

the Instruction

Living the Life Your Soul Intended

Ainslie MacLeod



"I recommend this book to those who seek greater spiritual well-being and a better understanding of their life's purpose."

—DR. MEHMET OZ
Author of You: The Owner's Manual

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16

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The Instruction: Living the Life Your Soul Intended, Ainslie MacLeod, ReadHowYouWant.com, 2009, 1458729338, 9781458729330, 408 pages. Uncover the Life Your Soul Has Planned for You Have you ever sensed that your life has a deeper, more meaningful purpose - but you don't know what it is? If so, you're not alone. To help you and the millions like you, psychic Ainslie MacLeod's spirit guides have given him a systematic approach to uncovering who you really are - and the life your soul has planned for you. They call it The Instruction. Now this unique teaching is offered as a step-by-step program for realizing personal fulfillment. The Instruction will take you through 12 "doorways" to unveil the life plan your soul created before you were even born, including: Your Soul Age: Determining how it shapes your beliefs and behaviors:Your Soul Type: Are you a Spiritualist? Thinker? Creator? What your Soul Type reveals about your true self; Past-Life Fears: How exploring previous lifetimes helps overcome blocks to happiness in this life; Talents: Reaching back into past-life experiences to create a more fulfilling future By taking you on a journey beyond this plane, Ainslie MacLeod uses The Instruction's groundbreaking system to help you unlock the secrets of your soul's purpose and illuminate the path of your life. INCLUDES READING GROUP GUIDE AINSLIE MACLEOD has used his talents as a psychic to explore the soul and its effects on human beliefs and behavior for more than a decade. Collaborating with elevated spirit guides, he developed the Instruction as a way to help each of us understand our own personal destiny. Originally from Aberdeen, Scotland, he currently lives in the beautiful Pacific Northwest, where, from his office on a tranquil island, he offers psychic guidance to clients worldwide..

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Return to the Sacred Ancient Pathways to Spiritual Awakening, Jonathan H. Ellerby, Jan 1, 2009, Body, Mind & Spirit, 259 pages. .

Hypnosis for Beginners Reach New Levels of Awareness and Achievement, William W. Hewitt, 1997, Psychology, 288 pages. Introduces the concept of hypnosis, describes exercises designed to teach basic techniques, and discusses regression and self-regression.

Man's martyrdom , William Western Patteson, 1965, Body, Mind & Spirit, 208 pages. .

A Time of Departing How Ancient Mystical Practices Are Uniting Christians With The World's Religions, Ray Yungen, May 30, 2006, , 240 pages. Some questions this book answers ...What exactly is contemplative spirituality and how is it New Age? Who are some of the major proponents of contemplative prayer and how are

How to Meet and Work with Spirit Guides , Ted Andrews, Nov 1, 2011, Body, Mind & Spirit, 216 pages. Each of us can benefit from contact with the spiritual realm, and we often do so without realizing it. Spirit guides serve many roles and take many forms of expression within

Faith Undone The Emerging Church-- a New Reformation Or an End-Time Deception?, Oakland Roger, Aug 31, 2007, , 263 pages. Leaders of the emerging church say drastic changes must take place because the church can no longer be effective with old ways and an old church. We need a new kind of

Solitary Seance , Raymond Buckland, Feb 1, 2012, Seances, . Connecting with your departed loved ones doesn't have to mean visiting a medium or taking a specialized course. With the proven techniques in this book, you can contact spirits

How to Live on Twenty-four Hours a Day Easyread Large Bold Edition, Arnold Bennett, Feb 13, 2009, Antiques & Collectibles, 68 pages. Books for All Kinds of Readers. ReadHowYouWant offers the widest selection of on-demand, accessible format editions on the market today. Our 7 different sizes of EasyRead are

Soul Purpose Awaken Your Perfect Self, Kent D. Schuette, Jun 29, 2009, Body, Mind & Spirit, . There is something profound happening in the world of science, the healing arts and religion. We are on the dawn of a new age of awakening. You and I are living at a time of

Working With Your Guides and Angels , Ruth White, Oct 1, 1997, Body, Mind & Spirit, 128 pages. Shows how to use guides and angels, what they can mean to your life, and how they can increase your perception of other worlds. White stresses the psychological preparation

For Many Shall Come in My Name How Mainstream America Is Accepting the Ancient Wisdom Teaching and What This Foreshadows, Ray Yungen, Oct 1, 1991, , 190 pages. .

