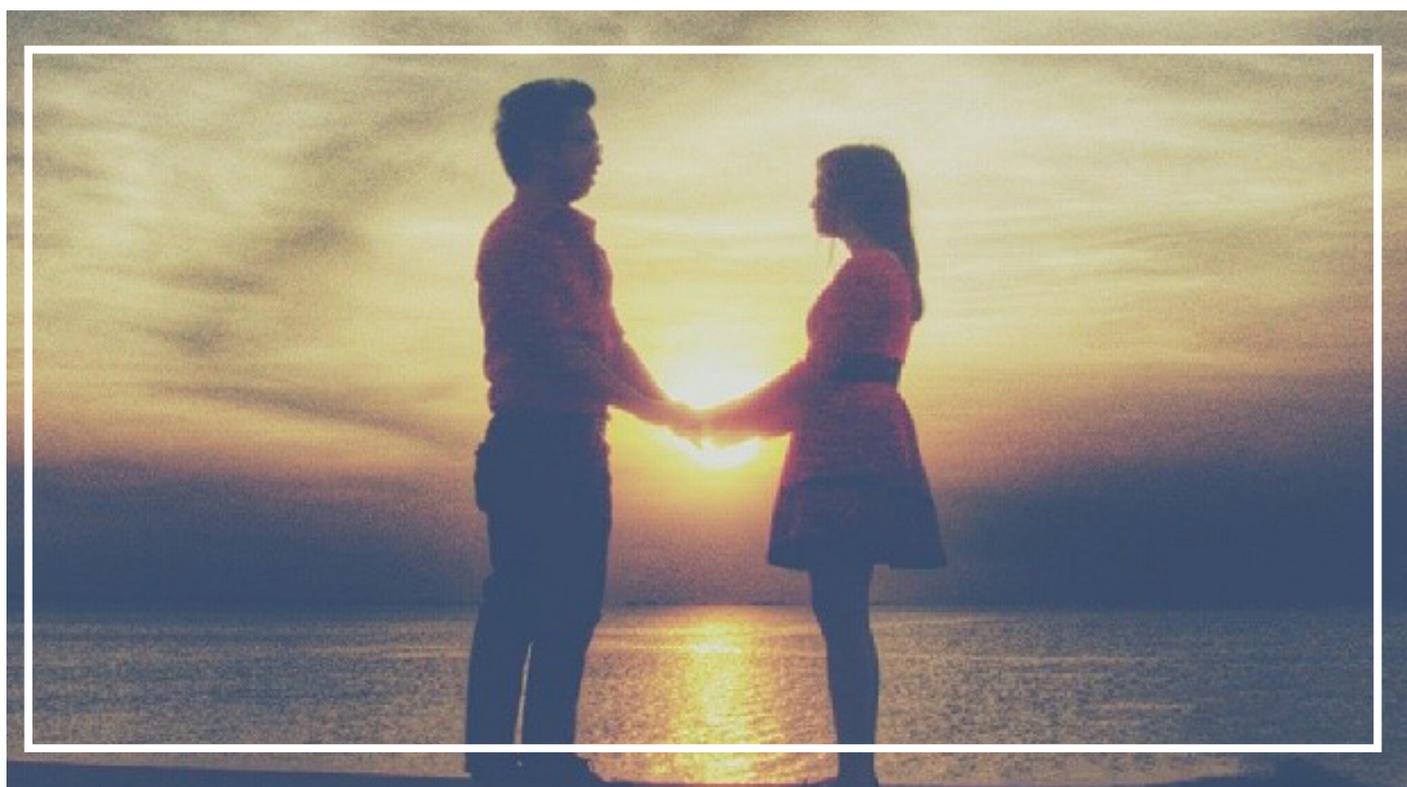
There is a group of Buddhist monks who meditate in morgues every so often as part of their spiritual practice, to remind themselves of their mortality.

People who have lived most of their lives dominated by the ego mind fear death. In fact, it's only when they die that they realise that the soul was running the show all along.

## Soul contracts

Our soul decides when and where we are born, when we die, who our parents will be and it also makes soul contracts with other souls so that we learn, grow and transform each lifetime.

Soul contracts always contain lessons.



# Soul sovereignty

Each soul belongs to the Universal Soul, so ultimately we are all one. And yet here on the Earth plane, we must each have soul sovereignty; that is, to live our own truth and be free.

By being true to ourselves, we are able to live our best lives and we allow others to live their best lives too.

*“To thine own self be true, and as night follows days, thou shalt not be untrue to any man.” - William Shakespeare*

Our relationship with the Divine Source must come before any relationship with another person.

