



Awakening the Divine Within: A Sacred Workbook

Dr. John's
SYSTEMS & SOLUTIONS

Dedication to all my clients and members

These workbooks are dedicated to every soul who has suffered in silence, struggled in darkness, and longed for healing. May these workbooks, my courses, classes and sessions become your light, your mirror, and your roadmap back to your truth.

To the child within you—wounded, unseen, and unheard—this is your call to come home.

To the survivor—you are not broken. You are sacred. You are becoming.

And to those who choose the path of healing: may you rise with dignity, speak with power, love without fear, and walk in wholeness.

— With reverence,

Dr. John Souglides Ph.D.

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*By Dr. John Souglides Ph.D. – Specialist and Expert in:
Hypnosis, NLP, Holistic Life Coaching, Transpersonal Counselling, Parapsychology, Life
Transformation and Metaphysics*

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Introduction: You Were Born Worthy

You are here because something deep within you is stirring a yearning to remember who you truly are. Beneath the layers of pain, confusion, doubt, and limitation lies your Divine Spark the sacred, eternal essence you were born with. This workbook is a call to awaken it...

Understanding Self-Love and Kindness to Self

To love yourself means to recognize your worth without condition. To be kind to yourself means to treat yourself with the same compassion, patience, and care you would offer a cherished loved one...

Exercise: Loving-Kindness Journaling

*Write a letter to yourself from the version of you who already loves and accepts you fully. Begin with:
Dear [Your Name], I see you. I honour you. I am so proud of you...*

Reclaiming the Divine Spark Within

You were born whole. Your core essence is sacred, limitless, and filled with divine intelligence. Even if you feel numb or broken, you are not broken. Your spark may feel dormant, but it is waiting to be reactivated...

Exercise: Sacred Activation Ritual

Sit quietly, place your hand on your heart. Say aloud: I give myself full permission to awaken my sacredness...

Healthy Boundaries - The Sacred YES and NO

Healthy boundaries are the energetic, emotional, physical, and spiritual limits you set to protect your well-being, self-respect, and peace. They are not walls. They are bridges to authentic connection...

Exercise: Boundary Discovery Worksheet

- 1. Where in my life do I feel drained, resentful, or overwhelmed?*
- 2. What boundaries am I afraid to set? Why?*
- 3. What is one small boundary I can lovingly establish this week?*

The Healing Path From: Permission to Progress

Healing is not given to you. It is claimed by you. The moment you decide to allow yourself to heal, you begin to return to your wholeness...

Affirmations for Self-Permission

Repeat daily:

- I give myself permission to rest.*
- I give myself permission to heal.*
- I give myself permission to love myself.*
- I give myself permission to evolve.*

What You Will Achieve Through This Work

By applying the tools, practices, and sacred truths in this workbook, you can experience greater self-love, stronger boundaries, deeper clarity, and more connection to your divine essence.

Closing Words from Dr John Souglides

You are not broken. You are becoming. My role is not to fix you, but to remind you of what you already are infinite, divine, capable, and whole...

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Dr John Souglides, Ph.D.

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