

Follow Your Heart



Insights from the Soul Work interviews

Throughout 2011, in my Soul Work interview series, I asked everyday people who had found and were making a living from their passions, to share the secret to their success.

From artists and healers to activists and business owners, their advice was surprisingly similar – follow your heart in all you do.

Follow Your Heart: Insights from the Soul Work Interviews is a collection of excerpts from each interview to inspire you.

You can read the complete Soul Work interview series on Crafting the Sacred [here](#).

Warmly,

Jo Crawford



Jo Crawford, Coach & Intuitive
[Crafting the Sacred](#)

Connect with me on
[Facebook](#) | [Google+](#) | [Twitter](#)

Be honest about, and honor, the messages of your heart. The words of your heart, only you can hear. It can seem a daunting task, but it can also be very empowering.



Alex Jacobs, Therapeutic Musician
[Alex Jacobs](#)

Photo Credit: Ananda Shorey

Soul Work means following your heart, giving yourself the opportunity to transform something you love and makes you sparkle into a career, and then sharing it with the world.

Dream big, be bold and take a stand for those dreams. Be open to and listen to your wise self. Allow your creativity to flow free. Be unique; find your own niche that sets you apart from all the rest. Be open to being vulnerable at times and to be pushed out of your comfort zone often.



Allurynn Daughtry, Jewelry Artist
[Creations by Moonlight](#)

Kindness is my spirituality. I believe that human beings, at our core, are good. Every soul on earth has a purpose and each of us has a job on earth to discover our gifts and talents and to do them, in spite of others' criticism or downplay. We all need to shine our shiniest shine possible, to light the darkness that has engulfed so many sad and desperate souls on earth.



Becky Jaine, Creative Entrepreneur
[Monkey Chi Monkey Do](#)

When you put your mind and Soul to it, you can make anything happen. The biggest hurdle is you. It is as easy as the decision you make to finally pursue your Soul Work. The life changes that may need to be made in order for you to pursue your Soul Work are not arduous because it will just feel right. The happiness that comes from pursuing your dream cannot be measured in bank balances, so define your own idea of success.



Colleen Hurley, Dietician
[Colleen Hurley, RD](#)

I believe that love is at the core and that if you love something you won't hurt it. So I feel if there are other beings out there, then I need to do my part being compassionate to them.



Jordaan van Romburgh, Animal Advocate
[Friends of SF Animal Care](#)

Hold space for your self. Take a moment to be still and see what comes up. Sometimes it is easier than you think, sometimes it is hard. But it is worth the work!



Lily Taylor, Musician
[Lily Taylor Music](#)

Photo credit: Josh Blank

If you have a dream of what you want to do in this world, trust that it will come into fruition. Believe and it will. If this is your passion, your Soul Work, it will happen.

Sometimes it can be discouraging if we see before us a path but then are taken in a different direction than we expected. Know that the process of getting to “where” you want to go is as important as getting there. The journey is key, it is the preparation work that can’t be skipped, and that includes any trips or tumbles along the way.



Petrea Hansen Adimidas, Art Therapist
ArtTherapist.ca & [Off Beat Family](http://OffBeatFamily.com)

There is a saying “there are as many paths to God, as there are people on earth”. We need to know who we are and where we want to be before we begin the journey. Explore, investigate and experiment what works for you. Choose the path that feels right, practice diligently. It's more about the process than the destination - baby steps, one day at a time, and before you know it you are well on your way to knowing what your path is and how to accomplish your destiny.

Live your best life, take responsibility for the choices you make. We are exactly where we need to be, learn the lesson - move on.



Robyn-Anne Pollard, Creator of *iTongo Tarot for Transformation*
[African Tarot](#)

Share your vision with those you can trust, those who will encourage you and protect your vision and your dreams. Find someone who is living the life, and talk with them. Take pointers on how they did it. Dive in!



Robyn Lindsey, Grief Coach
[Empowered Life](#)

Be willing to listen to the voice inside you, even if it leads you in unexpected directions and no matter how crazy it may seem. Be grateful for every small nudge from the universe or word of encouragement that you encounter along the way; nothing waters the seeds of your intention like gratitude. When you get scared, imagine how insanely awesome you'll feel once you've done the thing that scares you. That achievement is yours to celebrate no matter whether you do the thing well or not.



Sara Thibault, Writer
[Soul Spackle](#)

You *are* enough. Do *your* thing. Allow your Self to feel good and appreciate daily delights (and even the challenging aspects!) This gets you into a zone where events just flow effortlessly without having to cast specific spells or form exact intentions. Start by declaring, *I choose to serve today, bring me those who I can be of service to as a result of my natural abilities.*



Stella SeaSpirit, Energy Worker
[Stella SeaSpirit](#)

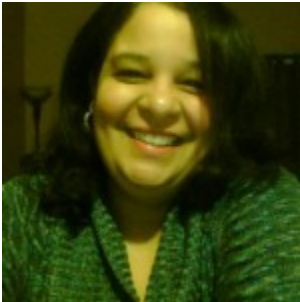
Just begin. Jump in. Take an idea and create a vision and then take a step and then another step.
You never know where it will lead you until you start.



Stephanie Anderson-Ladd, Author of *In The Lap of the Goddess*
[Owl and Crow](#)

You may have other dreams, and a list of things you would like to do on your time here on earth, but Soul Work is the work you must do, the work you were put here to do, the work that is inspired by the life you have led. Everything conspired to get you to your Soul Work.

Forgive your mistakes and know that the Universe supports you. You can't get it wrong. Even in the supposed "getting it wrong" place, you have arrived to the very point you needed to go to in order to get to where you are now. It is all leading you to your Soul Work. Never give up.



Stephanie Gagos, Survivor Coach
[My Voice Of Truth](#)