

## The Spirit of Your Business

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### Does your business have a 'spirit'?

In every culture and in every age, there have always been people who have recognised, felt and understood the importance of spiritual beings. One word is used to describe many different types of Spirits and living patterns is deva. There can be a deva for something as small as a tiny flower and as large as a planet. These devas work with the living things of nature but also the inner world of concepts, thoughts and inspiration. So you have Devas of communication, justice and commerce!

In the English language, we tend to use the word 'spirit'. We can talk about the Spirit of a place the Spirit of a business and even we often affectionately talk about the Spirit of our car. In this way, we understand that we're talking about the essence or inspiration of something.

In semi-scientific language, these are also called energetic blueprints or morphogenetic fields but quite simply it's that everything has an essence and inspiration, a spirit and your business has a spirit of its own.

**The goal of this workbook is to resurrect your relationship with the spirit of your business. So what is the purpose of working with it? What do we want to achieve?**

We want to add quality to our activities and experience and we want to be more successful in our lives. You have goals for your business and they can help you with that.

But there's a deeper element. When we engage with spirit, we receive education, practical aid and inspiration. Both a personal and spiritual transformation comes from working with spirits. This happens because we slow down, pause and become more mindful. We learn to relax, center and ground ourselves. We become more observant watchful and kinder, and finally, we find that feeling of deep connection.

**The inner realm of the Spirit of your business is not physically obvious, it doesn't shout or jump up and down in front of you yet when you choose to give this realm some attention its reality is overwhelming.**

## The Spirit of Your Business

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### So how do we make a connection?

Our very first co-operative connections can most easily be made in a pause before any activity. Many of us will do this instinctively. You may find yourself pausing before beginning some aspects of work, such as pausing before delivering a Facebook live or an online client session, pausing before creating course content or doing your accounts. In this pause we change our mental gear, we are getting into the right state. Then when we have that instinct, a sense of being prepared we begin.

Two really interesting things happened in that paused state. We are orientating ourselves, we are getting ready for the activity and building up an inner idea of how we want it done and how we want it to be when we completed it. But something else is happening too. Subconsciously, telepathically and energetically in pause, we are connecting with a pattern or blueprint of the activity we are about to do. In that pause, you are connecting to the energetic blueprint or spirit of your business.

This could be a big intellectual and conceptual jump for some of you. Being beside a tree, a lake or a mountain it's easy to feel its energy and its presence, but it's not so easy to accept that human activity such as your business also has this in a spirit.

So to make that connection it's really good to begin your day by pausing and making an offering to the spirit of your business, to acknowledge its presence until welcome it into your working day.

So take a few minutes at the start of each day to welcome in the spirit of your business. It's really helpful light a candle and go into a quiet and contemplative frame of mind. Sit quietly for a while and see what thoughts and images pass through your mind. Take that pause to attune to your business and to its spirit. Over the next few months I want you to take very clear actions which come from the thoughts and images you will have during this quiet time. Over the coming months these unions should become increasingly co-operative and productive and you will find a new quality of life in your work. Your decisions will come from your own attunement and wisdom.

The following exercise can be done each day to assist you in building your relationship with the Soul of your business.

## The Spirit of Your Business

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### Making your first connections

**Take a few moments each day to practise. Be realistic that you are building a relationship. Familiarity comes with time. If you want a relationship with attuned awareness you must regularly spend time working at it.**

Place yourself in a situation where you feel at ease and comfortable. This will vary according to the type of person you are and what you are doing.

The first three questions below should help you get focused. The remainder can be completed after you've reached out to the deva. Record your impression whilst they are fresh in your mind.

Use the space below to think about two significant questions:

What is the most significant challenge you and your business face right now?

