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RECOVER YOUR SOUL

*9-Step Mini
Workbook*

A SPIRITUAL PATH TO A HAPPY AND HEALTHY LIVE

RECOVERYOURSoul.NET

Welcome

If you have ever felt responsible for everyone else's happiness, found yourself trying to keep the peace, or wondered why you keep ending up in the same kinds of relationships and situations, you are not alone.

Maybe you have spent years trying to make other people okay.
Maybe you have learned to anticipate what everyone needs before they even ask.
Maybe you have become the one who fixes, rescues, controls, over-gives, people-pleases, or holds everything together, sometimes falling into codependency.

Maybe you have simply reached a point where you know something has to change.

I understand. I have lived this work myself.

Recover Your Soul is about taking your power back. Not by controlling the world around you, but by learning to find peace within yourself even when other people or circumstances around you are not okay.

This is not about fixing yourself. **You are not broken.**

The patterns that may be causing you pain developed for a reason. Many of them were ways you learned to feel safe, loved, accepted, needed, important, or in control. *Of course you developed them.* And now you get to become aware of them. You get to understand them. You get to have compassion for them. And eventually, you get to choose something new. That is the invitation of Recover Your Soul.

The 9-Step Process gives you a way to begin. You don't have to understand everything before you begin. You don't have to be spiritual enough. You don't have to have the right answers. You don't have to know exactly what needs to change.

You only have to become willing to see something differently.

What Is Recover Your Soul?

Recover Your Soul is a spiritual process of healing and awakening. It is a way of learning to look within instead of continuing to believe that your peace depends on changing what is happening outside of you.

Through the nine steps, we begin to notice the perceptions, beliefs, patterns, and stories that have shaped our lives and influenced the way we see ourselves, other people, and the world around us. We begin to recognize where we may have given our power away and where we have become attached to trying to control things we were never meant to control. As we become more aware, we open ourselves to the Higher Power of our understanding and begin to discover what it means to co-create our lives rather than trying to figure everything out on our own.

This process invites us to practice compassion and forgiveness, release the old patterns and beliefs that no longer serve us, and update to new beliefs and patterns that allow us to see ourselves and our lives differently. We begin to rewrite the stories we have been carrying and choose a new perception founded on love and wholeness. We deepen our spiritual practice and, little by little, begin to live more fully from our authentic Higher Selves.

I want you to know that this isn't about becoming perfect or creating some perfect life. It's not about never struggling again or never falling back into an old pattern. **It's about developing a new way of being with yourself and with your life.** It's learning to pause instead of automatically reacting, to choose compassion instead of judgment, trust instead of control, love instead of fear, and connection instead of separation.

Recover Your Soul is really about remembering that you have the ability to choose again, and that you don't have to change everything outside of you to begin creating a different experience within yourself.

I have been there



I'm Rev Rachel, and I didn't come to this work because I had figured out how to live a perfect life. I came to it because I had to find a way to save my own.

My journey into Recover Your Soul began through my own addiction to alcohol, but it was never only about alcohol. It was about the patterns underneath it. It was about codependency, people pleasing, control, fear, and the ways I had learned to look outside of myself for my sense of safety, worth, and peace. I was also living within an alcoholic family system, navigating a complicated and painful marriage, and watching my own children struggle with addiction. I knew what it was like to love people deeply and desperately want to make things better for them. **I wanted to protect the people I loved, fix what was hurting, and somehow make everything okay. But I couldn't.**

Eventually, I had to face one of the most profound truths of my life: I could not save everyone else, *but I could save myself*. When I made the decision to get sober and take responsibility for my own soul journey, everything began to change. Not because everyone around me suddenly changed. Not because my marriage suddenly became easy. Not because my children stopped struggling.

I couldn't control any of those things. What changed and healed was me.

I began looking honestly at my own patterns, beliefs, stories, and perceptions. I began releasing my need to control what was outside of me. I began learning how to have compassion for myself and for the people I loved. I began developing a relationship with a Higher Power and learning to trust something greater than my own need to figure everything out. **I began to see my life differently, and as my perception changed, my experience of my life changed too.**

That doesn't mean I can promise you that the world around you will change. I can't promise that your partner will get sober, that your child will make different choices, or that the people you love will suddenly become who you want them to be. I can't promise that the circumstances of your life will change simply because you begin this work. **What I can promise is that you can change and heal.**

And when you heal and awaken, the way you experience your life changes. You may discover that you can love someone without trying to control them. You may learn that you can have boundaries without guilt. You may stop abandoning yourself in an attempt to keep someone else happy. You may find that you can have peace even when someone you love is not okay. You may begin to understand that taking responsibility for your own life does not mean taking responsibility for everyone else's.

