

SOLACE REIKI ENERGY &
WELLNESS

SOUL DESIGN

VISION DESIGN WORKBOOK:
FROM SOUL LONGING TO ALIGNED
DESIGN

A GUIDED JOURNEY TO AUTHOR YOUR
BUSINESS AND LIFE FROM WHOLENESS,
NOT WOUNDING

JANE GRUEBER

Vision Design Workbook:

From Soul Longing to Aligned Design

**A guided journey to author your business and life from
wholeness, not wounding**



Jane Grueber, B.A., MSLP

Reiki Practitioner

Medical Intuitive

Certified Forest Bathing Guide

Founder of

Solace Reiki, Energy & Wellness

www.solaceenergy.ca

Welcome

This workbook is for you if you've been working to release old patterns of unworthiness, people-pleasing, perfectionism, or conflict avoidance—and now you're ready to design something new.

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Not from obligation. Not from proving yourself. But from what your heart, soul, and body actually long to do.

This is sacred work, and you deserve to move through it at your own pace. Set aside 15 minutes each day in a quiet, comfortable space. Bring a journal, a pen, maybe some water or tea. Turn off notifications. This time is yours.

A few reminders as you begin:

- There are no wrong answers—only your truth
- You don't have to have it all figured out
- Feelings, doubts, and resistance are welcome here
- You are safe to want what you want
- Your vision matters

What you'll do in this workbook is translate longing into concrete instructions, convert beliefs into executable code, and design actions that honor your rhythms, boundaries, and sustainability. You'll move from waiting for life to deliver something desirable to actively deploying a precise, embodied plan that brings your unique design to life. Welcome to the shift from attracting outcomes to creating them—by design.

Introduction

The workbook reflects my own journey in coaching clients and the lessons that consistently emerge. What follows is an excerpt inspired by my mentor, A'sha Love, whose words illuminate how I strive to live and work from the heart.

A'sha Love, author of *Love is The Foundation*, speaks with eloquence about who we truly are—Embodied Source Love. I share these reflections because they inspire me daily to center my work in heart-centered intention, and I hope they offer you fresh perspective, renewed hope, and clear direction.

Remember: You are Source Love

When we offer ourselves loving presence, the Source Love that already lives within us flows more freely through our physical form.

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This isn't metaphorical.

It's visceral. Energetic. Observable.

And this is why the transformation must happen in the body.

The Hidden Distortion

At the core of much inner work lies a distortion so common we rarely recognize it: The conviction that our lovability depends on our productivity.

In contemporary life, this rarely appears as obvious self-rejection. Instead, it masquerades as drive, generosity, commitment, or accomplishment.

We pursue achievement to purchase safety.

We chase recognition to experience being witnessed.

We construct lives that meet external expectations to earn the right to belong.

Each community has its own flavor of this performance.

In business worlds, it manifests as profits, expansion, scaling, and acclaim.

In intellectual and corporate settings, it appears as degrees, expertise, and prestige.

In wellness communities, it shows up as awakening, moral purity, or elevated consciousness.

In family dynamics, it looks like over-responsibility, emotional labour, and being the reliable daughter, dutiful son, or the person keeping everyone afloat.

These pursuits aren't inherently problematic. The distortion lives in our underlying motivation.

This wounded drive operates largely outside our conscious awareness.

The Nervous System Question

Picture a nervous system running on these core beliefs:

"Success will make me secure."

"Being seen will prove my value."

"If I stop managing everything, chaos will follow."

"If I let them down, I'll be abandoned."

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Even when external markers are met, the body stays vigilant. The bar rises. True rest remains elusive.

Now consider engaging those same pursuits from a different foundation:

"I am already supported."

"I am already Love itself."

"My value exists independent of my output."

The external activities might appear unchanged. The internal reality is entirely different.

This is the distinction between seeking approval and expressing Love.

The Performance Trap

This distortion often speaks in phrases like:

"I'll rest after I've earned it."

"I'll feel secure once I reach that milestone."

"I'll ease up after I've established myself."

"I cannot bear to disappoint them."

So we drive ourselves. We refine endlessly. We present carefully crafted versions.

Not from vanity or selfishness, but because somewhere in our cellular memory, we learned that acceptance was earned, not given.

The work isn't about releasing your dreams, duties, or commitments. It's about investigating the energetic foundation they're rooted in.

The Body's Memory

Your body holds the imprint of every instance when approval meant survival. It carries inherited narratives of not-enough-ness, rejection, striving, and obligation. When we attempt to bypass this with positive thinking or manifestation techniques alone, eventually the body pushes back.

