



The Alma Answers! 21 Sacred Soul Steps to Divine Solutions  
by Dr. Jeanine Austin

Whatever your question is, the Alma Answers!



Men and Women Transitioning, Transforming and Transcending Around the World



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## Testimonials Celebrating The Alma Answers

"The Alma Answers is an amazing healing path of awakening. The individual succinct steps make learning and integrating amenable to people in all stages of spiritual and personal development. Furthermore, the sacred steps allow a process that can be revisited and deepened over time. I highly recommend this course to anyone interested in personal growth."

~ Lauren Brownell, Artist, South Burlington, Vermont

"Dr. Jeanine is gifted in crafting powerful divine solutions for optimum healing. The Alma Answers process is a brilliant demonstration of her passion and mission in providing practical solutions to everyday challenges. Her energy is pure, loving and as a fellow LIGHT worker, I am touched by her authenticity. You will be transformed by this beautiful, thought provoking class!"

~ Rev. Carmen J. Day, Spiritual Director, Entrepreneur, Wealth4U in Spirit Talk Show, Los Angeles, CA

"I think The Alma Answers are easy to implement and they make sense. The steps also provoke thought and introspection. I am impressed that Dr. Jeanine created this program. It is a path which requires work, but is still straight forward."

~ Regina Munoz, M.A., Educator, Long Beach, California

"The Alma Answers has helped me to dig deep into my soul beyond the psychological aspects to the core of my being. Thank you, Dr. Jeanine for guiding me through this spiritual and powerful journey."

~ Herlinda Lopez, Flamenco Dance Instructor, Phoenix, Arizona

"I am really amazed at Dr. Jeanine's knowledge base and integration of so many modalities of self growth and coaching."

~ Michele Grantham, Registered Nurse, Normandy Park, Washington

"I love that many of the teachings are tied to a spiritual path and incorporate many different spiritual perspectives. I am really enjoying learning about all of the different perspectives and how they each look at various situations and deal

with them. I would recommend the Alma Answers to all of my friends! It is great!"

~Michelle Denny, Motivational Speaker, Minneapolis, Minnesota

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Course Outline:

Transition:



Week 1. Be Gentle and Breathe

Week 2. Step into Silence

Week 3. Pay Attention and Get Present

Week 4. Let Go of Forms Which Don't Fit

Week 5. Lose Your Attachment to Your Personal History

Week 6. Do Whatever it Takes to Come Between You and Dualistic Thinking

Week 7. Accept and Love Yourself Just Because You Are~Don't Depend on Positive or Negative Opinions as Reference Points

Transform:



Week 8. Release Suffering

Week 9. Seek to Embrace Flow and Stop Struggling

Week 10. Simplify and Clarify

Week 11. Draw from the Wisdom of the Masters and Those in Mastery

Week 12. Commit to Compassion and Embrace Forgiveness

Week 13. Be Deliberate and Live Consciously with Sacred Intent

Week 14. Seek Connection

Transcend:



Week 15. Continue to Empty Your Rice Bowl

Week 16. Integrate the Three Intelligences (Mind, Body and Spirit)

Week 17. Honor Your Own Path and Commit to a Sacred Journey

Week 18. Show Up and Give Back

Week 19. Trust the Organic and Inherent Patterns of Life and the Truth of Love

Week 20. Integration and Reflection

Week 21. Gratitude!

## Week 1. Sacred Soul Step to Divine Solutions: Be Gentle and Breathe



**"Whatever it is, be gentle about it." ~ Dr. Jeanine Austin**

When we are faced with a challenge in our lives we may tend towards harshness. In response to our challenge, we often feel and express anger towards ourselves and/or others. We may form feelings of resentment, we may become bitter, we may become hard and uncompromising and we may move away from compassion and soft-heartedness. Ultimately, when faced with a difficulty, we can allow our hearts to become hardened or we can risk the (seeming) vulnerability of a soft and gentle heart.

When I am upset, my friend Lauren reminds me to "be gentle". She knows that if I continue to be angry at myself or fearful about a situation, I will not have the vantage point I need in that moment to overcome my negative perspective.

