



DIVINE SOULFUL SACRED

What Your Soul Wants You To Know

HELEN FRY'S



YOU ARE..

DIVINE

PLEASING, DELIGHTFUL, GOD LIKE,
VERY GOOD, OF SUPREME
EXCELLENCE OR WORTH

SOULFUL

SHOWING DEEP FEELINGS,
FULL OF SOUL, ONE WHO IS
COMPASSIONATE AND HAS DEPTH

SACRED

WORTHY OF WORSHIP, OF AWE
AND RESPECT, TO BE TREATED
WITH GREAT ESTEEM!



WHAT YOUR SOUL WANTS YOU TO KNOW

Have you noticed when you get quiet and still the answers you are waiting for...just seem to come to you?

You can feel it in your mind and body... that this is the correct course to take. All your answers that you will ever need to know are within you...in your soul. Your soul speaks to you in whispers, never judging you or putting you down. Your soul wants you to know that when you find stillness and silence, it is able to emerge. Your connection with your soul is unbreakable, always there, wise and filled with love for you.

Providing you with insight, inspiration and the strength that you seek. Waiting to shower you with unconditional love.

Are you ready for this?

My own soul nudged me to put this guide together, because it knows I've witnessed way too many women (plus I've done this many times to myself) who are quick to judge themselves, put themselves down and behind closed doors and under their breath..berate the hell out of themselves.

And this has to stop!!!

Enough is a enough...time to learn how to love ourselves and stop this insane self-treatment.

From my soul to yours...lets be kind to ourselves.

Let's re-learn what are basically bad habits, old paradigms, other peoples put downs, projections, old stories and out-dated memories of the past and the forgetfulness of the shining light beings we really are.

Let's invite our soul's wisdom, love and encouragement back into our lives.

And let's start today



“ Let my soul smile through
my heart and my heart
smile through my eyes,
that I may scatter rich
smiles in sad hearts. ”

PARAMAHANSA YOGANANDA

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YOUR SOUL WANTS YOU TO
KNOW...

Your ultimate purpose in life...is
to know yourself as a soul.

You have been given various
talents.



Talents you can use in service to
others.

Well-being comes from doing
your...soul work.

Seek the part of yourself that
yearns for fulfilment...and
concentrate on that.

For most of us, our service comes
from the pain, frustration and the
struggles we have endured.

Your soul wants you to follow your
curiosity.



“ You wander from room to room
hunting for the diamond
necklace that is already around
your neck! ”

RUMI

DIVINE SOULFUL SACRED

YOUR SOUL NEVER...

Gives up on trying to get you to listen and respond.

Waits for you to ask for help.

Seeks to energise you.



It will fiercely try to get your attention to lift you up.

It knows what is absolutely possible for you.

Is there to provide you with the insight, inspiration and strength you seek.

When you're feeling out of your comfort zone, uncomfortable, depressed, unsatisfied or empty...your soul won't let you stay there.

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You are on earth to have an adventure, to discover, express and learn.

You are always being guided.

Your outer circumstances are reflecting your inner world.



YOUR SOUL WANTS YOU TO KNOW...

That self-love, self-care and self-compassion are a must.

Your soul wants you to have whatever brings you joy, makes you feel fully alive and are passionate about.

That you don't need fixing... just unconditional love and self-acceptance.

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That you are one-of-a-kind.

Asks you to have the courage to
be yourself.

That it's ok to enjoy life.

That your best times are coming.



YOUR SOUL IS...

The part of you that makes you
who you are.

An eternal occupant of your
being.

Your spirit, your essence.

The central or integral part, your
vital core.

Your soul not only knows what is
right, powerful and perfect...but
what is absolutely possible and
achievable for you.



“ What you seek is seeking you. Not only the thirsty seek the water, the water as well seeks the thirsty. ”

RUMI

DIVINE SOULFUL SACRED

YOUR LOVING SOUL...

Won't criticize you or put you down.

It won't compare you to others.

It gives you unconditional permission to shine.



Wants you to be one of a kind and to have the courage to be yourself and share your gifts with the world.

It loves you to get curious.

To live in joy.

To discover, create, express and learn.

Is drowned out by the noise of... personal circumstances, opinions and judgements.

DIVINE SOULFUL SACRED

YOUR SOUL...

Doesn't care about your past history.

Speaks to you in quiet moments when you need guidance.



Wants you to claim all your goodness.

Become unapologetic about accepting your divine purpose.

To use your gifts to serve others in big and meaningful ways.

To do what you've been dreaming of.

To inspire others, by what inspires you.

DIVINE SOULFUL SACRED

Allow your soul to be the most important voice you listen to.

You are a masterpiece, not average, not ordinary...but a masterpiece, someone to be admired and adored.



You are here to be exceedingly abundant.

And...to accomplish your dreams.

Your soul knows you best.

It is the truest part of you and if you allow it to, it will reveal to you your answers that give you both a sense of peace and a feeling of enthusiasm.

Your soul signals to you in its own language.

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YOUR SOUL...

Is constantly impressing
messages upon you.