Nervous system regulation creates the bridge.

The soul's work isn't to transcend the body.
It's to bring reassurance to it.

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When the body experiences safety, striving relaxes.

When striving relaxes, true clarity surfaces.

When clarity surfaces, creation becomes aligned.

The Deeper Transformation

Here's where genuine change occurs. When we pursue success or acceptance to prove our worthiness, everything we build demands constant maintenance through effort, comparison, and self-monitoring.

But when achievement emerges from the embodied knowing that we *are* Love, everything shifts.

Work transforms into authentic expression rather than strategic performance.

Being visible becomes generous sharing rather than desperate seeking.

Commitment becomes conscious choice rather than compulsive duty.

We start creating lives, ventures, relationships, and spaces that nourish life rather than deplete it.

A Simple Inquiry

Before your next push toward accomplishment or your next reflexive agreement, pause and inquire:

Am I moving from fear, or from the truth that I am Love?

Then listen—not for the "right" answer, but for what your body tells you.

Notice: Constriction. Expansion. Your breath pattern.

This is where coherence begins to restore itself.

Here is to

Deeper rest.

Wider spaciousness.

More moments of pure being.

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Let's begin.

You can do this workbook in one sitting or over several days. Part 1 & Part 6 can be done each time you sit down to do this work - Part 1 to open a Sacred Space and Part 6 to close the Sacred Space.

PART 1: GROUNDING & ARRIVAL

Before we explore your vision, let's arrive fully in this moment.

Breathwork: 4-4-4-4 Breathing

Find a comfortable seated position, feet on the ground if possible.

We'll practice box breathing:

- Breathe in for 4 counts
- Hold for 4 counts
- Breathe out for 4 counts
- Hold for 4 counts

Do this cycle **5 times**. Let your nervous system settle.

Body Scan

Now bring gentle awareness to your body, from head to toe:

- **Head and face:** Notice any tension. Soften your jaw.
- **Shoulders:** Let them drop away from your ears.
- **Chest and belly:** Notice your breath moving here.
- **Arms and hands:** Let them rest.
- **Hips, legs, and feet:** Feel your connection to the ground.

Reflection:

Where do you feel open in your body right now?

[Write or notice]

Where do you feel tight, guarded, or numb?

[Write or notice]

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Set Your Intention

Take a moment to set an intention for this session:

"Today I am here to explore what I am truly longing for—not what I think I should want, not what feels 'realistic' based on old stories, but what my heart, soul, and body are actually calling me toward. I'm here to let that longing show itself and create clear steps that honor my whole self."

Read that aloud or silently. Notice how it feels.

Are you ready? Take a breath and turn the page.

PART 2: CONNECTING WITH SOUL LONGING

This is where we go beneath the surface—past the to-do lists, the "shoulds," and the strategies—to touch what's 真 (true).

Don't rush this section. Let yourself feel before you think.

Exercise 1: Your Body's Longing

Close your eyes or soften your gaze. Take three deep breaths.

Place one or both hands on your heart or belly.

Ask your body this question and *wait for the felt sense* before you write:

"If my body could speak, what does it long to do in this life?"

[Pause. Breathe. Feel.]

Write whatever comes—images, words, sensations, colors, memories:

What did you notice in your body as you sat with this question? (Warmth, tightness, emotion, peace, aliveness, etc.)

Exercise 2: Your Soul's Whisper

Now imagine there's a part of you that's been here all along—your soul, your essence, the part that knows who you really are.

This part isn't worried about money, time, or what others think. It just knows what's true.

Close your eyes again. Breathe.

Ask:

"If my soul could speak freely—without fear of judgment, failure, or rejection—what does it long to create, experience, or offer the world?"

[Pause. Listen. Feel.]

Write what comes through. Don't edit. Don't make it sound good. Just write:

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Exercise 3: The "Forbidden" Longing

Sometimes there's a longing we don't let ourselves say out loud.

It feels too big, too selfish, too impossible, or too vulnerable.

Maybe you've been dismissing it for years. Maybe you only let yourself think about it late at night. Maybe you're afraid to name it because then it becomes real.

What's the thing you haven't let yourself fully want?

You're safe to name it here. No one else has to see this. Just you.

Reflection: How Does It Feel to Acknowledge This?

You just let yourself *want* something true. That takes courage.

How does it feel in your body to acknowledge these longings?

(Exciting? Scary? Relieving? Vulnerable? Heavy? Expansive?)

If fear or resistance is present, that's okay. Just name it:

"The part of me that's scared says..."

Take a breath. You're doing beautifully. Let's keep going.