And something else has become very clear to me through my own journey. **Our healing matters beyond ourselves. When we heal, we change the way we show up in our relationships.** We begin to change patterns that may have been passed from one generation to another. We change what our children experience from us. We change the energy we bring into our families, our communities, and the world. We don't have to heal everyone in order to create healing. We begin with ourselves, and the impact of that healing can reach much farther than we may ever know.

That is what Recover Your Soul means to me. It is not about fixing your life or fixing the people in your life. **It is about taking responsibility for your own soul journey** and discovering the freedom that becomes possible when you stop giving your power away. When I decided to save my own life and take responsibility for my own soul journey, everything in my life changed.

And that is what I want for you. Not a perfect life. Not a life where nothing difficult ever happens. I want you to discover that you can know who you are, know where your power is, trust your connection to something greater, and learn how to come back to yourself when life gets hard. **Because that kind of healing doesn't just heal and change you. It changes everything you touch.**

The 9-Step Process to Healing and Awakening

The 9-Step Process moves through three natural phases

1-3 | Awareness

Ready for Awakening

Release Control

Discover Unhealthy Patterns, Beliefs, and Stories

We begin by becoming willing to see what is happening within us.

4-6 | Healing

Open to Co-Creating with a Higher Power

Release Old Patterns That No Longer Serve You

Embrace New Beliefs and Rewrite Your Story

We begin to release what no longer serves us and create space for something new.

7-9 | Awakening

Align with a New Perception

Deepen Your Spiritual Practice

Shine Your Light

We begin to live differently as we live from an updated perception and new way of being.

The steps build upon one another, but they are not a straight line. You may move through all nine and then find yourself returning to Step 2 when life gives you an opportunity to release control again.

You may be practicing Step 7 and suddenly recognize a pattern from Step 3. You may experience a new perception and then discover an old belief that is ready to be released. It is the process of the soul healing and awakening and choosing wholeness again and again. **It is not a process you do once; it is a new way of being and seeing.**

STEP 1

Ready for Awakening

Recognize Suffering: Become aware that your dissatisfaction and suffering are rooted in your current perceptions, beliefs, patterns, and stories.

Acknowledge the Need for Change: Understand that this awareness is the first step toward awakening and transformation.

Every journey of awakening begins with a moment when we can no longer deny that something isn't working.

Maybe life feels too heavy. Maybe we are exhausted from trying to make everything okay. Maybe we keep finding ourselves in the same patterns and reactions, or *we simply know somewhere deep inside that we want to live differently.*

For me, this was the moment when I could no longer deny the truth of my own life. After so much chaos, I had to finally face myself honestly. **I saw that change had to begin with me.** Not with my husband, not with my sons, not with my family, but with me.

That is what Step 1 invites us to do. *We stop pointing outward and begin to look inward.*

We begin to recognize that our dissatisfaction and suffering are rooted in our current perceptions, beliefs, patterns, and stories. We may not yet understand all of the unconscious beliefs that are operating within us, but we can begin to recognize that they may be influencing our habitual reactions, our fearful thoughts, and the way we experience our lives.

STEP 1

Ready for Awakening

Our emotions are part of this awakening. They are part of our soul's guidance system, giving us an opportunity to notice what is happening within us. Rather than pushing our feelings away or judging ourselves for having them, we can become willing to feel them, listen to them, and become curious about what they may be showing us.

We don't have to figure everything out. We simply begin to pay attention.

This is where we take our power back. Not by trying to control what happens outside of us, but by becoming willing to see honestly and take responsibility for our own healing. We acknowledge that something needs to change, and **we make a decision to begin the process of healing and awakening.** That decision changed my life.

Awakening is not a one-time event. It is a practice and a journey of learning to see differently and live differently. Each moment gives us another opportunity to choose awareness over denial, honesty over hiding, and courage over comfort.

You don't have to know how everything will change. You only have to become willing to see and begin.

To commit to the process, open to your soul's journey and remember your wholeness.

One- Pause and Reflect

Take a moment to notice what you are feeling right now. Don't judge it or try to change it. Just allow yourself to acknowledge it and journal your thoughts.

Where in my life do I know something needs to change?

What am I feeling as I acknowledge this truth?

