



# Women's Value & Empowerment

## Your Enlightened Journey

A Powerful Passage to Your Spiritual Awakening

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**Award-winning**

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# An Enlightened Journey

## A Powerful Passage to Your Spiritual Awakening

Excerpts from Anke Otto-Wolf's book "*Give Your Soul a Gift*" (2013)

**In our quest** to find emotional calmness, spiritual tranquility and living stress-free has turned the internet of life into a spiritual shopping mall and we begin to realize that true answers cannot be found in books, seminars, webinars and workshops while spending a fortune of the green stuff.

**Moreover,** commerce also tries to convince us that one needs a guru to find spiritual answers. Not so, for the answers we are seeking are already within us, within ourselves. All we have to do is open up, be ready to listen and, at the same time, look at things from a different angle, and allow ourselves to feel, dig into stillness, and learn how to use the awesome power of our own and nature's energy.

**My vision for spiritual awakening** is utilizing each individual's capacity to reach into own energy of well-being providing energy healing to mind, body and soul, as well as reaching into Native's philosophy connecting to nature and the elements.

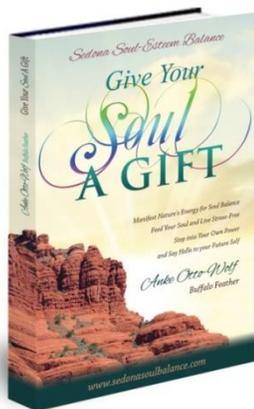
**"Each of us** has a spiritual body, also known as the soul. Energy medicine is intended to heal the soul; the spiritual energy body. Healing the soul brings balance to thoughts, harmony to feelings and restoration to the body's health. Remember, you are a Soul having a human experience. Energy medicine is the application of energy healing protocols and techniques for the soul utilizing ceremony.

**Just as you seek healing** and cure from medical or alternative healthcare professionals for physical and mental ailments, you are invited to seek energy healing and other opportunities to heal your soul. This, in turn, presents the possibility of living a better, happier and more rewarding life.

*"In many traditional spiritual, philosophical, and psychological traditions the immortal essence of a person is- the Soul".*

**Achieving balance of the soul** requires focus on the soul's needs which include developing soul wisdom, living life with love and give –give-give in service to others as in 'service it forward, pay it forward, teach it forward'.

***Doing what you really feel and love to do is  
My definition of feeding one's Soul.***



"Give Your Soul a Gift"

Anke connecting with Mother Nature!

Read more on *Spiritual Awakening* in your instructor's book "Give Your Soul a Gift" (©2013) Anke Otto-Wolf [www.amazon.com/dp/1484997700](http://www.amazon.com/dp/1484997700)