



Find your divine spark and direction so you know more  
who you are, where you're going and what you came here to do!

*100+ Wild Soul Inspirations!*

*Sharon Eden*

*Over 35 successful years as a  
Spiritual Psychotherapist Mentor*

[www.thewildelder.com](http://www.thewildelder.com)

*A small body of determined spirits fired by an unquenchable  
faith in their mission can alter the course of history.*

*- Mahatma Mohandas Gandhi (1869 – 1948)*

This workbook is copyright ©2019 Sharon Eden. All rights reserved.

This workbook, or parts thereof, may not be reproduced in any form without  
permission from the author; exceptions are made for brief excerpts in public  
reviews, or copies made for personal use.

The purpose of this e-book is to educate. The author and The Wild Elder shall  
have neither liability nor responsibility to any person or entity with respect to  
any loss or damage caused, or alleged to have been caused, directly or  
indirectly, by the information contained in this book.

# Introduction

Welcome!

Words are just symbols for the energy they carry.

Try this experiment...

Think of the word 'fear' in your mind three times. Notice how you feel.

Now wriggle your body and shake your limbs to get rid of that energy.

Think of the word 'peace' in your mind three times. Notice how you feel now.

If you didn't notice a difference in your feelings and/or body sensations between the two words, you're either a Martian or not used to listening to your feelings or your body.

Most of you will have noticed the difference and realised what I mean by words are symbols for the energy they carry. Imagine how you would feel and how your life would be if you just focused on words that are uplifting? Gorgeous I bet!

Life being life that's not always possible but you can nourish yourself with uplifting words first thing in the morning. This could encourage your mood in an uplifting direction even if you felt grumpy to begin with.

This e-book contains over one hundred positive morning inspirations which, in fact, you can read any time you like. Feeling a bit down, depressed or needing a boost of some kind? Read some salutations.

Even more, if you have a difficulty or problem, flick the pages and with eyes shut point your finger on the page at which you stop. Open your eyes and read the salutation nearest to your finger. Oh yes... How wondrous is it that the 'inspiration' you chose will speak to your difficulty or problem?

Enjoy!



You were born to be magnificent.

How you think about yourself and how you treat yourself either helps or hinders being the most you can be.

Be gentle with yourself!

Life is to be lived... Dive in!

To feel really good, focus on what you love.  
The rest just falls into place...

Go give yourself a huge embracing bear hug.  
Love is not just for the young!



Keep reminding yourself... I am enough!

Just because you can do a thing doesn't mean  
you have to... Choose!

Who knows what you might miss through being on time...  
Always arrive early!

Ignore what you think others think of you...  
It's just your mind playing tricks.

Smile radiantly for 60 seconds. Do this often!

Stay focused and take heart...  
Everything turns out exactly as it needs to!



The opposite of fear is FIERCE! Try it out...

Learn the rules so well you'll know how to break them...  
You are allowed!

Spread your wings and... You know the rest!

You are magnificently awesome!

Busy-ness keeps you away from what truly matters.  
Stay still and listen... now!

Patience is all about sitting and waiting.  
Be open to what arrives...



Faith is just sitting. Expect nothing and be  
deliciously surprised by what gets delivered...

Do ordinary things extra-ordinarily and notice how  
your spirit soars...

Whatever happens in life, always know  
you are precious...

Waking up is an act of courage... Be courageous!

Your wings are made for giddy heights.  
You CAN fly closer to the sun...

If you don't fit in celebrate.  
You were born to be unique!



Surround yourself with the up-lifters in life  
and avoid those oh so negative pull-you-downers!

Be so true to yourself it almost breaks your heart...

**Be yourself!**

Colour in your life will save the day.  
Create some colour now!

Abandon all 'good manners' you were taught to  
keep you very small...

Zoom in! You'll feel much more alive in the middle of life...



Don't cast your pearls before swine.  
Seek out those people who really get you!

Sometimes gorgeousness comes to find you so keep a look out...  
Prepare to be surprised and delighted!

Seize the next opportunity as if it were the only thing to do...

Treat yourself like your best lover would. You are absolutely  
entitled to deliciousness!

The bits round the edges of your life could carry  
all the juice... Stay alert!

See the juice in everyday things... Bath bubbles, answering your  
mobile, beans on toast... What joy!



Be bold, be brave, be the bestest ever you you can be!

Face a window, close your eyes and  
let light's healing energy caress you...

You live in an abundant world. EXPECT oodles more  
deliciousness and it will arrive!

You CAN get used to 'wonderful'!

Falling apart is a powerful opportunity to rebuild yourself.  
Foundations are so much easier to dig...

Persistence is at the root of successful life.  
Pick yourself up every time!



