

MAKING THE WOO WOO RELATABLE

# SOL TALK

Soul Forward Insights on:  
LOVE / RELATIONSHIPS / SPIRITUALITY

[solcoach.co](http://solcoach.co)



REALIGNED &  
REDEFINED THROUGH JOY

## PLUS:

- Insights on why it feels like the world is going to hell in a hand basket and a channeled message from Spirit on what you can do.
- Your relationship with the Universe and why it's so important right now.

**AUGUST 2024**

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# HELLO



Hey you. I wanted to get in touch because these are some interesting and kind of scary times we're living through right now in terms of the energy surrounding our politics, our country, and our world. And with all of that stuff happening on the outside, many of us are feeling rather discombobulated in our own lives as well. Do know that it's all this chaos is connected and for a very good reason.

With this in mind, I'm reaching out to share with you some of the insights that I've downloaded from my spiritual team. They have helped me stay calm, push back the fear, and move through my days with more positivity and light, and I hope they do the same for you. But what started as an email, turned into a newsletter, which morphed into this digital magazine.

Welcome to **SOL Talk**, a bi-monthly tome designed to help you understand and level up when it comes to love, your relationships, and your soul's education. My intent is to help you connect many of the dots between your current spiritual knowledge, some new and exciting subjects we'll cover, and how they are showing up in your everyday life. Each issue we'll feature topics, all with a user-friendly spiritual slant, to help you grow and evolve into a more joyful and fulfilling soul forward existence.

So, what does soul forward mean? It means living with authenticity. It means loving with transparency and without fear. It means more feeling and less thinking. More being and less doing. It means connecting with energy and people that are for your highest good as you progress into attracting the love and creating the life that you not only want, but you damn well deserve.

In this first issue, we're exploring the importance of your relationship with the universe. This is a relevant topic at this time because of all of the cosmic activity and spiritual shifts that are happening with our world right now. But don't worry. As always, I will attempt to make all the woo woo relatable so that you can understand what's occurring and how you can integrate this knowledge into your everyday life. I've also included links to SOL growthwork to help in the process.

Take a breathe and relax because I promise, everything is going to be alright. As always, I leave you with the knowledge that you are loved, and you are love, so act like you know it!

~ Lari 

**Making the Woo Woo Relatable**

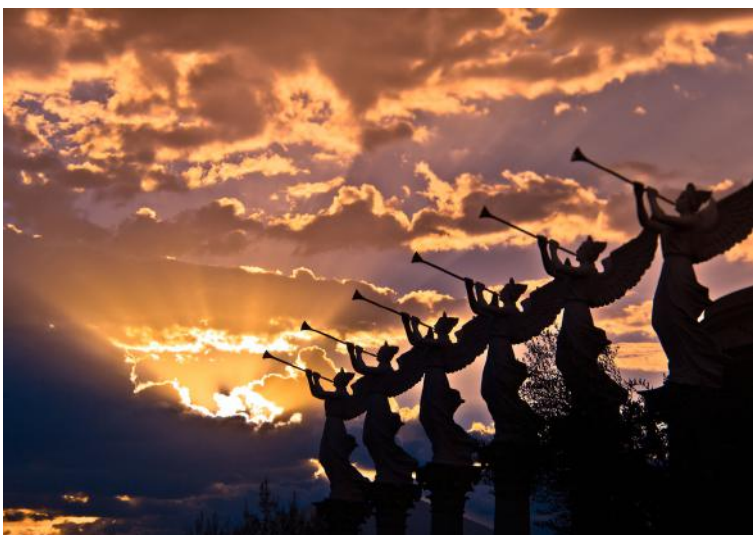


# SOL TALK CONTRIBUTORS



## Lori Bryant Woolridge, CSC, CLC, PCC

I am an intuitive, spiritual 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, speaker, and teacher. 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.



## Archangel Jophiel

Jophiel's name means, "Beauty of God." She helps us when we are feeling the most insecure. She inspires people to search deep within themselves, helping us gain the confidence we need to feel and express beauty from the heart. She can also help us see the beauty in others and in our environment, helping us appreciate and be grateful for what we have. She is a welcomed and fitting contributor to this issue as we try to navigate out of the darkness and fearful energy that seems all consuming, and into the beautiful light that is the love you are. Look for her words scattered throughout.

# WTF IS HAPPENING?

By @solcoachlori



THE DARKNESS OF  
FEAR IS BEING  
EXPOSED IN A  
MANNER THAT  
CANNOT BE  
IGNORED.