Where have I been looking outside of myself for something or someone to change?

What would it mean for me to take responsibility for my own healing?

What am I willing to become aware of?

A Practice for Today

Think about one area of your life where you have been unhappy, struggling, or longing for something to be different. Rather than asking what needs to change outside of you, simply acknowledge, "Something in me is ready for something different."

Allow yourself to feel whatever comes up without needing to explain it or fix it. Your emotions are part of your soul's guidance system, helping you become aware that something is asking to be seen. You don't have to understand it all yet. You don't have to know what the answer is.

Simply make a choice:

I am willing to see things in a new way.

I am willing to be honest with myself.

I am willing to begin with me.

This is the beginning of taking your power back.

STEP 2

Release Control

Identify Attachments: Recognize that your pain and suffering come from attachment to control and the illusion of power over external circumstances.

Embrace Powerlessness: Accept that you are powerless over everything outside yourself, and that true strength and peace come from within.

Once we begin to see what is happening within us, one of the biggest patterns we often discover is *control*. Control can be difficult to recognize because it often looks like love. We may tell ourselves that we are helping, protecting, supporting, fixing, reminding, worrying, planning, or simply trying to make things better. But underneath all of that can be the belief that if we can just get the outside world to cooperate with us, we will finally be okay.

We may try to control another person's choices. We may try to control how someone feels about us. We may try to control whether someone drinks, whether someone changes, whether our children make the choices we want them to make, whether our partner understands us, or whether life unfolds according to our plans. And *the more attached we become to those outcomes, the more our peace depends on something outside of ourselves.*

This is where powerlessness becomes so important. *Being powerless over someone else's choices does not mean that you are powerless in your life.* It means recognizing where your power actually is. **Your power is in your response, your choices, your boundaries, your thoughts, your words, your actions, your perception, and your willingness to return to peace.**

You can love someone without controlling them. You can care without fixing. You can support without taking responsibility for another person's life. You can let go without giving up. And perhaps most importantly, you can begin to discover that peace does not have to wait for someone else to change.

Two- Pause and Reflect

Take a moment to notice what you are feeling right now. Don't judge it or try to change it. Just allow yourself to acknowledge it and journal your thoughts.

Where am I trying to control another person or an outcome?

What am I afraid might happen if I let go?

What am I taking responsibility for that actually belongs to someone else?

What is mine to do in this situation?

What might become possible if I released my attachment to the outcome?

A Practice for Today

Choose one situation where you notice yourself trying to control a person or outcome.

Pause and take a breath.

Ask yourself, What is mine? What is not mine?

Close your eyes and say to yourself "I am powerless over_____"

Then gently return your attention to what is yours to choose.

Slowly release the attachment to trying to change, fix or control anything outside of yourself and notice what you are feeling.

Attend to that feeling and begin to be curious as to what may be under the reactive need to fix, change or people-please.

STEP 3

Discover Unhealthy Patterns, Beliefs, and Stories

Examine Patterns, Beliefs, and Stories: Identify and acknowledge the unhealthy patterns, beliefs, and stories; often formed in childhood and shaped by family, culture, and conditioning that have influenced your life and behavior.

Recognize Their Impact: Understand how these unconscious patterns have created suffering and shaped your perception of self, others, and the world.

We all have patterns, beliefs and stories. Some are easy to see, and some are so familiar that we don't even recognize them as subconscious operating systems. People pleasing, caretaking, controlling, fixing, avoiding, blaming, judging, over-giving, withdrawing, trying to be perfect, or trying to keep everyone happy can all become ways we move through the world without even realizing we are doing them.

These responses did not come from nowhere. Many were learned early. They may have helped you feel safe. They may have helped you belong. They may have helped you survive. I often think of these patterns, beliefs and stories as *protectors*. They developed for a reason. **They were attempts to keep you safe, loved, accepted, needed, important, or in control. Of course they did,** and they are no longer serving your highest good.

The goal is not to shame, reject or judge the protectors. The goal is to become aware of them. When we can see the patterns with compassion, we can begin to ask, What beliefs live underneath this? When did I first learn this? How did this once help me survive? Where did it come from and how is it affecting my life now?

This is where awareness becomes powerful. **Because when we uncover the core wounds that created our unconscious belief systems and patterns, we can make a different choice.** A choice of love over fear.

Three- Pause and Reflect

Take a moment to notice what you are feeling right now. Don't judge it or try to change it. Just allow yourself to acknowledge it and journal your thoughts.

