



GODDESS YOUNIVERSITY

Workbook



WHAT THE DEPARTED WANT YOU
TO KNOW

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What the Departed Want You To Know



What the departed want you to know

The people in your life and the experiences you have had all become a product of your fear based feelings.

Judgment rises and what would normally be a relationship of equal measure seen from a love point of view ends up being a mirrored one that reflects your very own judgmental tones against yourself.

Doing the "you work" to be the love for yourself first, will ultimately guide you in seeing where love has always been available to you in any of your life events rather than the pain you've chosen to see in its place.



What the departed want you to do to purify your soul

- 1.Healing & Forgiving
- 2.Relationships and the "you work"
- 3.Dying from the perspective of the departed
- 4.How loving yourself is a cure all



Healing and Forgiving

Heal what no longer serves you. True healing comes from practicing the act of forgiveness for both yourself and for others. The departed want you to know that your happiness and wellbeing will heighten and magnify when you participate in the act of forgiveness.

What you can do... the "You Work"

Forgive... Being still and find time to pray & meditate. This will help you in connecting what you need to forgive.

Let Go... Getting clear on what no longer serves you forgiving then letting go with surrendering it over to the Divine.

Purify your thoughts... Listening to your both your mind and your body and shifting your thoughts to align with compassion.

Love... Communicate your compassionate apology to self or another through a prayer, in person or in writing.

Relationships & The "You Work"

What the departed want you to know about your relationships is that in order for healing to come you have to participate in taking responsibility.

The most important step is in seeing and holding yourself accountable for your actions and reactions.

Know that you always have a choice in how you react to each situation and outcome.

Keep your heart open and remember, when someone hurts you or uses hurtful words, you have the ability to not respond right away.

Quiet your defensiveness, quiet your pain and internal chatter and feel compassion for that person and what they might be going through.

Often when a person lashes out with hurtful words and actions or inflicts pain, they are actually coming from a place of hurt, fear and suffering themselves.

Some relationships in your lifetime are supposed to end. These relationships are not meant to hurt you or derail you, they are here to teach you something. They are here to expand you.

The "You Work" Continues Even After The Soul Departs

Dying From The Perspective Of The Departed

The soul is infinite. There is no separation. We are present in the here and now and we are also with God. Just as a loved one who is departed is with God, so are they here with you now. Even when a loved one is no longer on this plane, forgiveness and healing is attainable.

When a person sheds their earthy body, the soul goes through a purification process. All of the negative experiences in that persons lifetime, the built up anger, judgement, fear and sorrow are removed so the soul can return to it's purest state, love.

You don't have to wait to be departed to do the "You Work", you can start right now in this moment.

When we forgive in the present moment, our departed loved ones can now show up to help us in a loving way.

~
Keep Your Heart Open
Be Still
§
Listen
~

How Loving Yourself Is The Cure All

Remember the second universal truth, “we all want to be loved”. Well, that love starts with **you** loving **you** first!

Keep that vibration high! Raising your vibration so it meets up with your Goddess Self will get you on the path of creating your very own miracle moment!

Loving yourself first does not mean that you are a selfish person. It means you are an expansive soul.

Loving yourself first means you accept who you are and where you are on your own unique soul path.

Healing comes from forgiveness and forgiveness sets you free. Make loving yourself an action! That action of love, will always conquer fear.

Be gentle with yourself and know love is here

Journal Prompt:

Reflect on a past relationship or hurtful moment. look at it from a different perspective, what was it there to teach you? What did you learn? How did it make you more expansive?



Dying From The Perspective Of The Deceased

It's important to remember that death is not an ending, the souls journey continues even when it's time to leave our earthly surroundings. Your soul is a continuum.

Our purpose here on earth is to live our best lives with love and compassion, for ourselves and for each other.

Your departed loved ones are still with you and they are better able to provide the love and support that perhaps they couldn't give to you when they were earthly.

If a loved one that caused you emotional pain or physical pain has departed, know that the healing process continues, know that they are now able to see what they could not see in life.

When a departed soul comes through in one of my readings, it is often to express sorrow for letting fear hold them back.

The time to live your best life, is now!

*"None of us are getting of here alive -
We've come here to die."*

What The Departed Want Us To Know About Dying From A Tragedy

Remember, we are all the same, there is no separation. Just because a loved one passed by suicide or other tragedy, does not mean that their process to heaven is any different from someone who passed from natural causes.

When tragedy comes into our lives and takes our loved ones from us, be at peace knowing that they are no longer suffering. They are no longer in pain.

The fear, the sorrow and the judgement that soul may have felt in life, is no longer something they carry with them once they have departed.

As with any end of life suffering, as soon as they pass and the soul sees the light, all pain ceases to exist and their sorrow has lifted.

What The Departed Want You To know About The Afterlife

What the Angels have shown me is that Heaven is much the same as Earth. The exception being the absence of fear, judgement, anger and hate. Only Love.

Heaven is filled with the most vivid colors and time as we know it on Earth, does not exist.

Your departed loved ones continue to heal from the life that they have just lead. You too can be part of the healing.

Heaven is a place of unity and your loved ones get to be reunited with others who have passed on before them.

Heaven is with you now.

~
Do Not Let Fear
Hold You
Hostage
~

Journal Prompt

How Is Fear Holding You Hostage?



Loving Yourself Is A Cure All

Self-love is liberating!

When you practice the principle of self-love daily, you become aware of your gifts and learn to accept them.

Let go of ego thought patterns that keep you from staying in the light and love.

Know that your thoughts about yourself really do matter in how you reflect your light out onto others. You must learn that what you think is mirrored back to you.

No other person, living or departed, can fill the void of self love for you. You are the only one who can fill your eternal well.

Your limited love of self and your own greatness hold you back from reaching your true potential, leaving you in a holding pattern.

Know that you are exactly how you were meant to be. Accepting this as a fact will help you achieve self-love to the fullest.

Love
How Can You Dish It Out, If You Can't Take It

What Does Loving Yourself First Mean?

Have you ever heard the saying "don't dish it, if you can't take it" ~ Well, think about it from a love perspective. If you aren't self-loving to *you*, how can you expect anyone else to be loving to you?

What's the number one rule of self love? Just like Aretha Franklin, The Queen Of Soul herself said.... "R-E-S-P-E-C-T!" **Self** Respect, to be exact.

When you respect yourself, you are actively acknowledging and loving the YOU in yourself.

By giving yourself the respect you deserve, you are giving yourself permission to be in the "self love" mode.

Cultivate some self compassion ~ and remember, there is no such thing a "being perfect" - You're already perfect!

Remember, loving yourself on a Mind, Body, Soul level unites these forces and uniting these forces means we are honoring our souls path here on Earth.

*"Leaving yourself love notes on the mirror
will help remind you to think and see yourself through God's
loving eye's!"*

Thoughts Become Things

Everything is energy. Every thought, every fear, every hope... they all have energy.

You always have a choice where you direct your energy.

Don't spend your time focused on low vibration energies, fear, hate, judgment, sorrow.

Give yourself loving permission to not let obstacles stop you in your tracks. Give yourself positive affirmations to get you through the hurdles "you got this!", you don't have to go through it alone.

Remember you are a co-creator with God on this journey ~ you are never truly alone.

Being real is loving yourself, right here, right now.

You are your most valuable asset. Your physical and emotional health are priceless.
So, with that in mind, I want you to set aside at least 30 minutes to do your “you work”.

My wish for you is that you live a life of pure joy and happiness. That you share your wonderful light with the world. That you fulfill your soul’s purpose.

Blessings
xx Jeanne