Have you ever sensed that your life has a deeper, more meaningful purpose-but you don't know what it is? If so, you're not alone. To help you and the millions like you, psychic Ainslie MacLeod's spirit guides have given him a systematic approach to uncovering who you really are-and the life your soul has planned for you. They call it The Instruction. Now, this unique teaching is offered as a step-by-step program for realizing personal fulfillment. The Instruction will take you through 10 "doorways" to unveil the life plan your soul created before you were even born, including:--Your Soul Age: Determining how it shapes your beliefs and behaviors --Your Soul Type: Are you a Spiritualist? Thinker? Creator? What your Soul Type reveals about your true self --Past-Life Fears: How exploring previous lifetimes helps overcome blocks to happiness in this life --Talents: Reaching back into past-life experiences to create a more fulfilling future. By taking you on a journey beyond this plane, Ainslie MacLeod uses The Instruction's groundbreaking system to help you unlock the secrets of your soul's purpose, and illuminate the path of your life

Recommended by Dr. Mehmet Oz, author of You, The Owner's Manual: "Ainslie MacLeod is at the frontier of exploration into the soul and its profound influence on our physical selves. I recommend this book to those who seek greater spiritual well-being and a better understanding of their life's purpose." --This text refers to the Hardcover edition.

While I really enjoyed this book, and found much of it insightful, I also found it interesting how much of it overlaps a previous channeled system that I became only recently acquainted with. The "Michael Teachings" have been around for quite a while, and a Google search will yield many details about them. Several of the categories and some of the concepts in this book are identical: The concept of Soul Ages is present in both, and categories such as spiritualist, helper (servant), conceit (arrogance), obstinacy (stubbornness), insatiability (greed) will seem familiar to anyone who has investigated the Michael Teachings. While the Michael Teachings uses a system of seven categories, the Instruction uses a system of ten. While it could be derivative, I also entertain the possibility that on the Causal Plane Ainslie MacLeod's guides and the Michael entity do lunches to compare notes (or whatever one does on the Causal Plane.)

Still there is much that's different here, and certainly much that's new and highly useful. My only lingering frustration is that--as multiple people channel Michael, while only Ainslie MacLeod has channelled this system--if you aren't quite sure by the end into exactly which categories you fall in the Instruction you currently have to pay a significant \$540 for three sessions to find where exactly you fall in this system, whereas in the Michael Teachings you can have a chart made up for you for \$35-\$40. True, you get a lot of extra guidance and insight from those sessions--so they may be worth it overall--but some of us just want to know the categories and let our own self-insight take us the rest of the way. Read more ›

For instance, if I think I fit into the "Investigation of Betrayal," basically it says to get over the betrayal and move on to trust. And I quote: "The investigation of Betrayal usually begins with an event, then becomes all about overcoming the risk, uncertainty, to recover the ability to rely on other people using the advantage: trust." If I think I fit into the "Investigation of Failure," get over your failures and move on to success.

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I have been pursuing higher consciousness for 20 years. I have loved many books and gained many insights along the way. The Instruction, without a doubt has been the most inspiring and soul touching book I have ever come across, It answered soooooo many questions and doubts I lingered with. We ARE spiritual beings and we ARE on our way home!! I thank you Ainsley, your soul guides and mine too! The only book I refuse to lend out. Its a must read!

Have you ever sensed that your life has a deeper, more meaningful purpose - but don't know what it is? In The Instruction, psychic Ainslie MacLeod offers a systematic approach to uncovering the life your soul has planned for you. With the help of high-level spirit guides, this step-by-step manual for realizing personal fulfillment presents the debut work from this unique v...more Have you ever sensed that your life has a deeper, more meaningful purpose - but don't know what it is? In The Instruction, psychic Ainslie MacLeod offers a systematic approach to uncovering the life your soul has planned for you. With the help of high-level spirit guides, this step-by-step manual for realizing personal fulfillment presents the debut work from this unique voice in contemporary spirituality. The Instruction takes readers through ten "doorways" to unveil the life plan their souls created before they were even born, including: The Door to Perception: Your Soul Age, and how it shapes your beliefs and behaviors; The Door to Acceptance: Are you a Hunter? Thinker? Creator? How your Soul Type reveals your true self; The Door to Balance: How to avoid false-goals and diversions; and The Door to Creativity: Using past lives to enhance the present.(less)

A basic premise in this book is disturbing to me: by exploring and understanding the "soul world" we can find the answers to all of life's mysteries and thereby enhance our experience of life. I'm really not so sure I want to answer all of life's mysteries. Those are the cinema of our existence in my opinion.(less)

This book firstly is about reincarnation and I don't believe in that but I listened to an interview with the author and what he was talking about sounded interesting. What happened is he instantly stopped talking about reincarnation and talked about life and who you are and how to correct things in your life.