--So Says the Light

Few would be hard pressed disagree that these are some messed up and scary times we're living through right now. We came out of the pandemic thinking we'd get back to normal, and instead it looks like the whole world is collapsing all around us. You hear it on TV, see it on social media, and speak about it with your friends--the world is in a chaotic state and the new normal these days seems to center around fear and loathing. War, disease, violence, social and political unrest, governments in disarray, even Mother Earth is protesting through unprecedented weather events.

The impact of this worldwide energy can be felt in our individual lives as well. Have you noticed that you've been feeling more stuck and confused about your own life--career, relationships, and/or general satisfaction? Or that old shit you thought had been resolved is now back with vengeance, bringing up old patterns of fear and unproductive thoughts and behaviors? Are you feeling more fatigued and listless?

Well, the questions on everyone's frightened lips are: Why? WTF is happening?







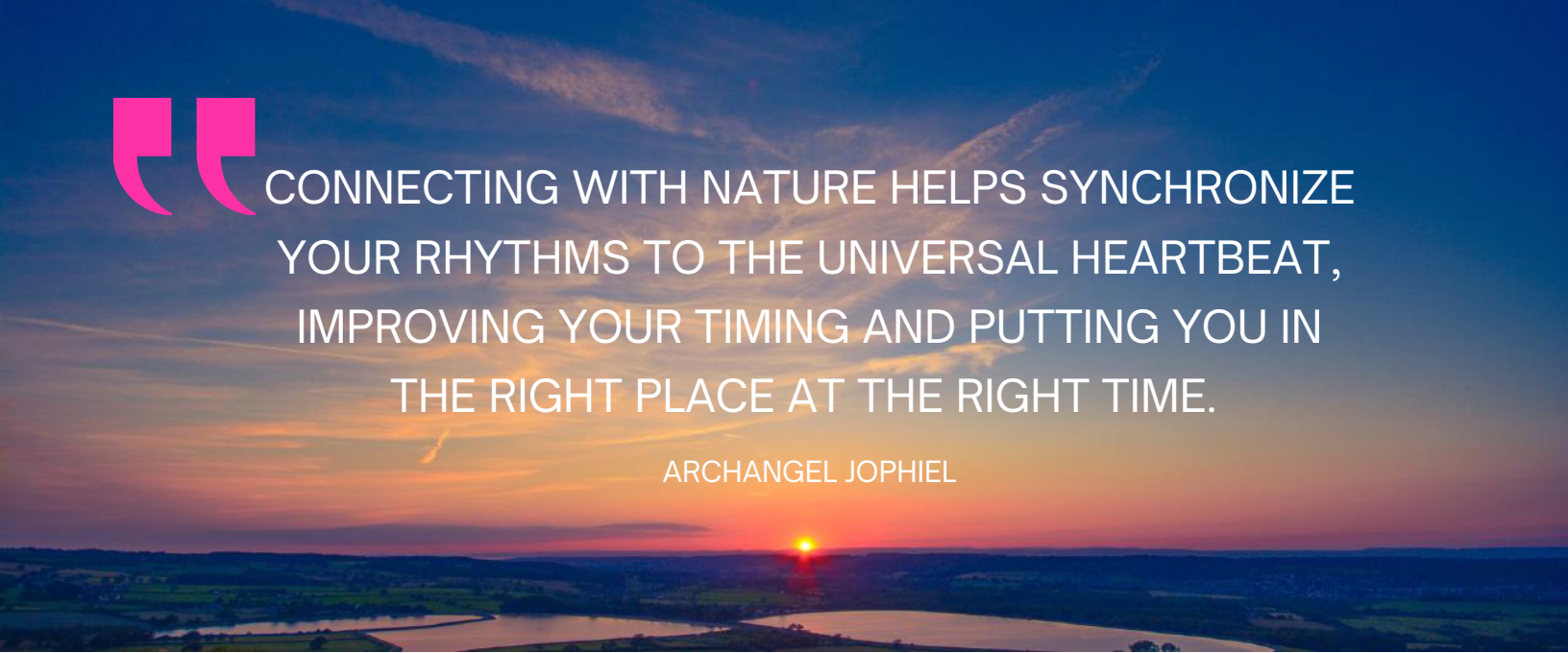
We got you. Here are your Woo Woo bites of enlightenment to help explain what exactly is going on.

