

MAKING THE WOO WOO RELATABLE

SOL TALK

Soul Forward Insights on:
LOVE / RELATIONSHIPS / SPIRITUALITY

solcoach.co



YOUR RELATIONSHIP
WITH **CHANGE**

PLUS:

- How to find Equanimity in Uncertainty
- Knowing when to raise the white flag and surrender for your highest good.

MARCH-APRIL 2025

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Sun Tzu

Soul forward means living as the unique energy you are, guided by the high vibrating thoughts, emotions, and actions associated with Divine love.

HELLO



Hey you.

Welcome to the latest issue of **SOL Talk**, a quarterly Ezine designed to help you understand and level up when it comes to love, your relationships, and your soul's awakening. With all the frightening changes being thrust upon us these past confusing and debilitating weeks, my guides and I decided that taking a look at **our relationship with change** would be a timely exploration.

Since January 20th, the cruel dismantling of our democracy has been an eye opener for the country and the world. Many of the democratic ideals we've mistakenly determined as the 'truth' of American exceptionalism have been exposed as "the lies we tell ourselves," forcing us to take a more honest look at who we are. As is Divine intent, this crisis also gives us the opportunity to rebuild a new society, and world order, both which will require each individual to evolve into a higher version of themselves as a human being, allowing all to live soul forward as a collective.

One word has come up over and over ever since this transformation kicked into high gear-- **Surrender**. It's something my guides have been trying to hammer into my psyche and soul for months now: "let go and let flow." But laying back in "love and light" mode while this dumpster fire of darkness burns around us, doesn't seem like the proper move. But after weeks of letting fear and anxiety ruin my days and disrupt my nights, I tuned back into the CCA, stopped resisting, started listening, and most importantly applying their guidance, which has brought me so much clarity and peace of soul. Damn, they always seem to know best! So, of course, I'm sharing all this with you.

Another downloaded message the CCA is sharing in this issue is that we are participating in the real-time evolution of the human species. The guides deem this as "exciting," and as a concept, I agree, but in actuality, if experts are still debating how we evolved to get to this place, how are we actually suppose to do this? The CCA helps break this all down in a way that not only makes sense, but makes it manageable for each one of us. Hint: It all boils down to working on yourself!

I hope that something you read in this issue will help you begin to let go of your fears around all of these deep transformational changes, and surrender to love and the growth that comes with them. I'm confident that you'll learn, as I did, how giving up, and then giving in, will make your path a whole lot smoother to walk.

~ Lari 

SOL TALK CONTRIBUTORS



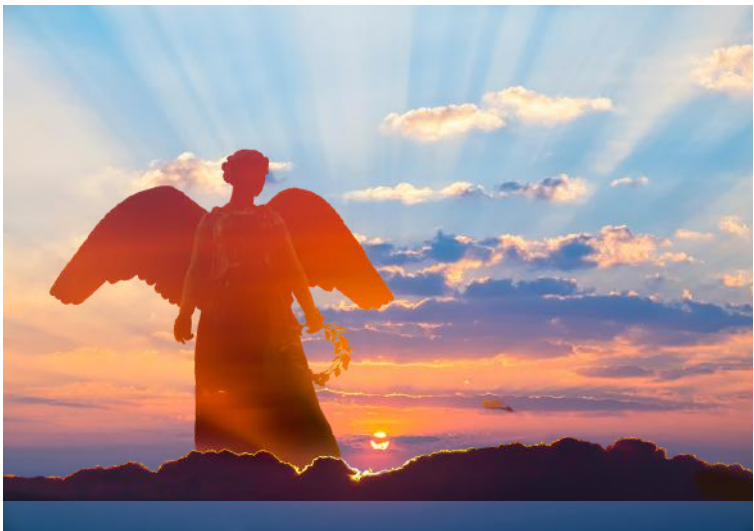
Lori Bryant Woolridge, CSC, CLC, PCC

I am an intuitive, spiritual teacher and coach, certified by the International Coach Federation, channel, and love/relationship expert, who specializes in transformational coaching centered around self-love and soul alignment. I'm also an Emmy-award winning writer, author of eight books, and speaker. I am a fierce advocate for self-love and the positive ripple effect it has on the larger world. My clients run the gamut from celebrities, authors, artists, and academics, to college students and moms, all who align with my coaching philosophy that "True Masters Learn through Joy." ☀️



The Council of Celestial Agents

Most of the up-leveled info is supplied by my co-creators, the *Council of Celestial Agents* (their name, not mine!) Many of you are familiar with my scribed Angel messages, but the **CCA** is an expanded group of my spirit guides, angels and ascended masters who channel through me so I can share with you important truths that have to do with your next-level, soul knowing. You'll learn more about them in the pages ahead, and also via a special channeled messages they have for you.