As the saying goes, "We can't learn to swim while we are drowning." If we respond to our challenges with harshness, our emotions will resonate with our problems. Being gentle with ourselves helps to lift us out of the situation and even the thinking that got us into trouble in the first place.

Einstein reminded us, "We can't solve problems by using the same kind of thinking we used when we created them." This is somewhat counter to the thinking of our often aggressive world which suggests that if we are not being aggressive or harsh then we can't change our circumstances.

Policing ourselves through control is not the way most of us will integrate effective and lasting change. In Spiral Dynamics by Beck and Cowan, aggressive and controlling ideological thinking is identified as Red MEME thinking. Red MEME thinking is characterized by power and control. This type of thinking

tends to create using more of the limiting behavior and thought patterns we seek to move beyond.

By mid-life, hopefully sooner, most of us realize that we aren't going to be able to beat ourselves into submission and into a vibrant world of emotional and spiritual health. Because one generation stands on the shoulders of the next, the twenty-something generation may be a great deal quicker to understand this lesson.

If we are unkind to ourselves emotionally for over-eating, for example, we align with the thought that we are fat and therefore worthless. Then we over-eat all over again. Unhealthy shame tempts us to do more of the same behavior we felt ashamed about in the first place. Healthy discipline is born from healthy love. If we are not gentle with ourselves, we can not assess our situation with a centered mind, body and spirit.

Some of us may not have experienced much gentleness in the world, not even as children. If this is true for you, I would ask you to look around and throughout history and see if you might find someone who represents gentleness and be inspired to bring forth that same quality which is available to all of us who seek to be gentle.

Some gentle spirited people who come to my mind are: Jane Addams (the great social worker who lived at the turn of the last century), Jane Goodall (champion of the chimpanzee), Bob Marley (great Reggae musician of peace), Martin Luther King, Dr. Sri Sridharan (champion of peace technologies), Fred Rogers (children's television host), Dr. Doreen Virtue (metaphysician and champion of differently abled children) and Cesar Chavez (champion of agricultural worker's rights).

Some spiritual figures who come to my mind are: The Madonna/Our Lady of Guadalupe, Kuan Yin (the Bodhisattva of compassion), Lao Tzu (philosopher of ancient China and father of Taoism), The Dalai Llama, and Jesus.

Some people may find representations of gentleness in the beautiful and hypnotic forms of nature such as spirals, rambling river sounds, bird songs, salty sea air and the dance of tree branches. If you are struggling to incorporate gentleness modeled by others, find a gentle image, take it within and embrace it whenever you desire the experience and quality of gentleness.

An important part of gentleness is remembering to breathe. Become aware of your breath. Are you holding your breath? Is your breathing shallow? It is hard to stay mentally constricted if you are breathing deeply and fully. Most exercise, relaxation and spiritual programs emphasize the power of the breath.

If you are physically able, try to take a series of deep breaths in slowly, hold at the top for a few seconds and then release and push all the breath out. Try a 1:4:2 pattern (in for one second, hold for four seconds, and release for two seconds). You can lengthen this rhythm by trying this same ratio (2:8:4, 4:16:8).

Before you move on to other spiritual endeavors, make sure you are standing on the foundational sacred ground of gentleness and life enhancing breathing.

## Sacred Soul Steps for Being Gentle and Breathing:

1. a. Ask yourself, "How is being harsh undermining me as a person?" Make note of how harshness (rather than gentleness) is hurting and undermining you.

1. b. Write down two or three loving things you could say and think to yourself instead of harsh or negative thoughts. If a situation comes to mind, think of a loving and gentle way you might address it and note it here.

1. c. What or who are some inspirational things or people that inspire the quality of gentleness in you? How might you incorporate this example into your life?

1. d. Think of ways you might remind yourself to breathe. Consider painting a rock that says "Breathe". Write the word on your calendar on days that you anticipate to be more challenging than others? Perhaps write "breathe" on an index card next to your phone. Post a photo that will remind you to breathe? Write down a few ideas here.

1. e. If you are physically able, begin your day with breath work as part of your ongoing daily routine. Utilize the 1:4:2 pattern.