- We, as a planet, are in the midst of a huge, major, *ginormous* **correction and transformation--** I mean, like world-altering. This shift is requiring us to up-level our vibrational frequency and consciousness as we ascend from a 3D existence into a 5D existence (more on this later).
- At the crux of this shift, the darkness of fear is being exposed world-wide in a manner that cannot be ignored. This is why there has been a steady exposure of corruption, inequity, greed, unfairness, dishonesty, along with the individuals and systems behind it. In other words, **everybody's bullshit is coming to the surface for us to see, and on an energetic level, feel, thus all the wonky energy swirling around.**
- This exposure is creating a binary choice to be made by each of us--**choose between love or fear.** As the CCA puts it, *"This is where the transformation of your human species begin."* This choice begins the up-leveling of our individual and collective consciousness.
- **This is a time of reflection. Who do I want to be and what kind of world do I want to live in,** and what can I do as an individual to create that life in this world? This is top of mind for all of us (well most of us). And if it isn't yet, it will be if you are to be part of the ascension.
- **The quest for the rest of us who choose love is to take action,** both individually and collectively, to align ourselves and this world with the powerful new level of energy that comes in the aftermath of this correction. This means **knowing and living our soul purpose and living and loving as authentically** as possible. It means leaving the self-doubt behind and living through self-love and awareness. **Now is a time for action, decisions, and manifesting the life you want.**
- The **energy being left behind** is that of "toxic masculine energy," the self-centered, greedy, what's-good-for-me-and-mine-and-fuck-the-rest, fear-mongering energy that has been driving the wars, economic imbalances, climate change, social, gender, and racial injustices around the world.
- The energy we are moving to is that of a **heart-centered world** driven by the feminine energy of compassion, kindness, unity, working for the collective good of all not just the few, feeling, nurturing, "being" energy that is BALANCED with healthy "doing" masculine energy.
- It may feel funky for a while, but by raising our energy together, **LOVE will trump fear and hate and we will be more than okay.** On the other side of all this is a new world where we are destined to live the life the way the Divine intends--in love, joy, and abundance. Hell to the yeah!



CONNECTING WITH NATURE HELPS SYNCHRONIZE  
YOUR RHYTHMS TO THE UNIVERSAL HEARTBEAT,  
IMPROVING YOUR TIMING AND PUTTING YOU IN  
THE RIGHT PLACE AT THE RIGHT TIME.

ARCHANGEL JOPHIEL



# MESSAGE FROM THE CLOUDS: DON'T WORRY. BE HAPPY AND SAVE THE WORLD.

## TAKEAWAYS

- **Worry is another form of fear** that creates low frequency vibrations and negative energy.
- **Every individual's energy adds to the collective energy of the world.** The more you worry and are fearful, the more that energy increases in the world. Choosing joy helps save the world.
- **The solution is to find ways to be more joyful in your life.** You are empowered by free will choices and your relationship with Divine energy to create and change your reality by changing your thoughts. In other words, you have the power to decide how you choose to face the world.
- **Lean into gratitude, music, nature, creativity, and love** to increase your joy. This lifts not only your frequency into a lighter more loving one, but that of the world. Plus joyful energy attracts into your life the things and people that help create happiness, satisfaction, and wellbeing.



This channeled message is for entertainment and spiritual purposes only.





PEACE  
COMES  
FROM  
REMEMBERING  
ONLY *Love*  
IS REAL

Archangel Jophiel



# WHAT YOU CAN DO TO

By CCA and @solcoachlori

One of the worse things about the current energies swirling around us is that it makes you feel so helpless. The problems out there feel too big, too complicated, and too ingrained for lil old you (or me) to do anything about them. And that is exactly what the boogie man wants you to believe. But, trust and believe, you are empowered to make big changes in this world, and it all begins by focusing on yourself and the things that bring you joy.

Remember that song, “Happy” by Pharrell? This is exactly the mantra I am inviting you to consider building your days around. The best way you can relieve yourself of all this fear and angst that has its grip on you is to counteract it with the one thing fear cannot compete with--love (which you know is just another expression of joy). Here are five things you can do right now to get your happy hips in rhythm of a new and higher vibration.



***“Look only for love and love is what you will find.”***

Archangel Jophiel

1. **STOP feeding your mind and psyche with negative news and energy.** This means shutting off the news and the reality shows fueled by bickering and bullshit. Do something creative or fun with your spare time.
2. **Go outside and expand your relationship with nature.** Get back in touch with your five senses and start being interactive with your world on a pleasure-filled level. (see resources)
3. **Clear the energy around you.** Get rid of the clutter in your space. Clutter (it’s all energy) erodes your energy, creativity, and prosperity.
4. **Honor your body and spirit** by eating and drinking healthy foods free of preservatives and additives. Fresh, organic foods are high-vibrating and raise your life-force energy and your spiritual frequency.
5. **Soul flirt by sharing love** with those around you through smiles, compliments, random acts of kindness, and politeness in general.