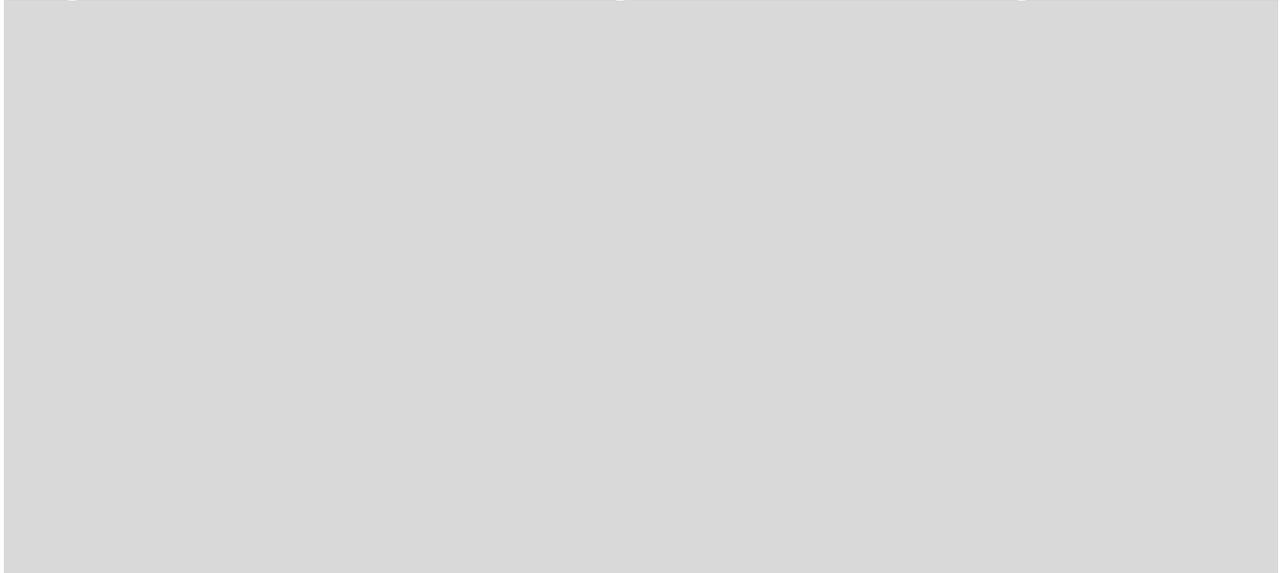
What hidden opportunity lies at the heart of that challenge?

## The Spirit of Your Business

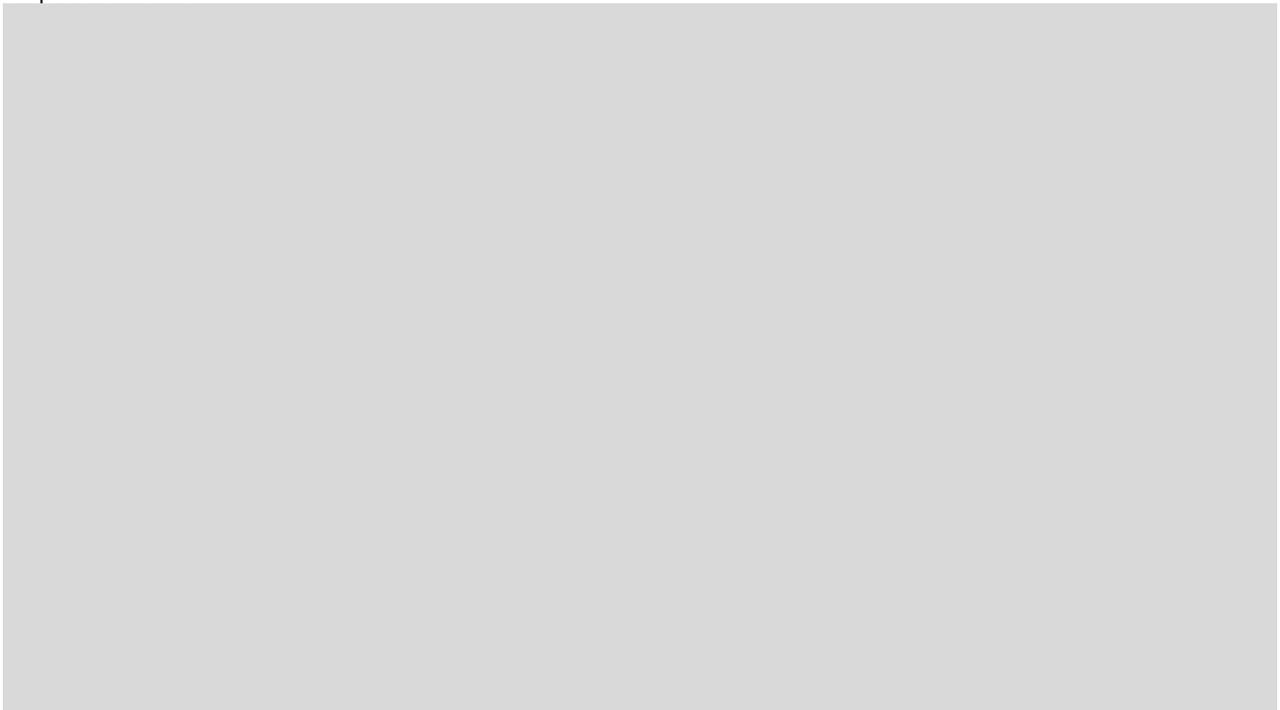
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### Take a few moments each day to practise

