

the Instruction

Living the Life Your Soul Intended

Ainslie MacLeod



SOUNDS TRUE
awakening wisdom

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FOREWORD

I must confess that when *The Instruction* was first published, I knew it was going to be fairly well received. I am psychic, after all. The degree to which people have responded to it, however, has surprised me. I get e-mails and letters every day from readers telling me how much my book has touched them.

To those many people who wrote to say that “the Instruction explained everything,” I have to say I know just what you mean. When I first learned from my spirit guides that each of us has a soul with a distinct purpose, and that there are ways to discover that purpose, I was totally blown away. It truly altered my own life.

I’ve been working with the Instruction for quite a few years now, and I still marvel at how accurately it can be used to help figure out who a person is and what he or she is here to achieve. This book is closely based on the method I use in my sessions with clients, and it is meant to help you discover those truths for yourself.

Since the book’s original publication, it’s become even clearer to me how important it is to explore the Instruction with the help of your guides, rather than trying to do it on your own. I’ve seen this when I’ve worked with clients who have read the book and have consulted with their guides to determine their own soul age, soul type, and so on. When I begin a session with people who

have read the book I ask them not to tell me how they assessed themselves. Instead, I work with my guides to determine their types, and then I compare the results. Some people respond to my findings with comments like “check” and “you nailed it.” They’re the ones who took the time to bring their spirit guides into the process.

Then there are those who say, “That’s what I initially thought . . . but then I changed my mind.” They’re the ones whose intuition gave them the correct answer, but who then allowed the more analytical and rational part of themselves to second-guess their initial response. The ideal approach is to learn to trust the inner voice of your spirit guides—which, by the way, more often manifests itself as a gut feeling than audible words.

What has become increasingly clear is how every part of the Instruction affects the others. That may be patently obvious in the case of a person’s soul type, where a Thinker type with a rational Educator influence looks very different from a Thinker with an outgoing, passionate Performer influence.

But it applies to present- and past-life issues, too. Someone with a challenge of Restlessness will have problems simply being in the moment. Add to that a past-life fear of Failure (where the soul has recently experienced what it’s like to die before completing its life plan), and you’ll have someone who resembles a headless chicken: lots of activity, but very little real progress made.

I’ve delved into many of my clients’ previous incarnations to discover how their past lives directly affect them in the present. Death in a jail cell in Revolutionary France, where one of my clients was exposed to lice and vermin, turns out to be directly

related to an unexplained, chronic skin irritation in the present. Luckily I've also encountered more pleasant resonances from the past, like the young man who has tuned in to his lifetime as a well-known artist to turbocharge his creativity this time around, and the woman who was a gardener in the recent past, who jokingly describes her love of flowers to be "bordering on the irrational."

Since *The Instruction* was first published, I've noticed that the number of Spiritualists who have approached me for sessions has increased significantly. Although I still see a lot of Creator, Performer, and Thinker types, it seems that Spiritualists are the ones who are most drawn to a book of this kind. And since spirituality is a big focus of Level 9 souls, my typical client is most likely to be a Level 9 Spiritualist type.

Regardless of soul age and type, virtually all of those I end up working with have a secondary mission of Change (which is their soul's desire to evolve and precisely what would draw someone to this kind of exploration in the first place).

Something that I rarely came across in the past, but see a lot more frequently in this new wave of Spiritualist clients, is a true paradox: a mission of Connection (your soul's compulsion to have intimacy with other souls) and a mission of Avoidance (an overwhelming need for time alone). More than any other type, a Spiritualist needs tranquility to go within and maintain a connection with the Soul World. Problems arise when the desire for a partner conflicts with the comfort of being in one's own company. A typical quote from a client with this paradox: "The best relationship I ever had was a long-distance one!"

Some time before I wrote this book, the spirit guides I'd been using for several years took a few days off. When they returned, their focus was on helping me understand *The Instruction*. This strange upgrade happened again, this time with just a short interruption in service, roughly six months after the *Instruction* was first published.

The purpose of my new spirit guides is to help me understand the coming shift in consciousness that is poised to sweep the planet. This transformation will affect every single one of us in some way.

This world is currently not conducive to our souls' well-being. The shallow materialism, rampant exploitation of others, and dearth of genuine spirituality that are the hallmarks of our modern society have a damaging effect on the soul. They lead to an individual, and ultimately a global, malaise, as the soul's disaffection filters through to our consciousness.

The time has come for a greater emphasis on older-soul values, such as equality, freedom, justice, and compassion. And as a critical mass of older-soul consciousness breaks through, those who cling to the old paradigm of greed, selfishness, and aggression will begin to look more and more like Neanderthals: completely out of place in the modern world.

In a kinder, more spiritual world, with greater emphasis on cooperation and connection with each other, our souls will begin to thrive as they should. Good news for us; bad news for the makers of Prozac and assault rifles.

The path to this more functional future is enlightenment. *The Instruction* offers ten huge steps toward enlightenment, which, to

put it simply, means acting according to your soul's wishes. All of this can be uncovered by delving into the life plan your soul created before your current lifetime.

Allow me to wish you good luck as you embark on your journey to the Soul World. As you pass through the ten doors contained within *The Instruction*, I hope you'll find answers to many of the questions you've always had about the purpose of your life. I hope, too, that picking up this book will prepare you for the fast-approaching shift in consciousness that is set to change the way we humans see the world in which we live.