*“Seek first the Kingdom of Heaven” - The Bible*



# Soul mate relationships

So much has been written about soul mate relationships, but a lot of people delude themselves that their soulmate is going to be their “ideal partner” and that once they meet their soulmate, they’re going to live happily ever after.

Rarely does this happen! Because we are all here to learn about love and become more loving and none of us are perfect.

So yes, there is such a thing as soulmates, but in each lifetime you will have many soulmates. It may be your partner or spouse, but it may also be your difficult boss, your critical mother or your rebellious teenager. All our soul mates are here to help us grow.

It may be a close friend with whom you share a special spiritual connection. It may be a work colleague with whom you work really well with and together you create amazing outcomes.

Just because you have a soul mate relationship of any kind doesn't mean it is meant to be in your life forever.

People come into your life for a reason, a season or a lifetime.

Some souls come into your life as needed, and exit your life when whatever lesson, experience or manifestation has been completed.

Others are meant to stay in your life permanently. And you'll never know if they are there for a reason, a season or a lifetime until it plays out the way it is meant to play out.

The soul naturally lets go; the ego clings for dear life or pushes away.



People come into your life  
for a reason, a season or a  
lifetime.



# Soul groups

Soul groups are groups, rather than couples, who are drawn together. It may be a friendship group, a family, a special interest group, a group of people with a shared purpose or any other group of people who feel drawn to be together, and when they are together a special synergy occurs.

Again, these groups may come together and then break apart, or they may know each other for a lifetime.

## The soul's mission or purpose

Every soul comes to earth with a special mission or purpose. Every one of us is here to fulfill our own particular mission and it won't be the same as anyone else's. That's why it is pointless to compare yourself or your life to others'. By purpose I mean -

- To grow in love
- To transcend certain challenges and difficulties
- To manifest all that is in one's highest good
- To be of service in some way
- To learn, grow and become more (transformation).

## Living the soul's purpose

It is only through conscious awareness that we get to understand what our soul's mission is. If you have had particular challenges around a certain theme, then that is certainly part of your soul mission to transcend that. For example -

- If you have had a history of abuse or difficult relationships, your soul mission is to learn forgiveness and self-empowerment

If you have had particular challenges around a certain theme, then that is certainly part of your soul mission to transcend that.





- If you have found it difficult to find a job you like, your soul mission is to find what gives you fulfilment
- If you have struggled to be financially secure, your soul mission is to learn how to create abundance.
- If you have experienced serious illness, your soul mission is to heal yourself.

You may have a number of different challenges and themes going on in your life and therefore a blend of soul missions. Rarely will it be just one.

Your soul's purpose will usually involve one or both of these things:

### Soul Purpose One

Doing something you are very good at and that you love to do (it will give you a sense of excitement and inspiration).

*“Follow your bliss and doors will open where once there were walls” - Joseph Campbell*

### Soul Purpose Two

Once you have resolved some or all of your soul challenges, helping or guiding others in some way with the challenges that you managed to resolve.

This is the ultimate soul mission.

*“Miracles are performed by those who temporarily have more for those who temporarily have less” - a Course in Miracles.*

## The Divine Plan

Everything that I have described to you in Part 2 is already known by your soul.

This is the Divine Plan. It is already encoded into your soul. So how do we connect to the soul and allow it to reveal the Divine Plan to us?

We will explore this in Part 3.

# Part 3

## How to Align to your Soul

Your soul is the still small voice that is within you, always there and waiting for you to connect, but to connect you need to become still and quiet.

Life is such that there is always a distraction or something or someone that needs attending to, and so aligning to your soul takes conscious effort, but it is not necessarily difficult.

The ego mind is the blocker - it will try to convince you through its fearful thoughts that there is something you must get done or achieve, that you don't have time to be quiet or still, that there are more important things to be done.

This is not true. The ego does not want to be eclipsed by the soul. It will fight for its survival and it will play dirty if it has to!

To align to the soul, we must take conscious action and create soulful habits. Your soul seeks:

- Love
- Joy
- Peace
- Serenity
- Wisdom
- Love
- Light
- Freedom
- Inspiration
- Beauty.

So the more you do things that gives you what your soul seeks, the more you acknowledge and feed your soul and the more your soul will be heard.

I would like to share with you some of the most powerful ways that I know to become soul-connected.

“For a long time it had seemed to me that life was about to begin - real life.

But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid.

Then life would begin. At last it dawned on me that this was my life.”

