

# Cheers to a beautiful beginning!



## Happy New Year!!!

As we open 2023 with a wide-open heart, I wish that you remember all the tools you have to create the life that brings you genuine happiness, nourishes your beingness and doingness, and listens only to your loving inner voice aligned with your Higher Self.

Discern the voices outside of you, question them, and refer back to your values. Take what resonates and is helpful to your divine path.

Be bold and change for the better, it can be a little tricky to navigate improvements, but you have all the power you need to make it happen.

Your Soulful Life Coach and Intuitive Wayshower  
sending you lots of love from sunny Dubai,

*Sorren Caryl*

# WHAT ENERGIES ARE WE COMING FROM IN 2022?

Residing in our minds of any age are 4 Wise Councils, and here are their energies to ring in the NEW YEAR!

## Adult: Picked a worthy battle

We've endured a pandemic that taught us to ground and awakened us to examine what is truly important.

Empty fame, status, and materialism might not be worth fighting for. Love, respect, and relationship are. Let's stand and defend our right to live the life we deserve.



## Child: Wisdom beyond the edge

We embraced transformation, acknowledged our innermost fears, and became more self-aware.

We remember the power and knowledge that come through well-being and soulful practice.

## Teen: Ran toward the heart

What we brought to our journey determined if ours is a path of suffering, wisdom, bliss, or loss - was LOVE in it?

We're leaving the beaten path, sailing into the uncharted, and opening to expansion.



## Elder: Shine where we are

We are the keepers of the light with a soul mission to fulfill. Let us tune in to our purest intentions and internal guidance coming through loud and clear.

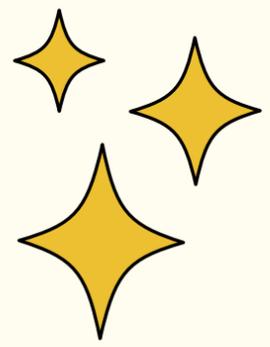
## Going into 2023...

We are clear about what's essential, transformed with a new self-awareness, led by the heart, and shining our lived experienced.



The **ENERGY** referred to here is derived from the Sanskrit term "shakti," which signifies strength, capacity, or potency. The ability to perform (inner) work literally means "ENERGY."

# 2023 COLLECTIVE ENERGIES



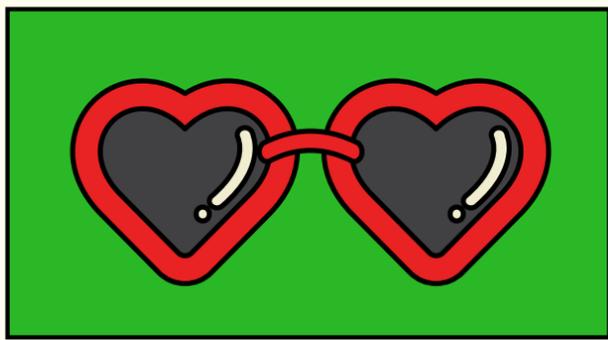
WHAT IS IN STORE TO WIELD IN YOUR FAVOR...

## AKASHIC RECORDS CHANNELING

Beloved, create a quiet place to listen to your heart. Follow the whisper, the inspiration coming from your heart to guide you in what brings you joy, harmony, and strength of willpower.

You are stronger than you can ever imagine. Your well of love is full, abundant, and overflowing. Access it because it's always available for you. Be tender, my Beloved.

Let your tears fall, your voice crack with laughter, and live as you've never lived before. Every day is new, and you can decide what to choose from what you think and feel. Be unbothered by what sways you out of your wholeness, center, and truth.