What pattern keeps showing up in my relationships or in my life that is not serving me?

What limiting or unhealthy belief lives underneath this pattern?

What childhood experience may have caused core wounds that created limiting beliefs and then patterns?

How did this pattern help me feel safe, loved, accepted, needed, or in control?

How is this pattern contributing to my suffering today?

What might be on the other side of this pattern?

A Practice for Today

When a familiar reaction appears, pause before judging yourself. Put your hand on your heart and simply say, *I see you. I thank you. I choose love.*

Then ask yourself what this part of you has been trying to protect. Where did this belief or pattern come from?

You are not trying to deny the pattern. You are beginning to understand it and bring it out of the shadows and into the light for healing and updating.

STEP 4

Open to Co-Creating with a Higher Power

Explore What Higher Power Is for You: Define and explore your personal relationship with Source, Spirit, God, Higher Consciousness, or Light.

Connect with Your Higher Power: Begin to co-create your life with the Higher Power of your understanding, choosing compassion, authenticity, and trust.

This step is deeply personal. **You get to decide what a Higher Power means to you.** Your Higher Power might be God, Spirit, Source, Higher Consciousness, Light, the Universe, or something you don't yet have words for. There is no right answer here. The invitation is simply to become willing to open to Something Greater Still.

For many of us, control has been an attempt to live as though everything depends on us. We try to figure everything out, anticipate every problem, protect everyone we love, and make sure nothing goes wrong. But what if we don't have to do all of that alone? **What if we open to our soul's journey and a connection to a Higher Power of our understanding?**

Co-creating is about opening to your soul's journey and unique wholeness. It means bringing your willingness, your choices, your actions, and your openness into partnership with the Higher Power of your understanding. It means learning to listen, becoming quiet enough to hear your own inner wisdom, and trusting that you are being guided even when you cannot see the entire path but are ready to take one step at a time.

Your relationship with your Higher Power doesn't have to look like anyone else's. It will grow through prayer, meditation, nature, synchronicity, stillness, a feeling of connection, or simply the willingness to say, *I am open and ready.*

Four- Pause and Reflect

Take a moment to notice what you are feeling right now. Don't judge it or try to change it. Just allow yourself to acknowledge it and journal your thoughts.

What does Higher Power mean to me?

How do I experience Spirit or Higher Power in my life?

What helps me feel connected to divine guidance?

Where am I being invited to trust more deeply?

What would co-creating rather than controlling look like in my life?

A Practice for Today

Sit quietly in presence for a few minutes.

Put your hand on your heart and take a few slow breaths.

Then ask, What would you have me know today?

Allow yourself to listen from your heart and inner guidance.

Listen, open and allow the knowing to be revealed.

STEP 5

Release Old Patterns That No Longer Serve You

Cultivate Awareness and Insight: Use your growing awareness to gain insight into your old patterns and beliefs, and to recognize what you have learned from them.

Practice Compassion and Forgiveness: Release these patterns through awareness, compassion, and forgiveness both toward yourself and others so you can make space for healing, peace, and new ways of being.

By this point in the process, we have begun to see some of the patterns that have shaped our lives. Now we get to meet them with gentleness and self-love. Many of the patterns and protective mechanisms we developed came from our attempts to keep ourselves safe. They served a purpose at one time, and there is no need to judge ourselves for having them.

But we can begin to ask, “Am I ready to let this limiting belief go?”

As we become willing to release what no longer serves us, we begin to update our inner operating system, both consciously and unconsciously, so that it can become more aligned with our Higher Self. This isn't something we can force or accomplish overnight. It takes awareness, willingness, compassion, practice, and time.

Releasing old beliefs and patterns is an act of self-love. So is forgiveness.

We can forgive ourselves for the ways we have coped, protected ourselves, and participated in patterns that may have caused suffering. We can extend that same compassion toward others without excusing harmful behavior or giving up healthy boundaries. We are not trying to erase our past. *We are choosing not to let old patterns continue to determine our future.*

With love and willingness, we can release what once protected us and make space for who we are becoming.

Five- Pause and Reflect

Take a moment to notice what you are feeling right now. Don't judge it or try to change it. Just allow yourself to acknowledge it and journal your thoughts.

What old pattern or belief am I becoming willing to release?
What would it feel like to meet this part of myself with compassion instead of judgment?
What am I ready to forgive myself or someone else for?
What would I like to make space for as I release what no longer serves me?