# SPIRITUALITY AIN'T ALWAYS LOVE & LIGHT



By @solcoachlori

**SOMETIMES  
IT'S A BIT OF  
"FUCK YOU"  
TOO.**

Let's be real, "Don't worry, be happy" sounds great in a heads in the clouds kind of way, and while we strive to live soul forward, we're also human. Sometimes the halo slips and thoughts and prayers take on a decisively different tone. Sometimes the most spiritual thing you can do is tell someone to fuck off (with love) and go about your business.

For the activist/advocate in us the range of emotions we experience in times of upheaval--fear, anxiety, grief, existential dread, dissatisfaction, anger, frustration, and despair--can both drive and/or consume us. **The key is to feel the anger but do not become the anger. Feel it, let it fuel you, but don't let fear define you.** Fight their hate and disregard with love and respect for YOURSELF even when you can't muster it up for them. So, yeah, love is patient and kind, but it's also loud, persistent, righteous, inclusive, and determined. Living love and soul forward doesn't mean you're passive and all about turning the other cheek. It means not staying in that space and defining yourself within it, but rather aligning yourself with the powerful, loving soul you are throughout the fight.



*Your world is ascending to the higher frequencies of the 5th dimension. Be not confused. **This is not a physical shift, but a mental and emotional shift driven by energies vibrating at a much higher frequency.** The frequencies of the 5th dimension are faster, higher, and lighter because this is the vibration of love, not fear.*

# REALIGNED: THE 5TH DIMENSION EXPLAINED

By The CCA





*This correction is a balancing of the feminine energy, which is that of collective good sharing, nurturing, and working for the highest good of all. In balance with the masculine energy, loving souls become complete. **The 5th dimension is driven by the emotion of the feminine aided by the thinking of the masculine. It is reflective and compassionate while being protective and stable.** The feminine brings the “being” energy and when coupled with the “doing” energy of the masculine, balance is achieved.*



***The new world is driven by authenticity, transparency, equality, joy, and abundance.** These things can only be achieved when one's energy is driven by love and not fear in the need of power to be validated. The corruption, evil, and perceived chaos that appears to dominate your world, and in some ways your lives, must be exposed so that the choices driven by love can be made. Humans have lived their lives based on free will choices that lead one away from soul truth and alignment and toward ego lies and disruption. **Now it is time to align your choices with your soul purpose.***



*Leave the need to know and embrace the wisdom of uncertainty. Lead with intuition and soul knowing and let intellectual rationalizations drag behind. Love is the only way peace of soul and peace in your world will prevail. **Now is the time to choose between love and fear. In that ultimate choice, the way toward bliss and abundance will be revealed.** You are loved, We are one.*

*--So Says the Light*



# RESIST THROUGH JOY



During slavery, adults taught children that one of the greatest acts of resistance was to embrace the JOYS life can bring. Food, song, dance, stories, and prayers reminded them who they were and how much they were loved. Learn from history. Joy is part of the battle plan.

# REDEFINED: SEEK BALANCE FIND HAPPINESS

By @solcoachlori

Achieving a joyful life is all about balance. And the equilibrium of your yin and yang energies is no exception. One important way to redefine yourself in this new energy is to align your masculine and feminine energies.

**Masculine and feminine energies have nothing to do with gender, sexual orientation, or cultural and societal roles.** Male or female, transgender or non-binary, we all have both energies within us, which are meant to provide the balance and stability necessary for a healthy, joy-filled, abundant life.

Living with your feminine and masculine energies out of balance takes its toll in ways you've probably never considered. Separating these two vital energies have left many of us living lives that feel woefully out of sorts and experiencing burn out at work and home.

Just like physical balance is vital to your ability to move and function properly, energetic balance plays a key role in your ability to function mentally, emotionally, and spiritually. And when these functions are out of whack, the effect can be felt deep within your personal and professional worlds, as well as your own peace of mind and sense of well-being. Feeling chronically exhausted, stressed, disconnected, and dissatisfied? These can be telling signs of a life too heavily weighted on one side. Balanced energy also plays a huge role in creating healthy and sustaining personal relationships. It makes us feel whole and fulfilled as both individuals and partners. For any relationship to succeed and thrive, both partners need to be fully tap into both energy wells.