In This Issue: Archangel Jeremiel

Jeremiel's name means, "Mercy of God." and he can help by helping us to become aware of our thoughts and emotions and how these may be out of alignment with what we really desire, and how they alone may be blocking us from receiving the mercy, peace and gifts of the Universe. When he shows up he's encouraging you to do a life review to see the patterns in your life which have led to your current emotional state. He'll help you make positive changes to raise your emotional vibration in the present so you can positively impact your future and shift your trajectory to align with your authentic soul path and purpose in your life.

TIME TO RAISE THE WHITE FLAG

Let Go of Your Fear and Surrender to Love

”

YOUR SOUL IS IN A
TUG OF WAR
BETWEEN ITS
DESIRE TO GROW
AND ASCEND AND
YOUR EGO'S
RELUCTANCE TO
CHANGE.

--So Says the Light

FEATURED RELATIONSHIP: YOUR RELATIONSHIP WITH CHANGE

By @solcoachlori

So, how are you feeling about all the changes going on around you these days? The impact on all of us is HUGE because the shifting sands beneath our feet, both collectively and individually is offsetting, and no matter where you look, there is no place to escape from it.

On a global level, huge modifications are happening with the world order; on a domestic level, democracy as we have known it is unraveling and the uncertainty of what is next is paralyzing. As individuals, we are consciously or unconsciously being forced to reconsider and re-evaluate the nooks and crannies of our own beliefs, values, and desires, which is impacting our relationships and careers in often profound ways. And all of this change is being driven by the immense transformations happening in the greater universe.

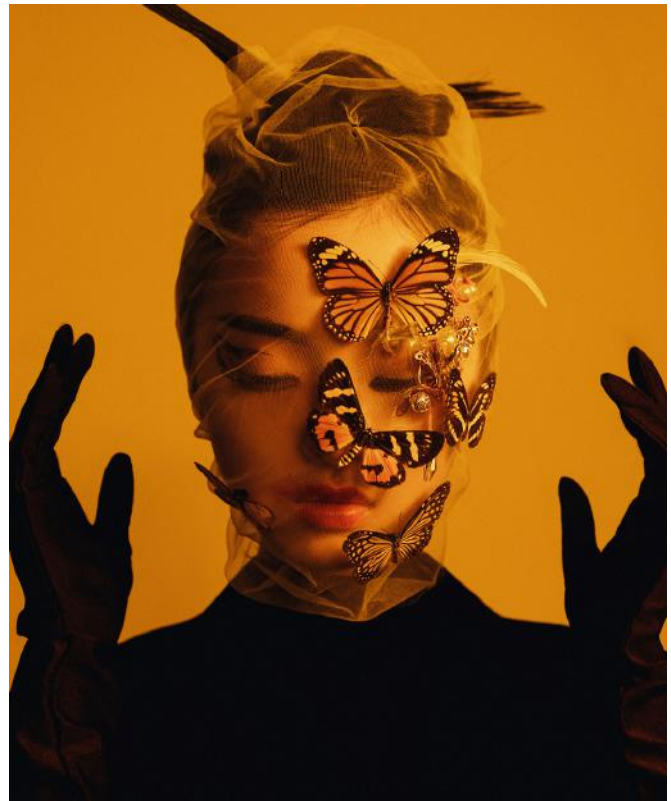
To quote the CCA, ***“Change is upon us in a measure that most of your human species has not experienced before. It is coming with great depth, it is coming with great speed, and it is coming with great transformation.”***

This change is also coming with a ginormous heaping of FEAR, but then again fear of change is a known concept to most of us. Hiding behind the status quo when change is knocking on the door has kept many of us in a comfort zone that is anything but comfortable because even though we outgrew it long ago, for better or worse, it is our safe space.