A Practice for Today

Think of one pattern you are ready to begin releasing. Rather than judging yourself for having it, simply acknowledge it with compassion.

Place your hand on your heart and say:

"I understand why you are here. I no longer need to judge you. I am willing to release what no longer serves me."

Then let yourself breathe.

You don't have to make it disappear. You are simply practicing willingness.

Every time you choose compassion instead of judgment, you are creating space for something new.

STEP 6

Embrace New Beliefs and Rewrite Your Story

Cultivate Awareness and Insight: Use your growing awareness to gain insight into your old patterns and beliefs, and to recognize what you have learned from them.

Practice Compassion and Forgiveness: Release these patterns through awareness, compassion, and forgiveness both toward yourself and others so you can make space for healing, peace, and new ways of being.

When we begin releasing the old, we create space for something new and beautiful to emerge.

This is where we allow our soul to lead the way and begin to transform our wounds into our own hero's journey. We can look back at everything we have been through and begin to see that the things we once experienced only as limitations may have been shadows asking for our love and illumination.

The beliefs we carried about ourselves were not necessarily the truth of who we are. They were often ways we learned to understand ourselves and our experiences. As we bring awareness and love to those shadows, something begins to shift. **We can begin to see the truth that was there all along: we remember our wholeness.**

This is where we begin to recognize what we have gained through our journey. Our strength. Our wisdom. Our compassion. Our courage. Our resilience. Our intuition. Our ability to love.

The experiences that once felt like they were only taking something from us may also have developed gifts within us that we could not have known were there.

STEP 6

Embrace New Beliefs and Rewrite Your Story

As the old is released, there is room for an updated inner operating system to move into our hearts and our way of being.

We begin to choose beliefs and patterns that are aligned with our Higher Self rather than continuing to live from the limitations of our past.

And this isn't a one-time update. We are continually becoming more aware, more sovereign, more healed, and more awake. We get to witness our own strength and recognize that we have the ability to choose again, to see differently, and to live from our wholeness.

We cannot change the past, but we can change the meaning and the story we give it. *In this step, we take our power back by reclaiming our life story and choosing to see it from a new perception.* We can begin to recognize our own Hero's Journey, not as a story of everything that happened to us, but as the story of how we have grown, what we have learned, what we have overcome, and who we are becoming. We can choose to speak about our lives from a place of truth, love, strength, and wholeness rather than continuing to define ourselves through our wounds or limitations.

Your story doesn't have to remain defined by what happened to you. You can allow your soul to lead you toward the story you are here to live.

You are remembering the wholeness that has been within you all along.

Six- Pause and Reflect

Take a moment to notice what you are feeling right now. Don't judge it or try to change it. Just allow yourself to acknowledge it and journal your thoughts.

What experiences in my life can I begin to see through a new perspective?

What strengths or gifts have emerged from what I have been through?

What new beliefs are transmuting as I release the limited wounded beliefs and align with my Higher Self and the life I want to live?

What would it mean to live from my wholeness rather than my wounds?

A Practice for Today

Think about one of your past wounds or pain stories. Ask yourself:

What has this experience taught me? What strength, wisdom, or gift has emerged through it?

Allow yourself to see the experience through the eyes of your Higher Self and from your new perception.

Then ask:

How can I choose to see this now?

What is the updated belief or pattern I now recognize as the truth of who I am as my authentic Higher Self?

STEP 7

Align with a New Perception

Shift Your Perception: Align with a new, healthier perception of yourself and the world around you.

Choose Your Reality: Consciously shape your experience by aligning thought, word, and action with your awakened perception and Higher Self.

This is where the work becomes the way we live. We have begun to see our patterns, release what no longer serves us, rewrite our stories, and reconnect with our wholeness. *Now we get to practice living from that new perception while we are right here in the middle of our very real, complicated, messy and sticky lives.*

Being awake doesn't mean we stop having feelings or that we never get triggered. In fact, we may feel more deeply because we are no longer numbing, avoiding, or abandoning ourselves. We will still have moments when an old reaction rises up or we feel ourselves being pulled toward a familiar pattern. The difference is that we can notice it. **We can feel what is here without becoming it, and we can choose how we want to respond.**

This is where grace and self-love become so important. We don't have to do this perfectly. **We are practicing a new way of being.** Every moment gives us another opportunity to choose awareness instead of autopilot, love instead of fear, and our Higher Self instead of an old wound story.

We are also beginning to understand ourselves as active creators of our lives. *We cannot control what happens around us, but we can take responsibility for our thoughts, our words, our actions, and the meaning we give our experiences.* We get to participate consciously in the reality we are creating.