Alfred D'Souza



## Meditation

The most powerful way to become soul-connected is to meditate mindfully.

By learning to sit with yourself, you become present and aware of your ego mind and all its random inner dialogue. You learn to observe your thoughts, as opposed to being run by them.

Meditation is a journey and not a destination, but practised regularly, will lead to a sense of spaciousness within and a greater soul connection.



## Slow down

Go at nature's pace or God's pace. Nature doesn't rush. By slowing down and bringing mindful awareness into all that you do, you create spaciousness and presence.

When you are fully conscious in the now, you ARE soul aligned. And interestingly, by slowing down, you often get more done!

So much of what we do, and what we try and pack into a day is non-essential. We live at a fast pace in the western world and rushing through life creates a lot of our problems including health problems.

Most of us rush to make deadlines, we're encouraged to rush at work for the sake of efficiency and we're suffering from stress-related disorders such as anxiety and depression., We rush through our meals and we even have FAST food.

When you eat a meal, slow down, savour the flavours and textures. You're likely to eat less and allow the feeling of fullness to come about while you're still eating. Many of us eat too much because we eat quickly and don't give the body time to send us signals that it's full.

Life is much richer when we slow down. If you're doing a chore, slow down, enjoy it!

In most tasks that must be done, like Mary Poppins tells us, there is an element of fun. Time means nothing to the soul because it is eternal.

## Follow your heart

The portal to the soul is the open heart. We are meant to follow our hearts and not our minds! The mind is good at sorting out the small stuff, doing sums, making lists, sorting etc.

But the big decisions in life need to be heart decisions. When we follow our hearts, we align to our soul, because the heart always chooses love.

The heart will choose a job it loves, it will choose people it loves, it will want to do the things that make you feel good.

Heart decisions come from FEELING and not THINKING.

## Let go of “shoulds”

Which are based on other people’s values. Notice when you say “I should” or “they should”, because this is not the soul talking; it’s your ego.

If you think you “should” do something, ask yourself if you really want to do it, or if you are doing it because you think you have to.

As much as you can, let go of these “shoulds” because they come from fear and limitation (ego).

“If you do not try to force the pace of providence,

Time will work things out and with a happy consequence.

Difficult your life may be and hard your present plight.

But wait before you grumble. Give Time time to put it right.

Patience Strong



## Spend time outdoors

Being in nature is good for the soul. There is perfect balance and peace in nature. Taking a walk, or sitting and observing wildlife, becoming quiet and still.

Even better, spend time outdoors alone. Observe without trying to label anything. This is very healing and allows space for the soul's presence to emerge.

## Take up a creative pursuit

If there is a creative activity that interests you - painting, writing, sewing, gardening, pottery, music, knitting for example - you will connect with your soul and often you will find that you will lose all sense of space and time when you are ensconced in your activity.

## Source beauty

Wherever you see beauty, give thanks. The soul loves beauty. We all have an idea of what is beautiful.

It may be spending time in art galleries, in gardens, in museums looking at beautiful old artefacts, reading poetry or painting.

Make beautiful things, have a cup of tea in a fine china cup, make a meal and set the table to look beautiful with table cloth, candles and flowers.

Go on holidays to somewhere beautiful. The soul is fed by beauty.

Have you ever noticed that when you're working a lot and haven't had time to see or be in beauty, how flat, tired and even depressed you become?

## Get in touch with your inner child

Your inner child (as opposed to your wounded child) is a loving, playful, light-hearted, free little being. Remember when you were a child and all the things that you loved to do.

What gave you joy? In what ways were you playful? What were your favourite activities? Chances are that these activities will still bring you joy and have something to do with your soul's purpose and expression.



Spend time with people you love and animals you love

Giving and receiving love is the language of the soul. You are here to perfect your understanding of love. Nurturing others is soulful; allowing yourself to be nurtured is soulful too.

Make a list of your favourite things

Like the Sound of Music song, become aware of the things you love. Make a list of 100 favourite things.

By writing as much as you can; you will be delving deep into your soul and chances are that the first few things that you write and the last few things that you write will be the things that make your soul feel alive and aligned.

I suggest 100 things because it forces you to really excavate yourself and go deep. The more you listen to your soul and give your soul the things it loves, the stronger its presence becomes and the more connected you will feel to it.

Do less

Most of us are so conditioned to “doing” and action-oriented activities, that we have forgotten how to simply “be”.

The ego thinks it has to be constantly action-driven, not trusting that the Universe is supportive.