Are you relaxed and centred? What can you do to relax and centre yourself?

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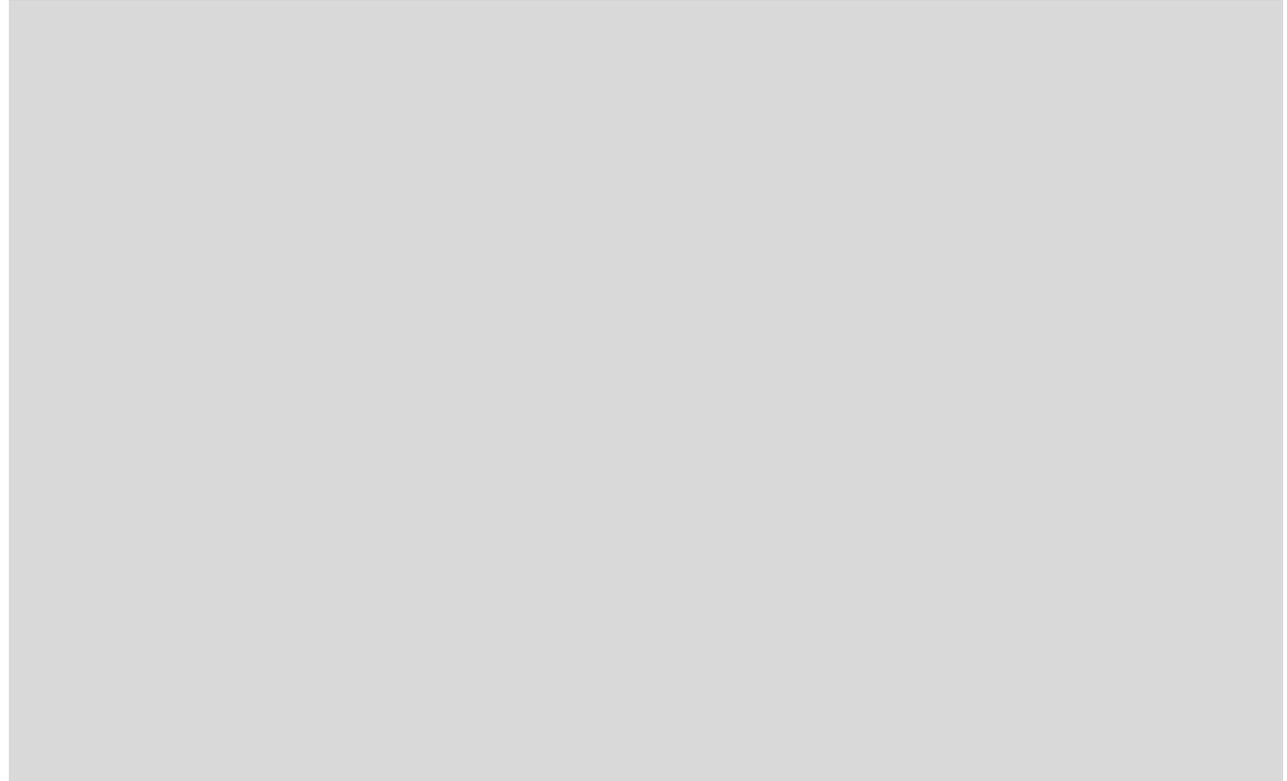
Are you overly excited or agitated? Are you being too serious and earnest? What can you do to be relaxed and philosophical about it, and simply sit and wait with no expectations.