This is a daily choice to be awake and fully present for our lives, to feel what we feel, to listen within, and to keep choosing our Higher Selves.

Seven- Pause and Reflect

Take a moment to notice what you are feeling right now. Don't judge it or try to change it. Just allow yourself to acknowledge it and journal your thoughts.

Where am I being invited to practice my new perception right now?

What happens when I allow myself to fully feel instead of reacting or shutting down?

Where am I ready to take greater responsibility for my thoughts, words, or actions?

What would it look like to live today from my Higher Self?

A Practice for Today

Practice being fully present with your life.

When something stirs you, don't rush to fix it, explain it, or make it go away. Let yourself feel what is here and become aware of the choice in front of you.

Ask yourself, *"How do I want to show up in this moment?"*

Then choose.

Choose from your updated beliefs, patterns and stories.

This is what it means to live awake.

STEP 8

Deepen Your Spiritual Practice

Commit to Presence: Develop regular spiritual practices that keep you grounded in the present and connected to your Higher Self and the Higher Power of your understanding.

Live in Alignment: Continue to release old stories and embody the principles of Recover Your Soul as a daily way of being.

As we move through the nine steps, we begin to hear something within us that may have been there all along. *An inner knowing.* A quiet guidance. A feeling that lights us up or draws us toward something that feels alive, meaningful, and aligned.

Step 8 is about deepening our relationship with that inner guidance and recognizing that our healing is also a soul journey to awakening.

We are not all meant to have the same spiritual path. What brings one person peace, connection, and understanding may not be what brings it to someone else. **Your soul will lead you toward what is right for you.** Your part is to become willing to listen, to follow the sparks that light you up, and to explore what helps you understand yourself, your life, and your connection to Something Greater Still.

For some of us, that may mean returning to a religion or spiritual tradition that has been part of our lives for as long as we can remember, but experiencing the teachings with a deeper understanding and a more personal connection. For others, the soul journey may ask us to question what we have always believed, leave behind what no longer feels aligned, and step into the unknown with an open heart. There is no right or wrong way to do this. **There is only the invitation to become more honest about what is alive and true for you.**

STEP 8

Deepen Your Spiritual Practice

Prayer, meditation, journaling, time in nature, reading, studying, gratitude, creativity, silence, or simply listening inward can all become part of this relationship. *Follow what brings you peace. Follow what makes you curious.*

Follow what opens your heart and helps you remember from love.

The deeper we listen, the more we begin to remember that we are souls having this human experience and that we are connected to Something Greater than ourselves.

This is not about finding the perfect spiritual practice or having all the answers. It is about becoming willing to *commit* to the relationship and to your own soul journey.

Your soul and Higher Self are always communicating with you. Step 8 is about becoming willing to listen, trust, and follow where they lead.

Eight- Pause and Reflect

Take a moment to notice what you are feeling right now. Don't judge it or try to change it. Just allow yourself to acknowledge it and journal your thoughts.

What makes me feel connected to my Higher Power?

What spiritual teachings, practices, or experiences bring me peace and a deeper understanding of my life?

What sparks of curiosity or inspiration have been lighting me up lately?

Where might my soul be inviting me to explore something new?

What would it mean for me to deepen my relationship with my soul and Higher Self?

A Practice for Today

Give yourself some quiet space today without deciding what you are *supposed* to believe or what your spiritual practice is *supposed* to look like.

Ask yourself, “*What is calling me?*”

Notice what brings a sense of peace, curiosity, connection, or aliveness. Follow one small spark. Read something that interests you. Spend time in nature. Pray. Meditate. Explore a teaching. Listen to your inner knowing.

You don't have to know where it will lead.

Your soul will show you the next step.

STEP 9

Shine Your Light

Live Authentically: Let go of control and judgment, embodying your True Self and allowing life to unfold with grace and acceptance.

Be a Beacon of Love: Allow your presence and peace to inspire others, becoming a light for awakening and transformation in the world.

There comes a moment in the soul journey when we realize we are not here to become someone else. **We are here to fully become who we came here to be. You are here on purpose, a beautiful and amazing soul embodied as this unique and amazing person.** Everything you have moved through has brought you to this moment, not so that you can stay focused on what was broken or painful, but so that you can live from the wholeness you have been remembering all along.