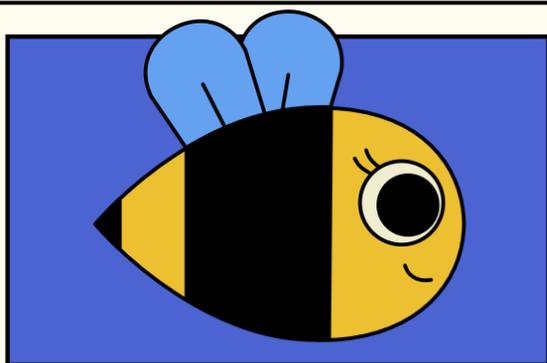
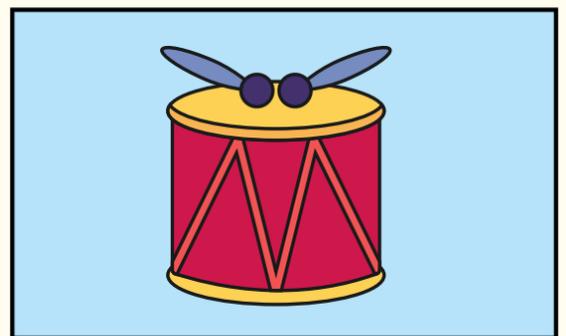


### 1 - LET PEOPLE INTO YOUR HEART

Move in celebration, grace, and gratitude for how far you've come welcoming revolutionary insights about holistic healing. You've understood a healthy and harmonious relationship with an equal share of duties and resources at home and work. It's time to practice what you've transcended.

### 2 - EXPRESS YOUR EXPERTISE TO IMPORTANT PARTIES

Beat your drum so fiercely, clearly, and firmly rooted to the center of the Earth. It will be a wild and wonderful voyage, so bravely gather your power tools. Allow the rhythm of what is essential in your life to carry you. There is no greater reward than making a positive difference in doing the work that only you can do with your effort.

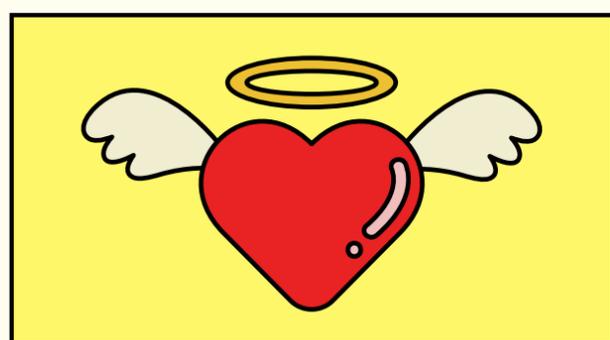
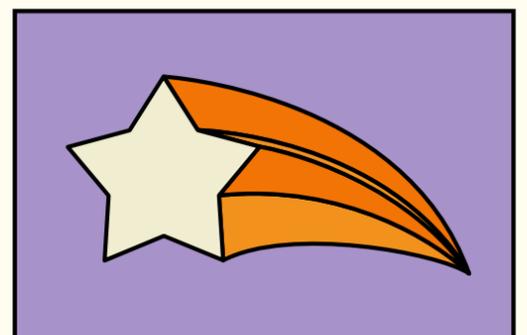


### 3 - FREE YOURSELF

Be honest about your constraints, outmoded beliefs, unhealthy patterns, or addictive behavior. Take bold action to reclaim your power to move out of situations that don't meet your emotional, mental, physical, social, and spiritual needs. Don't stay in a limiting spot because you fear the unknown or keep your pride intact.

### 4 - EXERCISE INVENTIVE LIVING

You've grown more mature with strength, skill, discipline, and toughness of will. Indulge and engage your senses and explore the world around you. You're capable of hunting down new experiences that expand your life. When a time comes that you create and commit, be conscious that it will not inflict suffering on others.

