

Here's an excerpt from the introduction that offers an overview of **The Soul-Discovery Journalbook** series and outlines the five interdependent volumes. Under each section specific topics covered are listed in parentheses:

"While there are many paths to personal growth, the five volumes of **The Soul-Discovery Journalbook** series offer a set of distinct tools for personal evolution through what this author calls "soul-discovery" - the unearthing and shedding of limiting beliefs held in our soul memory. While each step herein evolves uniquely for each reader as a journey within, broadly speaking they create an adventure to uncover our True Nature by shining a light on debris and by offering ways to put psycho-spiritual tools into action to release what no longer serves us. As a result, we unblock our path, cleanse our soul memory of misperceptions, and facilitate self-love, all while moving toward the awareness and expression of Self - our ever-present Internal Sun.

Looking across the six sections of the series, we find **Setting the Stage**, **First Glance**, **Constant Companions**, **Metaphysical Musings**, **A Deeper Gaze**, and **Hip Boots and Waders** contained in five volumes as follows:

Volume I: A Single Step

Setting the Stage offers important preliminary information; the chapters within paint a significant backdrop to this author's meaning of soul-discovery. Gather valuable tools for self-exploration, the preparation before setting out on the trail with compass and backpack in tow. (setting intent, journaling suggestions, creating a sacred space, etc.)

First Glance eases into self-discovery by starting the process of exploration and expression to learn new and intriguing ways to uncover feelings, thoughts, and belief systems that inform how we operate in the world. (identifying our internal climate, values, creating, understanding habits, relationships, etc.)

Volume II: Constant Companions

Constant Companions continues personal exploration, offering tools and perspectives that may be practiced repeatedly. This volume facilitates mindfulness, inner peace, and self-acceptance as vital tools of our evolution. (breathwork, beginner's eye, gratitude, affirmations, etc.)

Volume III: Metaphysical Musings

Metaphysical Musings holds foundational metaphysical and psycho-spiritual gear invaluable for any journey of personal growth, especially a set of core tools to navigate life's daily challenges, as well as a journey to make an intimate connection with Self. (energy, consciousness, awareness, Divine guidance, manifesting, energetic protection, karma, etc.)

Volume IV: A Deeper Gaze

A Deeper Gaze devotes time to progressively deeper soul-discovery. Dive into layers of self-exploration to uncover the well-worn patterns and old beliefs that hold us back from living in Union with all of life. (self-love, letting of, dreamwork, forgiveness, etc.)

Volume V: Hip Boots and Waders

Hip Boots and Waders continues the process of soul-discovery as part of our life-long adventure in getting to know self and Self. (inner child work, life drama, inner critic, repetition compulsion, judgement, belief, etc.)”