As we release the need to control, understand our patterns with compassion, rewrite the stories that have kept us small, and reconnect with our Higher Self, we create the freedom to live differently. **We no longer have to wait for the people around us to change before we allow ourselves to live and enjoy our lives.** We don't have to fix everyone, convince anyone, or make everyone understand. **We can choose love. We can choose a higher perception. We can choose peace. We can choose to be fully present and authentic in our own lives.**

And this is about more than our individual healing. As we awaken and raise our consciousness, our choice to live from love and perceive from a higher frequency becomes part of something much bigger. We don't have to force change in the world in the way we once thought we did. **We can become the change by the way we live.**

Our presence, our peace, our compassion, and our willingness to live authentically can help illuminate a path for someone else who may also be ready to heal and awaken.

STEP 9

Shine Your Light

This is also where we begin to let go of being small. Many of us have learned to dim ourselves because we were afraid of being too much, standing out, disappointing someone, or making others uncomfortable. But your light was never meant to be hidden. You don't have to apologize for your gifts, your joy, your truth, or the person you are becoming.

Your healing belongs to you, but it doesn't stop with you. **The way you show up changes your relationships, your family, your community, and the energy you bring into the world.** When you live from your most healed and aligned self, you demonstrate that another way of being is possible.

This is where Recover Your Soul becomes a way of life. Not a life without pain, but a life that is awake, authentic, connected, and alive.

A life where you are no longer waiting for someone else to give you permission to be who you are or waiting for the world to become different before you allow yourself to experience peace and joy.

A life where you choose to live fully, shine your light, and trust that your light will illuminate the world.

Nine- Pause and Reflect

Take a moment to notice what you are feeling right now. Don't judge it or try to change it. Just allow yourself to acknowledge it and journal your thoughts.

Where have I been making myself smaller or dimming my light out of fear?

What would it mean for me to live more fully and authentically as the person I am?

How do I want to experience and enjoy my life now?

What does living from love look like for me in my everyday life?

Where am I ready to stop forcing change and begin demonstrating the change I want to see?

A Practice for Today

Today, give yourself permission to be fully you. Notice one place where you have been holding yourself back, making yourself smaller, or waiting for someone else to change before you allow yourself to live fully.

Ask yourself, *"What would I choose if I trusted that I am here on purpose?"*

Then take one small step toward that life. Let yourself enjoy something. Speak your truth. Follow what lights you up. Be present with someone you love. Do something that feels authentically you. You don't have to prove anything. You don't have to convince anyone. You don't have to make your light brighter for someone else to see it.

Your life is yours to live. You are here on purpose. You are awake. You are becoming. Let yourself shine.

You Have Begun!

You have begun! I want you to pause for a moment and recognize that something beautiful has already happened. *You became willing to look within. You considered what you are trying to control. You began to recognize the patterns, beliefs, and stories that have shaped your life. You opened yourself to co-creating with a Higher Power. You explored compassion and forgiveness, new beliefs, a new perception, spiritual practice, and what it means to live from your True Self. This is a bigger step than you may even realize.*

The Recover Your Soul Process is not something you complete and then leave behind. It **is a journey you return to throughout your life.** There will be moments when you feel clear and awake, and moments when an old pattern pulls you back in. There will be times when you remember what you know and times when you forget. There will always be another opportunity to release control, choose compassion, listen within, see differently, and return to yourself.

That doesn't mean you are doing something wrong. That is the work. And it continues to deepen over time. **You are learning a new way of being with yourself and with your life, and you don't have to do it perfectly.** It doesn't happen all at once. *You simply have to keep becoming willing to see, to listen, to release, to choose, and to return to love, again and again.*

And as you continue, you may find that you want support, community, deeper teaching, or someone to walk alongside you. There are many ways to continue your soul journey, and not every path will be the right fit for you. What matters most is that you find what is right for you and walk that path.

Maybe your continued journey includes **listening to the Recover Your Soul podcast**, going deeper with the **9-Step Collective**, or **working with me through spiritual coaching**. Maybe you find another teacher, another community, a spiritual practice, or a path that you haven't even crossed yet.

I don't need to be the answer for you. **I want you to find what is.**

What matters to me is that you don't abandon yourself again. That you stay curious. That you keep listening to your soul. That you continue becoming more awake, more connected, and more fully who you are.

Because when I look at you, I don't see someone who needs to be fixed. I see your wholeness. I see the soul underneath the patterns, the fear, the stories, the judgment, and the need to control. I see the possibility of who you are becoming, and I trust that your soul knows the way there.