## Optional and Additional Sacred Soul Step Work for Further Deepening

1. f. Contact a skilled breath worker such as Don Mario Ramos, C.Ht. 2012. (Call (888)-DMR-2012 or go to <http://www.myspace.com/donmarioramos2012>). I highly recommend work with Don Mario (including hypnotherapy work).

1. g. Check out specific books on breath and proper breathing (your local library may have several). Yoga and other forms of exercise focus attention on the use of breath.

1. h. Check out Beck and Cowan's Spiral Dynamics for an understanding of the Red and other MEMEs.

Comments, questions, concerns:

## Works Cited for Sacred Soul Step One

Beck, Don Edward and Christopher C. Cowan. Spiral Dynamics: Mastering Values, Leadership, and Change. Oxford, UK: Blackwell Publishing, 1996.  
You can find this book at: <http://www.simplydivinesolutions.com/Books.htm>

Dr. Sri Sridharan ~ Champion of peace technologies  
[www.infinisri.com](http://www.infinisri.com)

Don Mario Ramos, C.Ht. 2012  
Call (8 8 8)- D M R- 2 0 1 2 or go to  
<http://www.myspace.com/donmarioramoss2012>.

## Week 2. Sacred Soul Step to Divine Solutions: Step into Silence



**"We need to find God, and He cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls." ~Mother Teresa**

In this noisy world we live in, we sometimes forget the power of silence.

Many of us wonder why we do not hear the voice of God. How can we even really be listening for the voice of God when we are bombarded by a cacophony of random sounds? This is why spiritual teachers often urge people to quiet their world by turning off the television and the radio. When our attention is drawn outward, it is difficult to feel centered enough to hear even the lullaby of our own heartbeat.

Deepak Chopra has called this step into silence the place of pure potentiality. This is where we free our minds and spirits to become co-creators in this empty field of potential. It is also a place where we might be able to pay close attention to our intuition and sense of knowing.

My friend, Lauren, will often sit in silence to "feel into" something that is bothering her. In a quiet and tranquil environment, she can begin to be deliberate with her attention.

Teaching our children about the power of silence is a wonderful gift. Even a half an hour of deliberate quiet time will teach your children that empty spaces are okay, perhaps beneficial and possibly magical.

Eastern cultures may have more emphasis on the gifts of silence. In Japanese

painting for example, the empty spaces are as important as the spaces with form. In Western cultures, more and more of our empty spaces are filled up.

As a society, we seem uncomfortable with empty spaces. Formerly quiet and solitary time in the car is now spent listening to the radio and/or talking on the phone. We may not feel productive, perhaps not worthy, unless we are accomplishing or doing something.

Stepping into silence honors the fact that we are human *beings* and not just human *doings*. Paradoxically perhaps, if we allow ourselves silent time, this time can be so reparative that we are actually more productive and much more creative when we are in a "doing mode".

Meditation is valued by nearly all of the spiritual masters. Why? Because in meditative silence we can all find Divine Source energy.

Dean Ornish, M.D. includes meditation along with other lifestyle changes such as diet and physical exercise in his programs. Dr. Ornish states on his website, "Meditation allows you to develop awareness of your internal states. This awareness is an integral step in reducing stress. You must first be aware of the onset of a stressful reaction or effect before you may successfully prevent the resulting harmful, physiological responses that may lead to disease."

Much of our existential suffering comes from seeing ourselves as separate, limited, different, or lonely. Our bodies are not as solid as they look to feel and to be; however, they are in fact a mass of moving molecules, not solid at all. Some say that while meditating they feel they are moving beyond the parameters of the body and beyond the limits of time and space. This practice of contemplating spaciousness through a boundless mind helps us to correct thoughts of separateness and brings us into a mental and spiritual state of unity and oneness.

Many of my coaching clients have said to me, "I feel like I'm meditating wrong." Or, "I have 'monkey mind' or a 'popcorn brain' and I just can't focus long enough to do it." Often they seem conflicted with "knowing" that

meditation would hold value for them but have a conflicting belief that there is no productivity in meditation. Meditation's benefits seem random and intangible. We may have to look at our dedication to a meditative practice through the eyes of spirit, rather than with the worldly eye, to overcome our resistance.