Spiritual View of Change

From a spiritual perspective, the awakened souls within the greater collective see change as a mechanism of creating new, creating better, creating growth and evolution for all.

In other words, in the world of woo woo, change is synonymous with *growth*.



“Take inventory of your life, and resolve to change or heal anything that is unbalanced.” Archangel Jeremiel



RESTLESSNESS IS GROWTH IN MOTION

ARCHANGEL JEREMIEL

The Human View of Change

For humans who are less soulfully attuned, when you whittle it down to the individual level, the idea of change has a much more frightening emotional response because most see change as stepping away from what is known, what is comfortable, and what has already brought one success.

So, **from this vantage point, change is heavily equated with loss.** It comes with the feeling of uncertainty, which can bring a certain amount of internal chaos. All of a sudden what is known, what has worked out before and has been successful is no longer comfortable. This can wipe away any past feelings of achievement and erroneously leave one feeling like a failure.

A Mindset Rooted in Fear

And yet, even though restlessness and dissatisfaction are present, clinging to what is familiar, though confining and often unhealthy, feels much more empowering than surrendering what was and stepping into the uncertainty of what is next.

This often creates a tug of war between your ego's fear of change and loss, and your soul's recognition and desire to grow and expand, causing you to feel anxious and unsure.

The Root of Anxiety

Anxiety appears and spirals when fed by

the uncertainty around things you cannot control. This is a function of living through your human ego--the protective mindset that operates on fear. **Your ego thrives on certainty.** It thrives on knowing what's next and being in control. Your ego only finds wisdom in the experience and the evidence that has been gathered in the past. The need to control can keep you in a spot that feels safe because it is familiar, regardless if it is the best place for you. **But without change, you will never grow and evolve into the next higher level of your soul's being.**

Your Soul Thrives on Mystery

We are now entering a time where we are living heart centered and soul forward. Your soul thrives on mystery, and its faith in unlimited possibility.

Your soul prospers while understanding that all is in divine order, all is in divine timing, and faith is what is necessary to progress and evolve. It welcomes the wisdom and opportunity of the unknown.