Recover Your Soul is the journey of remembering.

And if I get to be part of your journey, whether for one small moment or for a much longer part of your path, I am deeply grateful. *It is an honor to witness you, support you, and walk alongside you.*

Wherever your path leads you, keep going.

Your soul knows the way.



Ready to Go Deeper?

Join the Recover Your Soul Collective

If you are feeling something shift as you work through these pages, you may be ready to go deeper and continue Recover Your Soul through these teachings and the 9-Step Process to Healing and Awakening.

The 9-Step Collective is a place to take the Recover Your Soul Process beyond understanding the steps and begin actually working them in your life. We slow the process down, go deeper into each step, and explore what it looks like to heal, grow, and live from a new perception in the middle of your real life.

Inside the Collective, you'll have in-depth teaching videos that feel like sitting down and coaching with me, along with guided meditations, spiritual practices, and live Zoom teachings where we continue exploring the work together in community. You can move at your own pace, return to the teachings when you need them, and keep bringing the steps into whatever is happening in your life right now.

And then there is the community. A place to be with other people who are also choosing to heal, grow, release old patterns, and recover their souls. You don't have to have it all figured out. You simply get to come as you are and continue the journey together.

Come to work the steps. Come to heal. Stay for the community.

This is where the nine steps can begin to become a way of life. If you feel called to continue, I would love to welcome you into the 9-Step Collective. **Learn more at RecoverYourSoul.net**

Together we can do the work that will Recover Your Soul ❤️



With Love
Rev Rachel

Work With Me

If you are ready for more personal support, **one-on-one spiritual coaching** gives us the opportunity to work with the Recover Your Soul 9-Step Process in a way that is **personal to you and what you are experiencing in your life**. You'll have full access to the online program, so our time together can be less about explaining the steps and more about supporting you as you work through them.

In our time together, *I bring my own intuitive connection and access to my guides into the work*, creating space to listen deeply to what is happening beneath the surface and support you in seeing what your soul may be inviting you to understand, release, and embrace.

I also offer single sessions for support with a current situation or challenge, or a Soul Reading for those ready to step fully into the spiritual and soul space and listen to the deeper guidance within.

Visit RecoverYourSoul.net for everything!

Listen to the Recover Your Soul Podcast



Continue the conversation with me each week as we explore healing, spirituality, relationships, codependency, addiction, control, forgiveness, awakening, and what it means to Recover Your Soul. **The podcast is a place to keep learning, reflecting, and remembering that you are not alone on this journey.**

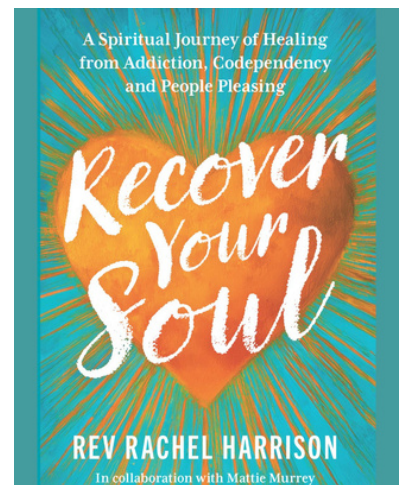
Listen on your favorite podcast platform, on the Recover Your Soul website, or on YouTube.

Get the Recover Your Soul Book

The Recover Your Soul book is a personal walk through my own healing journey from addiction, codependency, and people pleasing, and the path that led me to the 9-Step Process. Through my story, I share how these steps came to me as I learned to release control, listen to my soul, heal old patterns, and reconnect with my own wholeness. It is an invitation to walk alongside me through that journey while beginning to explore what healing, awakening, and recovering your own soul can look like in your life. Available on Amazon and IngramSpark.

My story is where the steps began.

Your journey is where they come alive.



Stay Connected

Follow on social media

Come along with me between episodes for inspiration, teachings, soul reminders, and everyday moments from my own journey.

Join the Recover Your Soul Private Facebook Group

Connect with others. This is a place to share, reflect, ask questions, and know that you don't have to do this work alone.

Join the Free Monthly Recover Your Soul Support Group on Zoom

Join me on the 1st Monday of every month from 6-7PM Mountain Time on Zoom to connect with others on the Recover Your Soul journey and learn with Rev Rachel.

You don't have to walk this journey alone.
Listen. Connect. Learn.



"Healing asks us to choose
love over fear,
one decision at a time."

Rev Rachel

RECOVER YOUR SOUL PODCAST

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