It can be through dreams, a
flash of inner knowing, nature,
synchronicities or coincidences.

Or even that overheard
conversation in the supermarket
that sparks something in you.



These are the first steps of
communication between you
and your soul.

Your soul is calling to you to...
notice the signals.

Make room for the signals to get
through...meditate, journal, walk
in nature, observe the seasons,
speak to your soul.

Feel your souls love and
energetic presence and allow
the flow of communication to
grow stronger!



THESE ARE ALL THE THINGS YOUR BEAUTIFUL
SOUL WANTS YOU TO KNOW .

THAT YOU ARE A GORGEOUS TALENTED
AMAZING WOMAN.

HERE TO LIVE ABUNDANTLY...JOYOUSLY...AND
WITHOUT CONSTANT FEAR.

YOUR MISSION IS TO SEEK OUT YOUR SOUL VOICE.

YOUR SOUL IS WAITING FOR YOU.

WANTING TO GUIDE YOU.

NURTURE YOU.

INSPIRE YOU.

LOVE YOU!



ABOUT ME



Hey...I'm Helen Frys of Be Magnificently Inspired

I created Be Magnificently Inspired .com for women to break free of any self-imposed limitations, shift self-sabotaging patterns and to transform them into self-loving, self-empowering actions. My mission is to help women who feel stressed or overwhelmed...to believe they are magnificent and get inspired about their life .

Something I truly believe is...

“It doesn't matter how much money you have, how many things you own, or how many friends you surround yourself with. If you don't love yourself...or at the very least like yourself, you will never really feel completely happy.”

Why? Because at one time...I was very uninspired about life. I hated who I was...I was un-energised...I lacked self-confidence...and life was a struggle. I needed to change...and this led me on a path of personal development, self-help and positive thinking.

I firmly believe in being responsible for my own wellbeing...and in 2003 I studied and became certified as a Holistic and Spiritual Healer. This is when I became aware of a much deeper level of the inner workings of my mind, body and spirit.

I learnt the value of creating holistic wellness...and about encompassing the physical, mental, emotional and spiritual aspects of oneself. I also learnt that I needed to love and be kind to myself...if I wanted things to work out for me.

Along the way I have had some wonderful mentors that helped me fast track my goals and desires. Now I'm ready to mentor others.



My mission is to create a gorgeous ... Soul - Love Movement



I'm also a co-author 'In The Spirit of Success'. A book of inspiring stories from entrepreneurs around the world helping to inspire, empower and support you on your own personal transformation. Along with Wayne Dyer, Deepak Chopra, Esther and Jerry Hicks



Here I am featured in the **'Ballarat Family Guide'** magazine.



WHAT WOMEN ARE SAYING...



Helens group and events are a must, she creates the most divine spaces! I can't thank Helen enough for everything she has taught me, I believe my life would certainly look a lot different today if it wasn't for her wisdom & guidance

- Nalina Phillips, Body Shop At Home



Helen has a wonderful ability to connect women in group. Her down to earth honest approach and the wonderful wisdom she brings from her studies and own life experience allow her to be a great facilitator of women. Her genuine desire to encourage and empower women is obvious in her workshops and is quite contagious.

- Jacki Gautum, Lucia Light Therapy



Helen's workshops are amazing. They are lots of fun, interactive and informative. After attending I always leave feeling so much more confident, loved and rejuvenated. Such an enjoyable way to challenge yourself, learn about yourself and meet other like minded women.

- Pamela Oates, Pams Herbal Infusions

CONNECT WITH ME

COME ALONG TO MY NEXT
HALF DAY WORKSHOP
"SIX STEPS TO A SOULFUL MINDSET"

AT THIS WORKSHOP, YOU WILL
DISCOVER HOW TO:

- Get in alignment with your souls messages
- Understand what holds you back and why
- Learn what's possible and absolutely achievable for you

**If you want more inspiration and a to transform your life, then
contact me for my next half day workshop.**



INSPIRING YOU
TOWARDS YOUR
PURPOSE AND
PASSION



Things I Offer...

- Sacred Soul Mentoring
- Self Love Guidance
- Womens Circles
- Cacao/Tea Ceremonies
- Workshops/Retreats
- Spiritual Wellbeing



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GORGEOUS SOUL SEEKING WOMEN'S FB GROUP

Join my fb group for women...to practice positivity, gratitude, set intentions and share self-love techniques. Join me as we learn to practice and train our minds to focus on powerful thoughts and ideas. Sharing spiritual and soulful lessons.



[JOIN MY
FB GROUP](#)



GORGEOUS SOULS SEEKING WOMEN'S MEETUP

Join our friendly, non-judging community of women ready to welcome you as we support, connect and share our stories, while learning ways to cope and be happier in our day to day lives. Meet-ups will be both on and off line.



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MEETUP GROUP](#)



Helen Frys - Be Magnificent Get Inspired

Inspiring and Empowering women to to get serious about making positive changes in their lives...and re-connecting to the voice of their soul.



[JOIN MY BIZ PAGE](#)



www.bemagnificentlyinspired.com