It's addicted to being busy because it doesn't like stillness and spaciousness. We rush in to fix things, instead of just allowing them to be and allowing time to contemplate what to do next.

And sometimes we just need to let things be. The old saying “When in doubt, don't” is a helpful one.

Accept your challenges

The soul resists nothing. It accepts everything in life, because it knows that everything is given to us by the Universe and through this acceptance, a miracle occurs - solutions come.

Surrender. Let go of outcomes as much as you can. Know that there is a greater force - the Universe - that is always in charge and wants to love and support you.

When you surrender, you trust that you will be taken care of, and this feeling of trust actually creates just that.

The soul knows there are infinite possibilities, that there is always enough and that if we relax, let go and surrender, things will fall into place.

# Soul direction

The more you do these things, the more you activate the relationship with your soul, and you will be able to listen to and be directed by your soul.

Sometimes the direction you get from your soul won't make any sense at all.

That's because the soul, in its infinite intelligence, doesn't operate through common sense. The soul is connected to your Divine Plan, and knows far more than your ego mind does.

The soul path is the intuitive path. When you are in tune with your soul, you will get hunches, gut instincts and inner guidance that will take you off the path well-travelled.

Soul choices, even if they don't make any sense at the time, always work out, ultimately for your highest good.



## Beware - you will be tested!

Remember that this is all a journey and we are human. There are going to be times (and many times at first) where you will be tempted to take the ego's path.

We are programmed to follow the ego path by default, so it takes conscious awareness not to fall into old patterns.

There will be times when you are in ego and other times when you are soul-aligned.

True transformation is never instant; it is a journey. The following poem by Portia Nelson describes the process of change perfectly.

I walk down the street.

There is a deep hole in the sidewalk.

I fall in.

I am lost... I am helpless.

It isn't my fault.

It takes forever to find a way out.

I walk down the same street.

There is a deep hole in the sidewalk.

I pretend I don't see it.

I fall in again.

I can't believe I am in the same place.

But, it isn't my fault.

It still takes me a long time to get out.

I walk down the same street.

There is a deep hole in the sidewalk.

I see it is there.

I still fall in. It's a habit.

My eyes are open.

I know where I am.

It is my fault. I get out immediately.

I walk down the same street.

There is a deep hole in the sidewalk.

I walk around it.

I walk down another street.



Every one of us is exactly where we are meant to be right now; somewhere on the path of transformation towards a soul-centred life. Know that where you are right now is perfect.

Relax and know that all you can do is your best, and in every moment your best is good enough. If you are going through difficulties, know that this too shall pass. When you decide that you want to live a soul-aligned life, that is ultimately what you will create.

## A soulful life is a transformed life

When we follow the soul, life becomes simpler and richer and more joyful. Complications fall away.

No longer do we expect so much from others. You're ok to accept them as they are, to forgive them for their faults and love them anyway.

Because when you're in touch with your soul, you're more in touch with other people's souls too.

You look beyond the facade and see the soul within. This is what Namaste means. "My soul honours your soul."

When you are in soul alignment, you are no longer so attached to this earthly world and all its dramas, because you know it is temporary and you know it is all an illusion.

You don't feel frightened anymore because you know that you're ultimately safe and belong to something far greater than this plane. You're an eternal being. Nothing can harm you.

The more you become consciously aware, the more epiphanies you will have (that is, you receive the divine truth directly) and the more miracles you will begin to experience because when you live at the soul level, you are living on the plane of divine synchronicity.



# The truth of who you really are

You are a being of infinite wisdom

You are a being of infinite intelligence

You are a being of infinite potential

You can go far beyond what you believe is now possible

You are expansive

You are free

You are safe

You are here to be you

You are here to create

You are here to love

You are pure

You are joy

You are love.



Life becomes an exciting adventure and it won't even matter to you whether or not you reach your goals, because the Universe will keep providing for you and co-creating with you in the most divinely right way.

You are so much more than you know yourself to be.

Everything you need for this exciting journey of soulful living is within you, but guidance along the way is available to you.

My soul mission is to awaken souls and help them along this most wonderful of journeys. I am creating a series of online courses to awaken, heal and guide you to live your best life.