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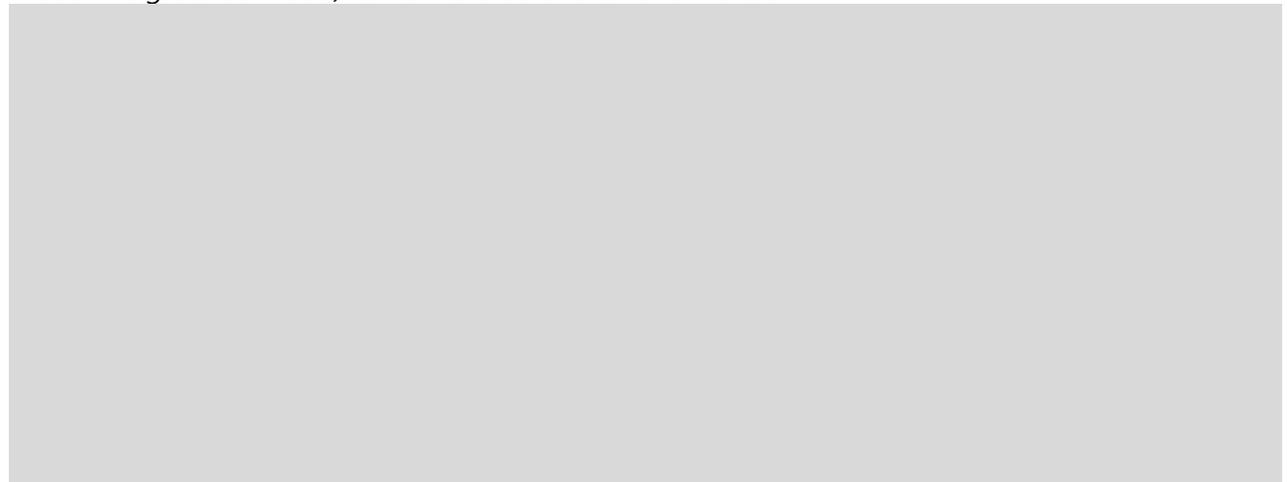
## The Spirit of Your Business

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Let your attention drift to scan and feel the air around you. Give very quiet attention to what you are sensing. Accept anything your mind feels and you may want to make a note of it when the session is over.



With or without words acknowledge the presence of your diva, you may simply want to say to yourself I know you are here. I acknowledge and recognise your presence. Note what impressions, feelings or sensations you experienced. For some these may be obvious, for others subtle and ethereal.