Further, if we are feeling angry, or nervous, we can take these feelings with us into our meditation experience and turn them over to Source (we may have to do this repeatedly). If we wait until we are in just the right mental state, we may never get to it.

We may also bypass our resistance to meditation by not waiting until we are in the mood to sit. We might schedule in our daybooks our times for meditation practice just like anything else we are committed to. If we are committed to meditation, we may want to conceptualize our practice as just part of our self care routine. We take a shower for instance, whether we are in the mood or not.

Sometimes it makes sense, as I learned when I was a director of a pre-school, not to fight against the energy of one's body. When it was clear that the children were "wound up" I wouldn't try to move them directly into a quiet activity. Instead, I would turn on music and have them dance the wiggles out. It was only then that I could get them to settle down and transition into a quiet activity.

For our adult wiggles we may wish to try a walking labyrinth meditation. As we walk, we can begin to shift our physical energies and transform them into an intentional spiritual focus. You can create your own labyrinth using sandbags, votive candles and patterns from sacred geometry.

Chanting meditations can also be very healing. Dr. Wayne Dyer's Meditations for Manifestations is worth exploring if chanting interests you. The silence that we seek is freedom from the chatter in our minds and our world, not necessarily from *any* type of sound. That is why sitting in a forest with slight attention on the symphony of nature is a kind of wonderful silence.

In order to explore meditation options, I began taking Transcendental Meditation (T.M.) courses to learn more about T.M. I worked with an instructor who taught me about states of consciousness and actually meditated with me.

Another favorite meditation I found to be profoundly personally transformative is the workbook section of A Course in Miracles. The workbook offers a reflection for each day of the year. This reflection can be meditated on throughout the day.

Having a meditation buddy, someone to support your commitment, may help you honor your commitment. You may choose to get together with others in your community to meditate each morning. Group gatherings have the added exponential power of positive energy "when two or more are gathered". Furthermore, a spiritual ally or a spiritual life coach, such as yours truly, can support your meditation practice.

Find a form of meditation that works for you. Like me, you may find that you appreciate more than one type of meditation practice. Perhaps it is most important to start your step into silence, even if it is just for a handful of minutes in the morning and in the evening. You can begin to grow your commitment from there.

## Sacred Soul Steps for Stepping into Silence

2. a. Resolve to set aside some silent time each day for the next 21 weeks. If you feel you can only afford 5 minutes in the morning and 5 minutes before bedtime, start there. Many meditators will suggest having some sacred silent time first thing in the morning (certainly before coffee, the newspaper and computer) invites deliberate intention into our morning and gratitude into our evenings.

2. b. If you have resistances to silence, notice them and make an exhaustive list here of what these resistances are.

2. c. What types of meditation might you have an interest in?

2. d. How might you begin to spend more quiet time in nature?

## Optional and Additional Sacred Soul Step Work for Further Deepening

2. e. If you have or work with children, try to incorporate the value of silence. Get some ideas about this here.

2. f. If sacred chanting sounds interesting to you, you may want to check out: Meditations for Manifestations by Dr. Wayne Dyer  
<http://www.simplydivinesolutions.com/Books.htm>

2. g. If labyrinth walking is of interest to you, learn about it more online.  
<http://www.labyrinthwork.com/>

Comments, questions, concerns:

## Works Cited for Sacred Soul Step Two

Deepak Chopra

<http://www.chopra.com/>

Dean Ornish, MD's Lifestyle Program

<http://www.ornish.com>

Dyer, Wayne. Meditations for Manifestations: Morning and Evening Meditations to Literally Create Your Heart's Desire. California. Carlsbad, CA, 1995.

You can find this book and/or CD set at:

<http://www.simplydivinesolutions.com/Books.htm>

Transcendental Meditation

[http://en.wikipedia.org/wiki/Transcendental\\_Meditation](http://en.wikipedia.org/wiki/Transcendental_Meditation)

A Course in Miracles. Glen Ellen, CA: Foundation for Inner Peace, 1992.

You can find this book at: <http://www.simplydivinesolutions.com/Books.htm>