The basic claim of this book I think is that many people have lost touch with their Soul, and therefore their life's purpose. Apparently informed by his own spirit guides, the author lays out 10 of everything (is it really that neat?): soul levels (how old or at what stage your soul might be), soul types, missions, etc. I don't take this stuff literally, but it seems valuable in how it can create greater appreciation for what you and everyone else are trying to do here. For example, whereas I mi...more The basic claim of this book I think is that many people have lost touch with their Soul, and therefore their life's purpose. Apparently informed by his own spirit guides, the author lays out 10 of everything (is it really that neat?): soul levels (how old or at what stage your soul might be), soul types, missions, etc. I don't take this stuff literally, but it seems valuable in how it can create greater appreciation for what you and everyone else are trying to do here. For example, whereas I might hear "dilletante" as a put-down, more appreciation grows from seeing instead a Soul on a mission of Exploration.

To anyone who experienced profound unhappiness in childhood, this books is illuminating. It teaches us why to meet people 'where they are' and reveals to us ideas about the reasons we are here and what we are meant to remember about our true selves. Particularly helpful in learning how to release judgment.

This is going to be tough going for me, because I don't think I have reached a level of understanding to make a lot of sense out of it. That's ok because that's another message, but I'm going to try again later. In the author's interview with Oprah, he made it seem very easy and clear and she got it, which gives me hope because we discovered some of the same books 20 years ago.

I love this book. It speaks directly to the soul's evolution and what to expect at each point in this evolution. It also discusses the different challenges we face, the talents we possess, and the desires we have - what really makes our life our own. I found this book very refreshing and reassuring. A

great read for anyone interested in existentialism.

For more than a decade, Ainslie MacLeod has used his talents as a psychic to explore the soul and its effects on human beliefs and behavior. He is the author of *The Instruction*, and *The Transformation* (published by Sounds True). MacLeod has appeared as a guest on Oprah's Soul Series, is a faculty member at the Omega Institute, and was the recipient of a gold medal from the Independent Publisher Ass...more For more than a decade, Ainslie MacLeod has used his talents as a psychic to explore the soul and its effects on human beliefs and behavior. He is the author of *The Instruction*, and *The Transformation* (published by Sounds True). MacLeod has appeared as a guest on Oprah's Soul Series, is a faculty member at the Omega Institute, and was the recipient of a gold medal from the Independent Publisher Association for his book, *The Instruction*. He currently lives in the beautiful Pacific Northwest, where, from his office on a tranquil island, he offers psychic guidance to clients worldwide."(less)

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9 souls ability abuse achieve acting advantage associated Astral Plane authorâ€™s causal guides become beliefs canâ€™t Causal Plane challenge of Restlessness challenge of Self-Destruction clients consciousness couldnâ€™t create creativity Creator type David Walton death desire didnâ€™t DOOR enlightenment everything experience feel goals going guides and tell happened heâ€™d Healing highest interest Iâ€™ve Illusion incarnations influence *Instruction* investigation Level 10 souls Level 9 lifeâ€™s lifetime live look never old souls once overcome past past-life fears person phobia Physical Plane problem psychic reason result risk sense session sheâ€™d simply someone Soul Advantage soul age soul intended soul level soul type soul wants Soul World spirit guides Spiritualist type talent thank your spirit theyâ€™ll theyâ€™re things Thinker type told tranquility understand W. C. Fields walk the paths Walter whatâ€™s whoâ€™s youâ€™ll youâ€™re younger souls

Ainslie MacLeod has used his talents as a psychic to explore the soul and its effects on human beliefs and behavior for more than a decade. The author of *The Instruction* (Sounds True, 2009), Ainslie was a featured teacher on "Oprah's Soul Series," and is a faculty member at the Omega Institute. Originally from Aberdeen, Scotland, he now offers guidance to clients worldwide from his home in the Pacific Northwest.

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