## The Spirit of Your Business

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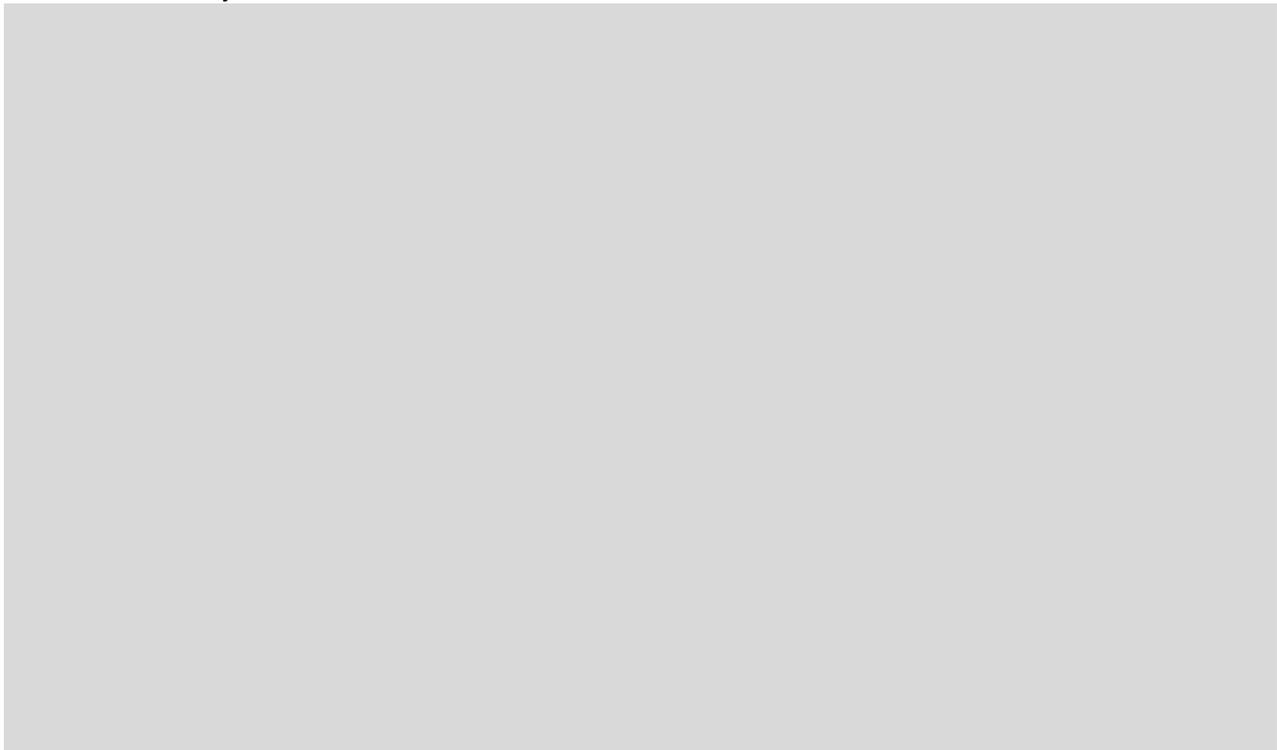
If you feel you have any mental blocks towards this work you may find some of the following affirmations useful. These can quickly disarm any sabotaging mind patterns that are preventing you from doing what you want to do.

My mind does not block my sensitivity  
The world needs me to work with spirits  
Being aware of Spirits helps me to grow.  
Universe supports me in working with spirits  
I am open and sensitive to devas and elemental beings.  
Working with devas is part of my spiritual path.  
I work with divas to heal and transform the world.

You can repeat these affirmations as often as regularly as you need to until you feel them to be authentic and true. You can also amend them to reflect working with particular devas, such as

Working with the spirit of my business helps me be of more service and add more value.

Write some of your own affirmations below.



## The Spirit of Your Business

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### **The four stages of working with the Soul of your business are: Invitation, Attunement, Contemplation & Action.**

Relax and come to centre in a way that works best for you. Calmly contemplate your business, letting your mind wander through the various activities, products, services, strategies and goals. Then think about the spirit of your business, its presence bringing a blessing and helping your business to be harmonious, creative and serve in the highest way.

Then aloud, or in your mind, you welcome the spirit. Say something like 'Spirit of my business, I invite you to be here. I thank you for your presence.' You may like to light a candle, or even give your spirit a name.

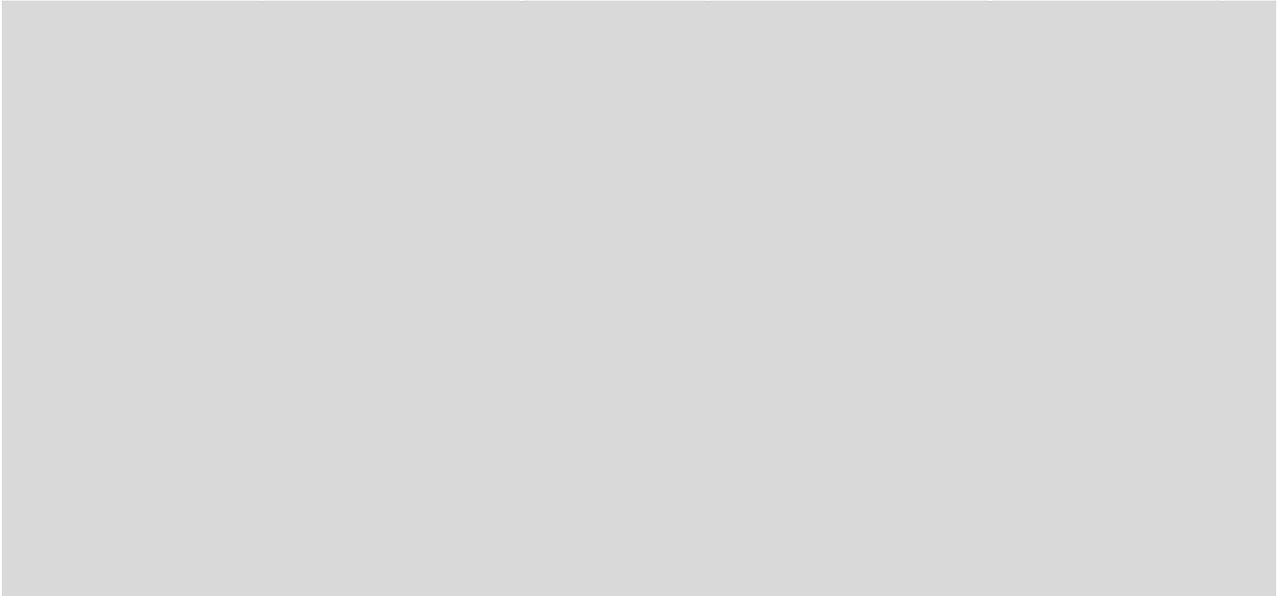
Write you own greeting and the name of the spirit of your business below if you prefer.