## MASCULINE VERSUS FEMININE ENERGY

DOING	BEING
FIX	NURTURE
CONQUER	SURRENDER
POWER	STRENGTH
GIVE	RECEIVE
PURSUE	WAIT
WORK	PLAY
COMPETE	UNIFY
ACTIVE	PASSIVE
BRAWN	BEAUTY

*"For peace, for prosperity, feminine and masculine energy must be in balance. One must honor and respect the different side of the same."*

*So Says the Light*





It is time for women to take their place in the stewardship of your planet. Feminine energy is just as important. Balance. Duality. Power that is true and loving and nurturing. Power that is born of concern not greed. Balance is love. Balance is happiness. Women must love themselves for if they do not your world will cease to exist. Archangel Jophiel

# FEATURED RELATIONSHIP FALLING IN DIVINE LOVE

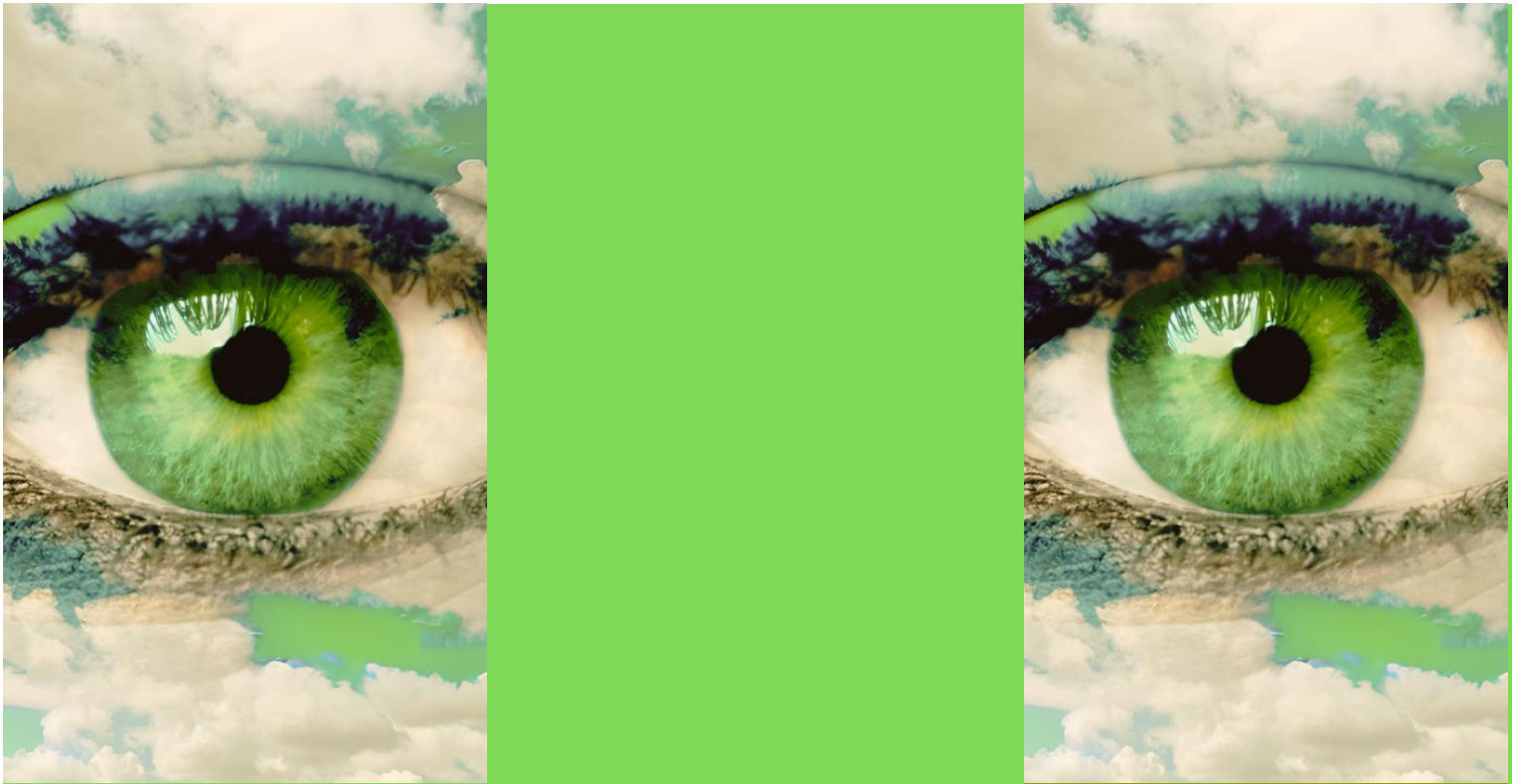
By @solcoachlori and  
the CCA







Your entire life revolves around relationships--those with your family, your friends, your co-workers, lovers, spouses, and most importantly, but often least developed, is one you have with yourself. Your happiness, sanity, satisfaction and sense of fulfillment, mental and physical health are somehow connected to one or more of your relationships. So, if that's the case, which is most important for you to cultivate and deepen? Which is the key to all of the others? If you've worked with me, you're probably shaking your head and saying, "my relationship with me," and you'd be right. But, how does a healthy, loving and fulfilling relationship with you birth itself? Here's the CCA with the answer. (And check out SOL Resources to pre-order my *Falling In Divine Love* workbook.)




# YOU AWAKE?

Your soul's awakening is often signaled by a sense of restlessness and dissatisfaction with the way your life is progressing, even if by all appearances it's going very well, and wondering if "there is more to life than this?" If you don't get angry with yourself for "never being satisfied" and instead investigate your feelings, you'll eventually stumble upon the whispers of your soul letting you know that you are here for the purpose of connecting with others in joy and love in ways that make you feel fulfilled and this world a better and more harmonious place.



# END NOTES

One last thought. If you are paying attention to the Democratic presidential race, you may be feeling a new wave of positive energy. Kamala Harris and Tim Walz are running a positive energy campaign, where joy and hope are at the center, and folks are responding in droves. Why? Because love is contagious and cannot co-exist with fear.

**SENDING YOU  
SO MUCH LOVE  
AND PEACE OF  
SOUL.** 

Kamala, with her big smile and boisterous laughter, has made joy part of her battle plan. If you have seen any of her rallies, the energy is uplifting, positive, and welcoming. This is a perfect example of how one individual is causing a ripple effect that is lifting the collective energy of this country and around the globe. It's also a prime example of the vibe of the 5th dimension and new world--unity, love, and acceptance.