Restlessness is Growth in Motion

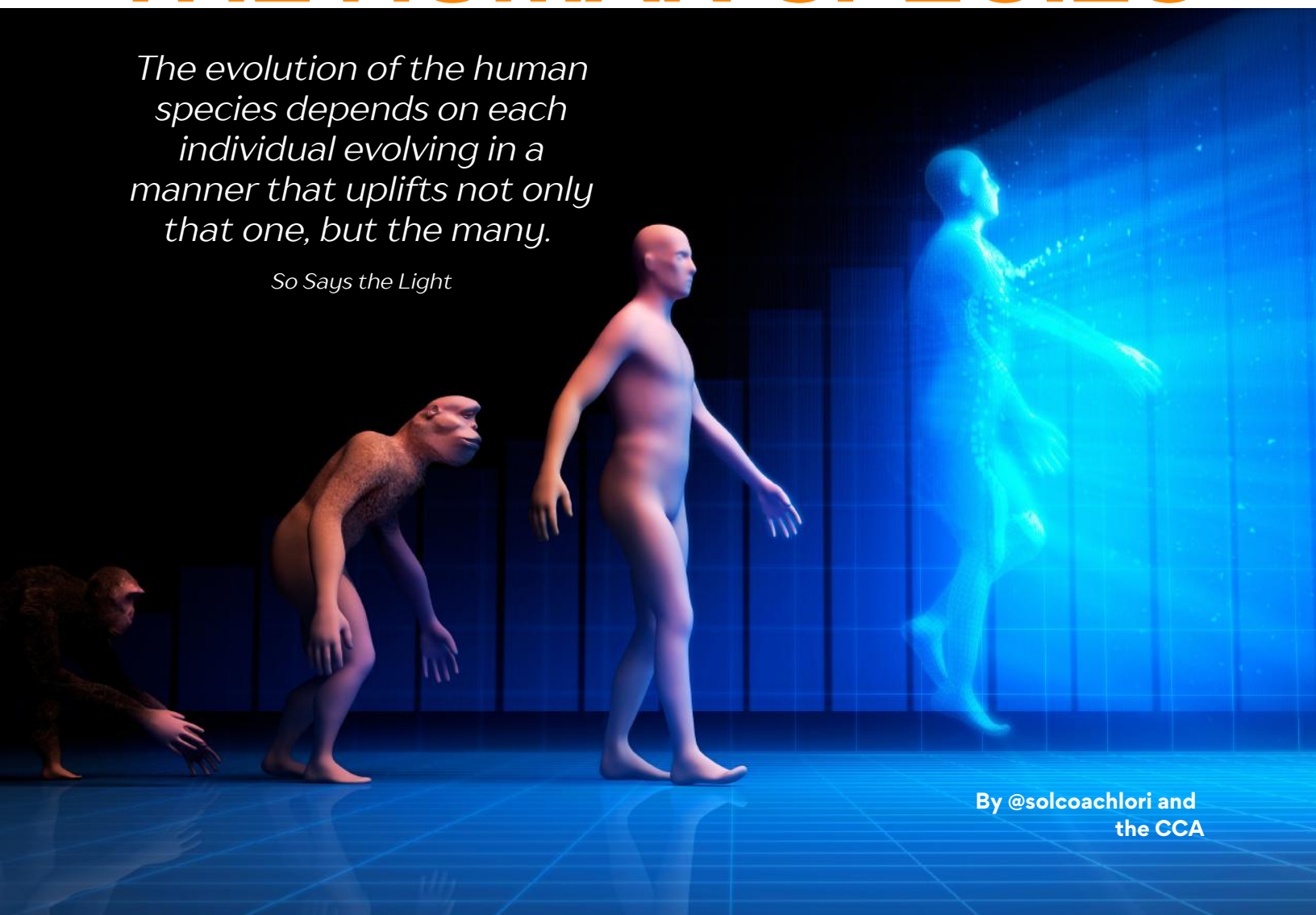
Your soul signals that it is time to grow through the bubbling up of feelings like dissatisfaction, restlessness, and the intuitive awareness that "this just doesn't work for me anymore." **The key is to resist the fearful urge to push down the dissatisfaction,** and recognize it as a sign that you are in the midst of beautiful new growth spurt into the next best version of yourself



CHANNELED MESSAGE: THE EVOLUTION OF THE HUMAN SPECIES

*The evolution of the human
species depends on each
individual evolving in a
manner that uplifts not only
that one, but the many.*

So Says the Light




By @solcoachlori and
the CCA



TAKEAWAYS

**Evolution:
the gradual
development
of
something,
especially
from a
simple to a
more
complex
form**

- Our world is in the midst of a major correction and transformation. When you **surrender and let go of your fear and the idea that you are powerless, everything changes.**
- You are currently participating, as a **co-creator**, in the **evolution of the human species from an ego-based species into a soul-based species.**
- **Your role as a co-creator is to evolve yourself--the way you think about yourself and others, how you communicate and interact with others--all to raise your consciousness** and that of the entire species.
- To uplift all of humanity, you **must be an active participant and an active leader within your own individual life.**
- The evolution of our human species is dependent on **each one taking individual action in their own lives.**
- **Let go of the idea that you are powerless** against the power and forces that are trying to block this progress.
- **Surrender to the love** that drives it all. 



All is well.

Everything is happening
exactly as it is suppose to, with
hidden blessings you will soon
understand.

Archangel Jeremiel


While in theory this whole idea of the human species evolving, and ascending into higher consciousnesses and dimensions sounds all woo woo wonderful, the reality is no joke. The push and pull of the dismantling of you and your life with what feels like the simultaneous rebirth into who you are becoming comes with lots of uncertainty—uncertainty that is augmented by the collective fear of so many huge and scary things going on in this nation and across the world that are of your control. But here's where intentions come in. Be committed to creating a new "silver lining" reality for yourself--an alternative reality built on finding joy where you stand.

Often we give up joy-inducing pleasures because we find our choices, or the choices of others that are foisted on us, have led us into some dark, dank hole. Sadness, anger, fear, and negativity suck all the joy from us, which leaves us in a self-imposed reality that makes us feel stuck and helpless. And once we get stuck it's easy to begin the downward spiral that spits out all sense of hope, empowerment, and control as we wind our way to the bottom. It's during these times that we must work through the pain but still notice all that's lovely around us as we do so. It's a fight. I know, but it's one worth waging.