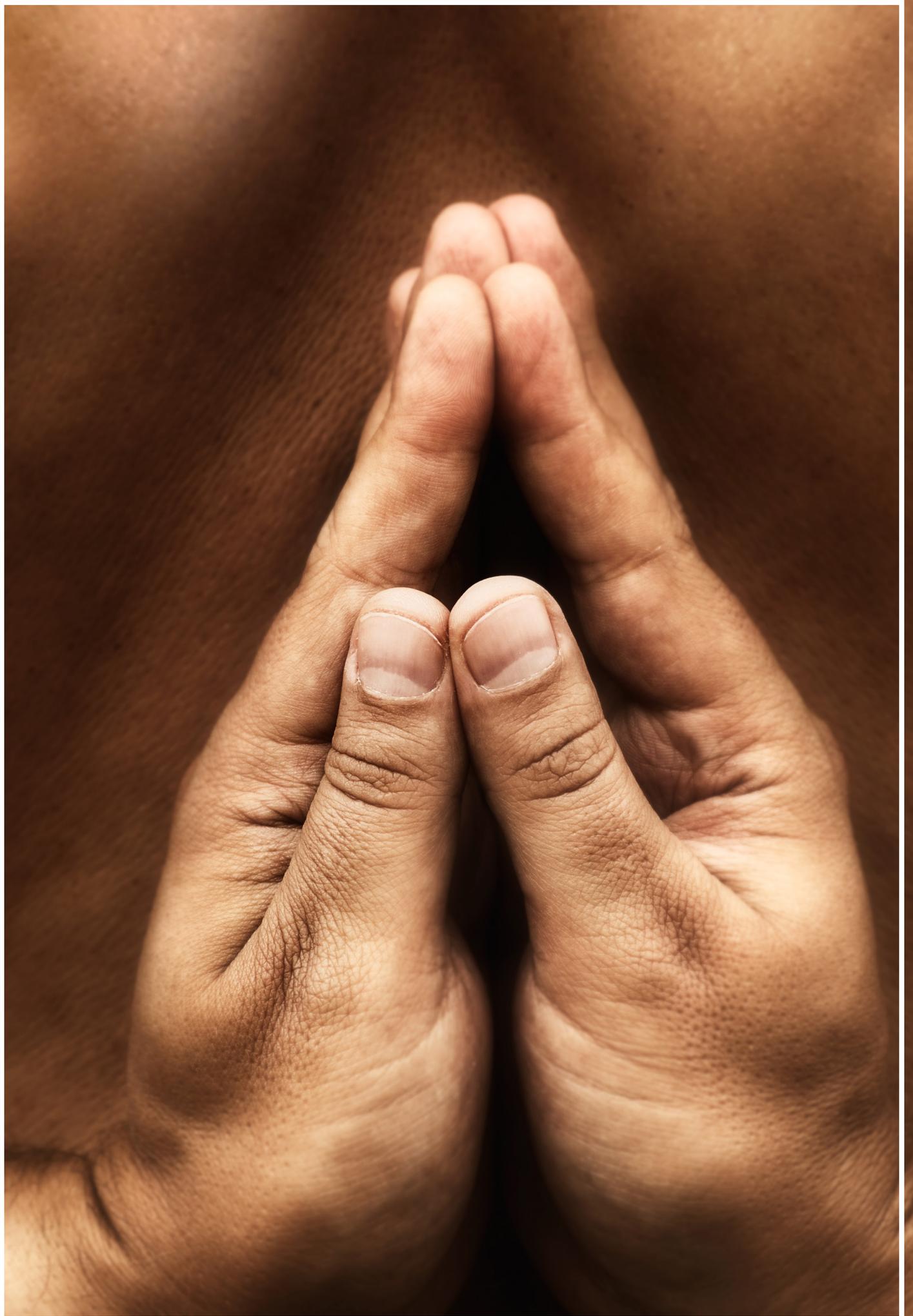
I would like to conclude this book with a poem.

*I am the creator of my world.  
I can choose to live in a world of fear.  
Or in a world of love.  
I can choose to wallow in the past and worry about the future  
Or to be here now and savour the present moment.  
I am the creator of my world.  
I can choose to want what I think will make me happy  
Or do what I feel is right and good and true.  
I can choose to strive and struggle for what I want  
Or to let go and let what is truly mine come to me.  
I am the creator of my world.  
I can choose to resist the things I don't want  
Or accept that everything is given to me for my highest good.  
I can choose to look outside of myself to find my happiness  
Or realise that the treasure I've been looking for was within me all along.*

I wish you the very best for your spiritual path.

Namaste.

*Nicole x*





## About Nicole Bayliss

Nicole is a healer and teacher based in Sydney, Australia, who works with people globally to assist with their soul's evolution and awakening.

She is the author of three books, *Soul Magic*, *5 Steps to Finding Love* and *A Shift to Bliss: The 7 Beliefs that Limit Love, Happiness, Peace and Prosperity*.

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