

1. John, for those readers who may not know who you are - who are you?

Firstly.... I am a *soul*. A soul of consciousness, that's inside and a part of me – John Holland. A soul that is infused with the spirit of the Divine, God, the Universe. Then I am a *man*, and finally there's the *Psychic Medium* who uses my spiritual abilities to touch lives – both here and in the spirit world. As a spiritual teacher, I believe that part of my mission is to show that we so much more than physical beings – we are spiritual beings with unlimited potential.

2. Why did you write “Power of the Soul?”

When I felt the stirring in my soul to write another book, I put it out to the Universe and asked to be guided or shown what was needed from me. What could I possibly say to those who are so spiritually hungry, that hasn't already been written in the hundreds of books in the bookstores. Listening to people at my workshops and lectures gives me some real insight to what they're seeking, and the answers to questions that elude so many.

I've noticed another interesting shift at my lectures and demonstrations. A few years ago, it was all about getting a psychic reading or a message from the Other-Side. Now, the questions are centered on how they can be more in tune with their soul and tap in to their intuition. People are keen to equip themselves with the tools and knowledge to help them enhance or change situations and conditions around them. To put it in the most basic way I know, people want to stop *sleep walking* through their lives. I feel people are ready to take the big leap forward through their comfort zone, to go beyond what they believe their current boundaries to be. I see it in their eyes all the time. It's as if they want to know how they can wake-up, so they can take a more active role in their own spiritual development and apply it to all aspects of their lives.

This was the sign I needed, so I knew I had to write this book, *Power of the Soul – Inside Wisdom for an Outside World*. I wanted to show the reader, that they already possess *everything* they need. In a way, I wrote this book as a sort of alarm clock to wake people up from the inside out. When you write a book, you start off believing that you're writing it for everyone else, but then you soon realize, it's just as much about you as it is for the reader.

Some people ask: “Why should I acknowledge the existence of my soul?” To put it as simply as I can, I would say: “We are spiritual beings in a physical body, having human experiences.” Therefore, since you're both, you should honor *all* of you. If you go through life denying yourself the experience of combining the physical and spiritual, then you're missing out on so much of what life has to truly offer. Why live a life that is half lived?

3. Do we all possess natural soul ability?

Absolutely! If you're reading this article - then you are a soul. With that said, the soul is equipped with all of the gifts and abilities that come with it. These are love, inspiration, intuition, and wisdom. We *all* have soul abilities from the time we are born; the abilities come with the package. We are all connected in this universe and as a soul; we feel each other's pain. God, put us here to share and be with each other, as well as to help one another.

4. What does intuition, imagination, instincts, and gut feelings have to do with our soul?

All these things are the soul's tools that it uses to get your attention when you're not following its promptings. I call these tools (soul senses), which are natural senders and receivers for intuitive information that your soul is trying to send to you.

Some people receive intuitive information through clairsentience – which means to feel, while others use clairvoyance – to see, or even clairaudience – which means to hear. We're all uniquely individual in how we receive this information. Intuition is the language of the soul. Opening the door to your natural intuitive abilities is an exciting and enlightening life-changing experience. I have thousands of letters and e-mails from past students who have taken my workshops, telling me that since they started working on their (all too often dormant) abilities, they feel as if their soul is more *alive* and consciously *awake*! It's as though they're no longer sleepwalking through life.

Using the soul ability of intuition is quite natural and you can learn to recognize it, use it, and trust it. By doing so, it becomes a wonderful resource for guidance, transformation, and self-empowerment that you'll be able to tap in to and use and share for the rest of your life.

5. How do we know when we're in touch with our soul?

We're all more in touch with our souls than we know. We're constantly touching and interacting with our soul without even realizing it. There are many examples: A book you've just read that made you think; the tears when a certain memory surfaces; the love you feel for another; the movie that struck a chord; meeting someone who has unexpectedly changed your life; or even an incident that enraged you and caused you to fight for a cause. If you ever want to see a soul expressing itself, just look at the work of an artist, or watch a dancer move to music. These are just few examples of when you may have experienced your soul. Yes, it's true that some people will say it's just human emotions, but emotions stir the energy of the soul.

6. What is the importance of staying in touch with your soul?

The more you connect with your soul, the more you remember your divine nature. It's important to do this is on a spiritual as well as an energetic level. When you tap into the soul – you're connected to Spirit, God, the Divine Source, the Universe. The same energy that makes up the cosmos is also part of you. When you connect, you're instilling an energetic force that will permeate through you as well as around you.

I have my own analogy that everyone can understand: Imagine for a moment that you're a cordless phone, just like the ones in so many homes. When the cordless phone is away from its power base for long periods of time – the phone loses its battery power. You have to put the phone back on the base to recharge it. The same goes for staying in touch with your soul – you have to go back to your (soul) base to recharge it from time to time.

