

Beautiful Sayings from the Soul
to Inspire and Guide You



Gabrielle Bergan



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Thank you for downloading "Beautiful Sayings from the Soul to Inspire and Guide You".

I've been writing about the soul for a long time, and the sayings presented here are just a few of many that I've written. The sayings are all original, all unique. They are based on my own experience of the soul and what the soul has taught me during the last 22 years. If you'd like to know more about my story, you can read about it here [Return to My Soul](#).

Each saying communicates something about the soul: what it is, how to access it and how to live from the soul instead of from the thinking mind.

I hope these sayings will inspire and guide you. I hope, too, that through the message they bring, you will come to know the magnificence that lies within you: the beauty, peace and power that is your essence, your true nature, soul.

If you have any questions or comments, send an email to info@gabriellebergan.com I'd love to hear from you.

Warm wishes,
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There is a world that lies beneath darkness and pain, a world untouched by fear. It is a world of immense beauty, one that offers a different kind of knowledge from that of the rational mind. It is a gentle, peaceful world, powerful beyond measure. It is the world of the soul, of love.

Soul is our essence, our true nature, it is what we are. We are light, we are pure awareness, we are the bearers of true knowledge. We are beautiful, peaceful, powerful beings.

No matter how dark and painful life may seem, there is always light on the other side.

The soul - intangible, but so real; its presence so alive, so powerful, beautiful, serene. It is you - your essence. Do you sense it inside?

Follow your inner knowing: it is your soul. Follow it no matter where it takes you. You can trust your soul. It is always right.



I want you to know how beautiful you are. No matter what you think about yourself, no matter how you see yourself, your beauty cannot be questioned. You are also extremely powerful. It is only fear that stops you from knowing your beauty, your power, your strength.

Life isn't "out there". It is within us. We are life itself.

When inner peace remains undisturbed, we can sense, "see", "hear" the language of the soul; we can discover how it communicates, how it guides us, how it shows us the way.

Instead of being afraid, be powerful because that is what you are. You are very powerful!

There are no barriers to love - only the ones we put there.



Have you ever experienced a peace so deep and complete that it filled you from head to toe? Where thoughts and feelings ceased to exist, where your body ceased to exist and all that remained was peace? This is the peace of the soul. It is your natural state of being. Seek this peace, become familiar with it. It will teach you everything you need to know.

Light - beautiful, peaceful, immensely powerful - this is the truth of what we are.

So beautiful is the soul, so peaceful, so powerful, that nothing else matters because all that is good flows from this.

Returning to the soul is about returning to wholeness. This is how we heal.

Love - more than anything else - is what the world needs, now, always and forever.



Because your essence is light, you are extremely powerful, more powerful than you could ever imagine. Have the desire to open up to the power that is your essence, your being. It is the power of love.

Love isn't something "out there". It is we who bring love to the world by being what we truly are.

When you have a deep desire for something, it will happen in its own time and way, no matter what you think. This is because the power of your deepest desires is far greater than that of the mind.

Exit your world of thoughts and experience the beauty of life.

Everything you do, do from the soul.



The soul is beautiful, peaceful. When you seek beauty, peace, you are seeking your self, your true nature, soul.

We are light - light that is aware, that sees, and knows.

Let love and only love be the force that guides you.

When you spend time thinking, you put your mind in the driver's seat and it takes over, bringing doubt, worries and stress. But there's another way, the way of the soul, which is beautiful, peaceful, powerful, gentle, serene.

The pull of the mind is strong, but the pull of love is stronger.



The soul - intangible, but so real; its presence so alive, so powerful, beautiful, serene. It is you - your essence. Can you sense it inside?

Love is the greatest power.

You have a garden inside you, a beautiful garden with beautiful flowers. Tend to it, care for it. Let it blossom and grow.

The best way to honour love is to love.

Often, things are not what they seem on the surface. When you experience something difficult, try to see what is really going on. Beneath the surface, there are always gems to be found.



Spiritual enlightenment is the process of returning to our true nature, soul, and living as the beautiful, peaceful, powerful beings that we are.

To live from your soul, you need to get past your personal identity...the you that you "think" you are. The only way to do that is to resolve the issues that keep you there.

Reconnecting with the soul is not difficult to do. Spending time in natural surroundings is a powerful way to get back in touch with our essence, our true nature. Walking in the mountains, in a forest or by the sea will bring you gently back to inner beauty and peace.

Let the soul be your starting point, and the place to which you return should you wander away.

The light of the soul is love. We are, always have been and always will be, love.