FINDING EQUANIMITY WITHIN UNCERTAINTY

By @solcoachlori





Here's a list of some of my best advice with four action steps I've been following. If you begin applying them in your own life, they will help you find equanimity within all this chaos. This mental and emotional calmness will help you deal with the outside energies pressing down on you.

What You Can't Control, Let It Roll.

First, take a few days to pay attention and take inventory of your reoccurring negative thoughts. This is helpful because it will give you real insight into how much time you spent worrying about things that you can't do anything about.

When I did this, I realized was that 80% of what I was focusing on was 100% out of my control. Things like the state of America's democracy, Felon 47 and his band of narcissistic oligarchs, the Palestinians, the war in Ukraine, my ex-husband's actions, my clients' and friends' free will choices. I could worry all I wanted but it had no impact on anything but the quality of my own life.

Even breaking down the last 20% of my worrisome thoughts helped me see that half of those could be tempered with a **perception reset**. Asking myself how I could look at this differently not only whittled my give a shit list down to a manageable size but freed up a whole lot of brain space to formulate a plan for what I could impact, which gave me a newfound sense of being in control again.

This Is Being Done FOR You, Not TO You

Take the time to figure out how things are happening for you instead of why they are happening to you is a great tool to help you shift your energy. Doing this forced me out of victim mode, which is a joy zapper for sure, but also one of the fastest ways to strip away your sense of agency. Once I could identify how these changes were pushing me out of a too tight, familiar but boring comfort zone, I stopped seeing them as things I was losing and more as opportunities for growth. Yet another subtle mindset shift that added to my perception reset.



What Are the Benefits of Embracing the Fear?

We are reluctant to discontinue any behaviors that bring us benefits, no matter if the said gain is best for us or not. **Isolating and honoring the perceived advantages you receive by embracing your fears is a huge step towards conquering them.**

Being honest with myself, one of the huge benefits of embracing my fears was that it led to inaction. I didn't have to make decisions because I couldn't decide on anything. And if I didn't act, I couldn't fail.

See, the fear garden is rich with fertile soil to grow an unhealthy crop of rationalized "reasons" (read excuses) for not having, doing, or being something or someone. But this is a lonely and painful plot to farm.

Eventually, the pain of staying stuck becomes greater than the fear of moving forward. And as my spirit guides say, *"Pain is the disconnect between what your soul knows to be true and its desire to lead you there."* Not listening to your soul's truth, will undoubtedly take its toll.

Stay in the Moment to Stay In Control.

Instead of worrying about things in the future that may or may not happen, focus on today.

Every day since I began my silver-lining reality, I've had to remind myself to stay in the moment. Today all my bills are paid. Today my children are thriving, and my 97-year-old mom is alive and well. Today I got two new subscribers on Substack, and did my part to contribute to humanity by helping another person find the love within. Today, all is well in my world.

Staying in the moment will also refresh your sense of appreciation and gratitude. It will increase your happiness quotient and have you vibrating high again, even if things outside your bubble are still in chaos. But make no mistake, feeling lighter and more hopeful will make you want to actively pursue joy in your life and the ripple effect this has on the collective is potent and real.

MINDSET SHIFT: CHOICE DETERMINES CHANGE

By @solcoachlori



Are you are fighting the changes that your soul and life need to go through in order for you to step up and move up to becoming the next level of yourself? If you are fighting that change, then recognize that **your free will choices are made from a place of fear.**

How do you know? Choices made from fear will never feel truly comfortable. They will never feel truly expansive. They will never feel true because **you are choosing to build your life on a foundation of trepidation and inauthenticity, which also is why your outcomes never feel satisfying for very long.**

If you **choose to understand** that the uncomfortableness that comes with restlessness as momentary dissatisfaction and as a prelude to growth, then **your choices will be made from a place of love.** **Choices made from love never feel like you are holding yourself back.** Operating from a place of love allows you make **choices that will propel you forward**, and create progress that is in the best interests of your highest good and who you are becoming. This also means making **choices that recognize some things, people, and situations may be left behind.** But if you look at these decisions through a lens of self-love and positivity, the memories, lessons, and contrasts will aid you in making choices that assist in your transformation.