Avoid the 'but' in your sentences.  
It only drags down everything good you said before it!

## **YOU CAN!**

You can be who you are rather than who you were  
trained to be. Get going!

How can you take care of others if you don't first  
take care of you?

Ignore what you hear from the crowd.  
What do they know anyhow?

Anything worth doing will scare you because you're asking  
yourself to stretch. Baby step or jump off the cliff?  
Just choose...



There are no right answers, only your answers!

Your courage WILL respond to risk, I promise you...

Act from love and rain lavish kindness on  
Yourself as well as others...

Whatever your situation, a door will open for you.  
It always does!

Your greatest fear holds your greatest gift!

**Be proud of who you are...**

Live with abandonment!



You can make a stand. You'll know when...

**Refuse to settle for less than amazing!**

Speak up! You have a right to get heard...

You CAN make a difference, however small...

We all need mini-sabbaticals.  
Take time for yourself... now!

Silence can be heavenly. Get some soon...

**I totally believe in you!**

Wake up your energy and passion by simply  
jumping up and down right now!



When you look at the stars, know you are made  
of the same stuff...

Opportunity sometimes comes in disguise... Be alert!

Give up being just 'good' when, in reality,  
you are totally magnificent!

Enjoy grown-up play time however you do it!

Peace, love and happiness are part of your birthright.  
Claim them for yourself today!

**You are totally loved...**

Reeeelax and know your troubles can melt  
like ice in the sun...



Be your own boss... even if you're not!

There are times for plodding, times for flying AND  
there's always time for playing...

Be very realistic and expect miracles!

Embrace your dream and do one small thing  
toward it every day...

**It's never too late to start over!**

Good energy is contagious so only hang out with  
those who have it!

There's always something for which  
to be grateful. What's yours?



Whatever your gender, we all have balls. Use them!

Laugh at the ridiculous...

Trust your heart because it never lies...

Good things come in threes... at least!

Take a rest from all your 'doing'.  
You need 'being' time as well!

Be glad when you miss out. Better is on its way...

Dump your doubts... You are more than enough!



Light always comes after the dark, however dark the dark is...

All the positive energy in the universe is within you. Feel your pulse and connect with it any time...

Give yourself a break. Start saying NO!

You CAN make something oh so good pop into your life...

**You are awe-some!**

Who you are is so loveable and adored...

Smile more and you'll be smiling on the inside too...

Grab life with BOTH hands and  
find out how powerful you really are...



There's never been a better time to do  
what you're thinking of doing...

Laughter is your Soul's joy.

Laugh more on purpose today...

You are truly beautiful...

You were never meant to be  
anything other than magnificent!

Wake up!

Yell out HAAAAAAAAA... I DARE YOU!



Listen out for your Inner Wisdom's whispers.  
They're pure gold...

You can be bold and bountiful now...  
and now...and now... and...

You are indeed the beloved.  
Look deeply into your eyes and tell me you're not!

Enough already... It's time to shine your light!

Nothing in your life is ever wasted.  
Everything has brought you to where you are now...

Believe in yourself and notice the delicious and  
positive things that start to happen...

You can create your heaven here on earth!



Put your deepest self into whatever you do. Because  
you never know where it might lead...

You always get to dance so polish up those  
twinkly shoes and go for it!

Being youthful is not a matter of age. It's a matter of spirit!

Lighten up!

You CAN teach an old dog new tricks...

Everything will be all right, no matter what!

You can find magic where-ever you look...  
Start looking now!



Speak only with those with whom you WANT to speak...

Your life is too precious to waste!

Mind your own business and let others mind theirs  
for inner peace to flow...

Don't just stand there... Go for it!

If you are unable to sit still, then wriggle and diggle to your  
heart's content. Everyone has their own way  
of being in the world...

**You can never ever ever ever  
have enough of too much!**

Know that you are always but always loved!



I'm delighted you downloaded this gift and hope you enjoyed these inspirational messages. If there's one that just pings with meaning for you, copy it onto a post-it and place it on your screen or anywhere near to you throughout the day so it can work its magic especially for you!

If you'd love to have my weekly blog post delivered straight to your inbox, visit [www.thewildelder.com](http://www.thewildelder.com) and scroll down the home page to the sign up form.

Also, do join me on Facebook <https://www.facebook.com/sharoneden.biz> ... I'd love us to stay in touch!

Sharon



*“Even after all this time,  
The Sun never says to the Earth,  
‘You owe me!’  
Look what happens  
with a love like that.  
It lights the whole sky.”*

*- Shams-ud-din Muhammad Hafiz (c 1320-1389)*



Showing women how to find their divine  
spark and direction to know where you're  
going and what you came here to do

[www.thewildelder.com](http://www.thewildelder.com)