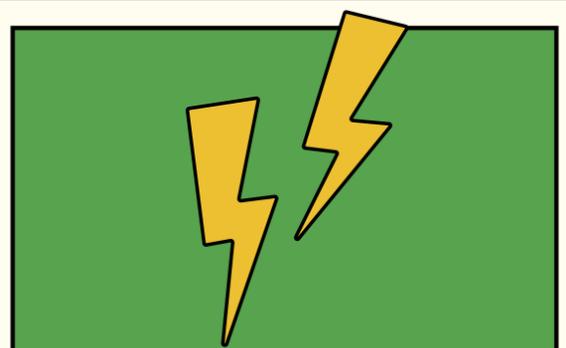


### 5 - FACE YOUR GHOSTS

Will you turn the ghost of your previous emotions into power or poison? Are you telling yourself lies and ignoring your inner voice? Heal your inclination to self-sabotage. Don't let your success and joy turn you against people who are happy and have grudges from earlier wrongs. Accept the growing pains and gracefully return to your values.

### 6 - REALIZE WHAT YOU TRULY VALUE

You prioritize your health and take better care of yourself. You have healthy relationships with your family and friends as a source of wonder and joy. You embrace creative pursuits in areas of life that matter to you. Inspiration and support are available for grabs whenever you move in positive directions.



# Monthly Reflection

## Self-Empowerment

### January

Do I believe in myself and honor my talents?

How can I express gratitude for the gifts I've received?

### February

Am I clear about my authentic value?

### March

Am I ready to embrace my highest potential?

## Harmonious Connection

### April

Can I discover a solution in which everybody wins?

### May

How can I employ more balance to benefit my relationships?

### June

Who can I trust and am I listening to their advice?

### July

Am I a good mentor and example with humility?

## Intentional Play

### August

Is it time to enjoy life more?

How can I most enjoy the beauty around me?

### September

Shall I explore the world and start a new adventure?

What is the next bold step in my journey?

## Growth and Purpose

### October

How can I better navigate through emotional turbulence?

Is it time for me to move on?

### November

How can I promote healing in my life?

For those who are more advanced, how can I help and heal others?

### December

Am I doing a job or responding to my work and calling greater than myself?

# 2023 Energy Works



## UNCONDITIONAL LOVE



Activate unconditional love to access the heart of the Divine Creator.

To open your endless capacity for compassion and forgiveness.



## COURAGE



Activate courage to pursue worthy causes aligned with your highest calling.

To value and prioritize what's true to who you are.



## FAMILY WOUNDS



Activate easeful healing of family wounds.

To establish empowered boundaries and wholehearted reciprocal engagements.



## GENERATIONAL PATTERNS



Deactivate unhealthy generational patterns.

To honor past lessons and gifts and to stop repeating the past tragic stories. Step into the generous offer to write a new healthy script.

Go to the below link to listen to healing meditation:  
[sorrencaryl.com/2023energies](https://sorrencaryl.com/2023energies)



SORREN CARYL

# WAYS TO WORK WITH ME

When you need help coping with emotional turmoil or mental conflict and cease self-sabotaging and start transforming your life in 2023 soulfully, here are deeply healing 1:1 life coaching sessions you can choose from:

## 01 *Power Session*

Call your power back, live whole, and ferociously rewrite a new story that you desire. You deserve happiness and success however you define it.

**Self-empowerment investment: US\$ 299**  
90-minute online session and transformation report



## 02 *Birthday No. 2*

You can't let your past have the right to dictate your peace in the present and adventure for the future. Be in control to release old beliefs through breathwork and be reborn again!

**Self-growth investment: US\$ 299**  
90-minute online session and transformation report

## 03 *Love Letter From Your Higher Self*

Connecting to your purest Self gives you the clarity to your life's purpose and live with joy, meaning, and fulfillment.

**Self-discovery investment: US\$ 299**  
Letter in PDF and 60-minute online session



## 04 *Spacelift*

Turn your home or office into your sanctuary of harmony that uplifts everyone who steps into it.

**Flow investment: US\$ 299**  
1st session: 30-minute  
2nd session: 60-minute

## 05 *Wisdom Embodiment*

Review all areas of your life and bring your wholeness and lifetime of learnings into practice. It's your path to self-growth mastery.

**Partnership investment: US\$ 999**  
5 sessions: 60-minute



**Book a session now**

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**Let's connect**



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