To change requires choice. To grow requires choice. Your choice will determine how you change. The question is: On which end of the continuum, will your choices be made? Love or fear?



***“Take inventory of
your life, and resolve
to change or heal
anything that is
unbalanced.”***

Archangel Jeremiel





Many lessons can be learned about dealing with life's changes through a kaleidoscope.

KALEIDOSCOPING

By @solcoachlori

I love kaleidoscopes. They come in all sizes and price ranges and are amazing works of art. For those of you not familiar with the inner workings of this happy phenomenon, a kaleidoscope is a tube of mirrors containing loose colored beads, pebbles or other small colored objects. As the tube is rotated, the tumbling of the colored objects presents the viewer with varying colors and patterns. Any arbitrary pattern of objects shows up as a beautiful symmetric pattern because of the reflections in the mirrors.

Never has a little smoke and mirrors been so gorgeous, and for me they have become a metaphor for the remarkable resilience of the human spirit and a reminder that the true beauty of this world is not only in the eye of the beholder but is a creation of positive mind over matter. **They speak to me of the beauty and power of change and all its new possibilities.**

Kaleidoscopes reminds that **something new and lovely awaits me at every turn. That while nothing stays the same change can be exciting and beautiful, and that if I am in the moment, opportunity lost is always replaced with an opportunity found.**

So, in these trying times consider a kaleidoscope view of life. This guided meditation will remind you to find joy and beauty where you stand, recognize that sometimes it's the simple things that can get you through the moment, and that above all, positive change is coming. 🌞



END NOTES

**IN THE MIDST
OF CHAOS
THERE IS
ALSO
OPPORTUNITY.**

Sun Tzu



Here we are at the end of this issue. What resonated most with you when it comes to how you view change?

I love how much I learn co-creating each issue with my guides. What I found most helpful was understanding the simple, and yet highly complex truth that all free will choices come down to one question--is my decision coming from a place of fear or from a place of love?

It has been such a dramatic eye-opener to ask myself that question when it comes to making daily decisions. I found that I was often making choices influenced by what things were happening around me instead of what was best for me. After doing this for a few days, I began to fully embrace the action of surrender with a new understanding.

They weren't suggesting I surrender to the hatred and darkness, but instead to **let go of the fear and find ways to fight back that were consistent with who I am and what kind of world I wanted to help create.** Making choices based on the many dialects of love--kindness, compassion, joy, and self-love, has been a game changer for me. I highly suggest you try it out for yourself.

~ Lori 

Making the Woo Woo Relatable



SOL TALK RESOURCES

Download these complimentary worksheets that support the messages and information in this issue of SOL Talk.

What You Can't Control Let It Roll

The quickest way to lose control is to fill up your list of worries with things that you can have absolutely NO impact on. This worksheet will help you sort out your worries and distill them into clear actions that keep you feeling on top of things.

Kaleidoscoping

Sit back, relax, close your eyes and enjoy this guided meditation followed by this worksheet. Both are designed to help you see how beautiful and rewarding the uncertainty of change can actually be. It's all a matter of perspective.

Other Resources I'm Using

Rumi Oracle Deck

I love, love, love this card deck by Alana Fairchild and based on the teachings of Rumi.

Signs: The Secret Language of the Universe

This is an interesting book full of information and stories about how to recognize and interpret messages from the other side.

To read back issues of SOL Talk, visit solcoach.co

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Connecting the dots between
love, sex, and your soul.

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Big love is not rare, and healthy, fulfilling, and sustaining relationships aren't as painful or scarce as your past experiences may have led you to believe. The trouble is most people don't understand the true essence of love and the true purpose of it and our relationships in our lives. Halo & Thong is here to help you not only get to know love, but experience it in abundance.

Subscribe to get full access to the love stories, and channeled love lessons from my guides, The Council of Celestial Agents, plus coaching materials, designed to up your love game from the inside out. You'll also have access to my [publication archives](#), all offered to help you know, relate, and live love in the real world as the loving, sexy soul you are.

STAY IN TOUCH!



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Let's Chat

If you've got questions, perhaps I can help you find the answers. Book a complimentary session using the link below and breathe!