7. Can we really lead a life led by our soul?

Yes, but it does require some work on your part. Most people spend their lives influenced by a world where so many of us strive to earn more, get better jobs, buy newer cars, and all the other material things that we believe we need to feel good. This is all fair and well, but it's not the ultimate answer. It's my belief that it's just as important to continually feed your soul, as it is to make progress on a material basis. When you're constantly reaching outwards to achieve more and more, it's easy to slip farther away from the spark or your life force, and your soul can easily wander off its original track.

While we're all born *connected* to the Divine Source, we have a tendency to pull away from what was once natural. It's reasonable to assume that when we become disconnected from Spirit, the source that once nourished us will be replaced with another source or substitute. For some people, a connection is forged with food, alcohol, nicotine, codependency to someone, or even work – hence the term *workaholic*. Many of us spend our lives trying to fill the void that was created when the link with our soul was broken.

8. Should we be guided by our soul at all times?

I believe that your soul wants to work with you in a partnership. I recommend you use your intellect, as well as your intuition, which is the language of the soul as much as possible. It can help and guide you in your personal life as well as your professional life.

9. What if it tells us to do something we don't want to do, like leave a job, leave a relationship, move somewhere, etc?

Firstly, if someone is disconnected from their soul, they have to start by learning to recognize the prompts and nudges from the soul as it tries to talk to them or how it may be attempting to get their attention. I talk about this in depth in the new book. Once they become aware of the signs and signals that their soul is showing to them, they can start off gradually with the answers they seek. If they are still unsure then they can ask their soul to keep showing them the signs to confirm that they're on track. Also it's perfectly okay to ask for professional advice (accountant, lawyer, career counselor, therapist) in the outside world.

10. What if our ego tells us it is too scary to leave that job, so we stay and we feel comfortable, the fear of leaving could be so overwhelming, that we could mistake it for our soul telling us not to leave, how do we discern between a message from our soul and a message from our ego?

Ah yes... the constant struggle and the ultimate human challenge between the ego-self and the soul. When negative feelings and thoughts become embedded in your ego-self, they create disharmony, emotional instability, worry, and negative behavioral patterns. When you take time to explore, consider your different viewpoints and belief systems, you'll have a stronger stand against the insecurities stemming from your ego-self. You'll be giving your soul the opportunity to move forward and soar to new heights. You'll experience a deeper awareness of yourself and others, and by doing so choose a path that will be more in sync with your inner vision.

When you begin to work with your soul you'll soon know when it's your ego talking as opposed to your soul. Like everything in life, it takes practice. There is a difference in the feelings you will receive. The soul is a gentle voice whereas the ego has quite a large voice – it's not hard to recognize the difference, as for so many of us, we've been listening to it our whole lives. The ego usually plays out the same message over and over. When we listen to it, patterns and scenarios in our lives play out over and over again.

11. How do we know when we are feeding our soul or draining energy from our soul?

When you feed your soul, a sense of vitality, passion, and excitement runs through you. Think of how children are still in touch with their souls. They're always laughing, running about, and playing with boundless energy left over... and then some. So, when you feed your soul, you feel alive – you begin to wake-up and stop sleepwalking through life! Over time, you may even notice when someone is fueling their soul, they seem to be beaming from the inside out, which I refer to as: Soul Shine.

On the opposite side, when your soul is being drained – you can definitely feel it. You feel tired, withdrawn, with a real lack of enthusiasm and energy. This of course can have an impact on the health of your body. Hence the word: *dis-ease*. When your soul is being drained, other areas in your life may well be off-balance also. You may feel lost, stuck in a rut, not sure which direction to go in, where the same routine day after day plays out. These are all signs when your energy is being drained. Your body is one big psychic antenna and when you are being drained – trust me, your body is trying to talk to you. So, please stop and listen!

12. When trying to cut cords with areas in our lives that are draining us, should we cut them all at once? Should we focus on one at a time?

Great question! I personally believe that it's wise to cut the cords one by one. As you cut the first one, get the energy back from that specific cord. When it's time to work on another energetic cord that is attached to someone or something, one that may be draining you because its a negative attachment, you'll be stronger to make the next cut. Remember that the energy that was leaking through the last cord is now cut and instead of draining you – you own that power once again.

13. What is the one thing, we the reader can do today to connect to our soul?

By saying and reminding yourself: I AM A SOUL.

14. Bio

John Holland is an internationally renowned psychic medium and teacher who lectures, demonstrates, and reads for private clients; and who has spent more than 20 years developing his abilities. He has dedicated his life to one of continued personal development, which inspires him to teach others how to reconnect with their natural spiritual abilities with integrity and tap in to their own unlimited resources.

John has been featured on The History Channel, A&E, *Unsolved Mysteries*, and in numerous articles; as well as becoming a familiar voice on radio stations throughout the world. He's the author of the bestsellers *Born Knowing* and *Psychic Navigator*.

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