



**Intuitive Guidance | Mediumship Readings | Hypnotherapy
Past Life Regression Therapy | Personal Coaching & Teaching**

What is a Soul?

Our soul is essentially our consciousness – it is our Divine spark of life and of light – it is intelligent energy. It is the true essence of who and what we are.

It might sound odd written like that. You might well ask “how can energy have intelligence?” and “doesn’t that require biology – a brain?”

But if you think about the world we live in today – a world full of wireless technology and the like – we are surrounded by intelligent energy everywhere, all of the time. Most of us take for granted that technological devices – mobile phones, laptops, GPS units, etc – can receive and decode and *translate large quantities of information* virtually *instantaneously* into a format that we can see, and read and interpret using our eyes and our mind. Yet when you really think about how all that information is transmitted around the world, you know that it is pure energy – ping-pong around at different frequencies. We can’t see it, but we know that it exists.

Where Does the Soul Come From?

There are many versions of describing the Source of all our souls – the Source of all energy, and *everything*. From everything I have read, and from all the metaphysical experiences I have personally had, I believe that our Source is a mass of energy – vibrating a very high frequency – much like the sun!

Louise A. Shilton, B.Sc., Ph.D. 0400 107 529    
info@lifeandsoulinsights.com www.lifeandsoulinsights.com



**Intuitive Guidance | Mediumship Readings | Hypnotherapy
Past Life Regression Therapy | Personal Coaching & Teaching**

Our soul – our Divine spark of life and light – separated from this Source in order to have experiences. Through experiences we learn, and through learning we expand our consciousness – expand our energy – and therefore, our soul grows and evolves.

The growth and evolution of our souls is *why we are here* – it is why we are having a human experience on planet Earth. We are evolving souls.

You may have heard various forms of “We are all One” and this is why – we *are all from the same Source* – we are all connected. In essence we are all One – but our shards of light are each having different experiences for the learning and evolution of the collective consciousness – the whole Source.

What Happens to Us When We Die?

When our physical body dies, our soul leaves the body and returns to Source. Our soul knows it can do this – it knows how, and it chooses *when* to do this. Our soul is eternal and immortal – we *never really die*.

When we incarnate as a human (or other being) we leave part of our soul energy at Source – this how we are always connected, even though we are living with an illusion of separation.

Recommended reading:

Journey of Souls – Case Studies of Life Between Lives. Michael Newton, Ph.D.

Soul Lessons and Soul Purpose – A Channelled Guide to Why You Are Here. Sonia Choquette, Ph.D.

Louise A. Shilton, B.Sc., Ph.D. 0400 107 529



info@lifeandsoulinsights.com www.lifeandsoulinsights.com