What I want to leave you with is the understanding that **you too have this immense power**. Start with your own friend group, family, and coworkers. Watch how your positive energy flips a switch in those around you. **Joy is your superpower** that will not only change your life but your community and the world!

If you're interested in doing any inner work to help raise your vibrations, check out the SOL Resource page. And feel free to share this issue. Oh, and make sure you and your friends and family are all registered to vote.

~ Lori 



# SOL TALK RESOURCES



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

## **You and the Natural World**

The CCA will tell you that your relationship with the natural world is one of the top three most important. What better way to get in touch with it, yourself, and joy than through your five God-given senses?

## **My Hopes and Desires Worksheet**

The power of hope is real. Hope supports you when you give it a direction. What do you hope for? What can you do to realize it?

## **My Passion and Purpose Inventory**

Your passions will help you discover your soul purpose, which will lead you to your personal power. But many can't identify their passions let alone their purpose. This inventory will help.

**For more insight straight from Source, here are scribed Angel Insights connected to topics explored in this issue.**

## **The Feminine Awakening**

Three powerful Angel messages explaining the feminine awakening that is taking place on the planet right now, and the reasons why balancing our feminine and masculine energies is vital to the security and survival of our world.

**For a more comprehensive, self-paced workbook to help you go deeper consider these resources available for purchase.**

## **Falling in Divine Love Workbook \$12**

If you're interested in working on your relationship with the Universe (God, the Divine, Source, whatever you call Spirit), you'll love this SOL workbook full of articles, worksheets, journal prompts, experiments, and guided meditations all written by me and my spirit guides with love, and designed to help you level up your spiritual and soul knowing, while expanding your relationship with the Divine. **Pre-order your copy now.** Available September 1st.



A woman with voluminous, curly, light-brown hair is smiling and singing into a gold-colored studio microphone. She is wearing a white shirt with a yellow and red floral pattern. The background is a dark blue studio setting with a glowing blue light fixture.

ALL

is possible within a life  
driven by *JOY*

NOT FEAR  
So Says the Light

# STAY IN TOUCH!



## Ways to Connect

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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!





MAKING THE WOO WOO RELATABLE

# SOL TALK

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solcoach.co

ISSUE  
NEXT

YOUR RELATIONSHIP  
WITH YOU

## PLUS:

How the things you want in a relationship with others reveals your gaps in loving yourself.

What self-love actually feels and acts like and how to tell the difference between self-love and self-care.

OCTOBER 2024