Focus on your energy field for any changes in atmosphere. Did you feel anything?

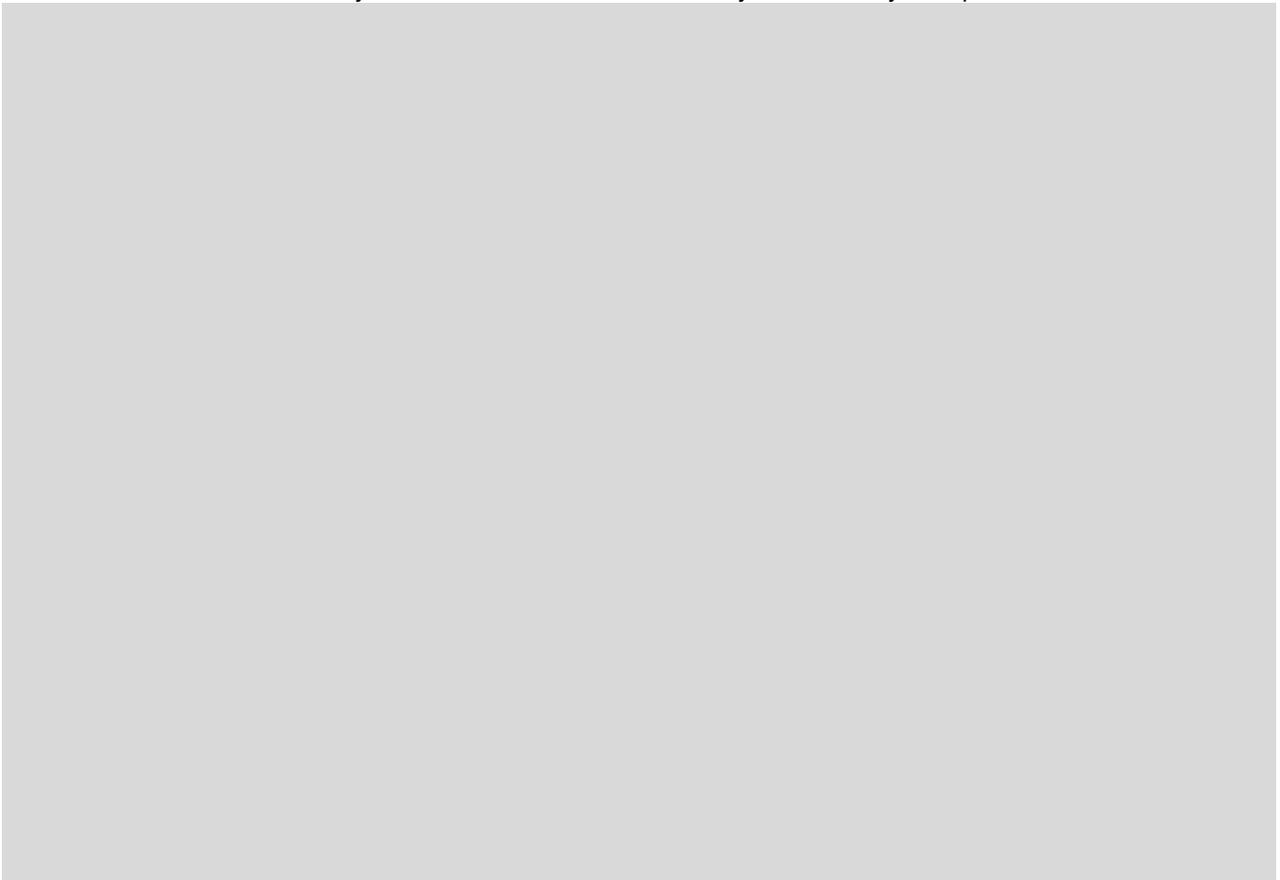
## The Spirit of Your Business

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Pause and focus your mind on the priorities for your business today. What are they?

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Be clear about the how you want tasks done today to meet your priorities.

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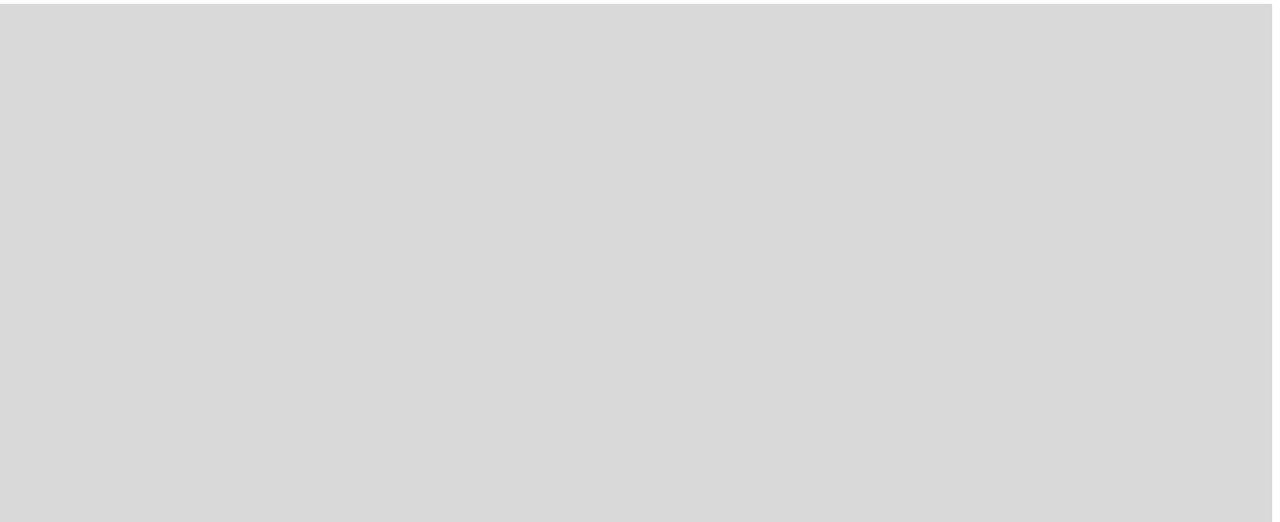
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What do you want the outcome of your tasks to look like when completed?



Give thanks and note any impressions, images or sensations whilst fresh in our mind. and take action!



## The Spirit of Your Business

### **You've completed the four stages of working with the Soul of your business: Invitation, Attunement, Contemplation & Action.**

BONUS STEPS: Now that you've made your first connection, I encourage you to sit down and brain dump any ideas you have for your content, courses, products or offers that you have.

Ask yourself what are the essential qualities at the heart of your business e.g Kindness, Truth, Depth, Connection, Elegance, Wealth, Transformation, Simplicity etc

Once you understand the essential qualities of your business it's easier to work with its spirit to express it's purpose for being to you ideal client.



#### **ABOUT FAY:**

Fay Semple is an online Soul Business Mentor, best selling author and host of Soul Companion Podcast. Through her online courses and content, Fay's business know-how, energy alchemy and no-nonsense step by step approach enables sensitive spiritual women to create and grow an impactful business that reflects their hearts desires and serves the need of the world with beauty and wholeness