PART 3: EXPANSIVE VISIONING

Now we're going to let your longings *expand*. We're going to step into a version of your life where these desires are already real, designed and authored by you—not someday, not if you're perfect enough, but *fully alive right now*.

This is not a goal-setting exercise. This is a **felt-sense visioning and design** practice.

Guided Visualization

Find a comfortable position. Close your eyes. Take five deep breaths.

Imagine it's 2–3 years from now.

You've been living from your soul longing. You've built a business, a life, a way of being that's rooted in what your heart actually wants—not what you thought you "should" do.

You've released the old patterns. You've stepped into your worthiness. You're creating from wholeness.

Now, drop into this future version of you and explore:

You wake up in the morning. Where are you?

(What does your space look like? What do you see, hear, smell?)

Who, if anyone, is with you?

What do you do first? How do you move through your morning?

What kind of work are you doing?

(What's your offer? Who are you serving? What lights you up about it?)

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How do you feel in your body as you work?

(What's the quality of your energy? Your rhythm? Your presence?)

What are you no longer tolerating? What have you released?

What do people say about you or your work? How are you being received?

How do you spend your evenings or your free time?

What has become possible because you chose to follow this longing?

(In your relationships, your health, your creativity, your impact, your income, your sense of self?)

In this vision, what's different about how you relate to yourself?

(How you talk to yourself, trust yourself, care for yourself, celebrate yourself?)

Capture the Essence

Come back to the present. Take a deep breath. Shake out your hands.

Now write a **vision/design statement**—a few sentences that capture the essence of what you just experienced.

Start with: *"I am living a life where..."*

How does it feel to claim this vision?

PART 4: IDENTIFYING LIMITING BELIEFS & OLD PATTERNS

Okay. You have this beautiful vision.

And you might have also noticed something else showing up—a doubt, a "yeah but," a familiar voice saying *"Who do you think you are?"*

Let's bring those voices into the light so they don't run the show from the shadows.

This section is not about shame. It's about awareness.

Exercise 1: The Inner Objection

When you imagine actually *living* that vision—building that business, claiming that life, charging for your work, being visible—what's the first objection that pops up?

Complete one or more of these sentences:

"That's not possible because..."

"I can't do that because..."

"People will think..."

"I'm not _____ enough to..."

Exercise 2: The Old Pattern Check

Now let's look at the survival patterns you've been working to release: **people-pleasing, perfectionism, and conflict avoidance.**

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These aren't character flaws—they're strategies that once kept you safe. But they may not serve your vision anymore.

Which pattern might get triggered as you move toward this vision?

Check any that resonate:

- **People-pleasing:** "If I do what I want, people will be disappointed or upset with me."
- **Perfectionism:** "I have to have it all figured out and polished before I can start or be seen."
- **Conflict avoidance:** "I can't charge what I'm worth / set boundaries / take up space because it might upset someone."
- **Fear of being seen:** "If people really see me—my work, my truth, my desires—they'll judge me or realize I'm not enough."
- **Fear of failure:** "If I try and it doesn't work, it will prove I'm not capable / talented / worthy of success."
- **Fear of success:** "If I actually succeed, people will expect too much from me / I'll lose my privacy / I won't be able to sustain it / I'll become someone I don't recognize."
- **Imposter syndrome:** "I don't actually know what I'm doing. Eventually everyone will figure out I'm a fraud."
- **Over-responsibility:** "If I don't do it, it won't get done right. Everyone is depending on me and I can't let them down."
- **Self-doubt:** "I don't trust myself to make the right decisions. Maybe I'm not ready / capable / meant for this."
- **Guilt:** "If I put myself first, I'm being selfish. I should be doing more for others / working harder / sacrificing more."
- **Comparison and envy:** "Everyone else is further along / more talented / more deserving. I'll never measure up."
- **Over-apologizing:** "I'm always taking up too much space / being too much / inconveniencing others. I need to make myself smaller."
- **Avoiding self-care:** "I don't have time to rest / nourish myself / slow down. Other things are more important than my well-being."
- **Chronic overthinking:** "I need to analyze every possibility and outcome before I can move forward. If I think about it enough, I can control what happens."
- **Difficulty accepting compliments:** "They don't really mean it / they're just being nice / if they knew the truth about me, they wouldn't say that."

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- **Resistance to asking for help:** "I should be able to do this on my own. Asking for help means I'm weak / incapable / a burden."
- **People-pleasing through over-commitment:** "I can't say no or people will think I'm lazy / unhelpful / not a team player. I have to say yes to everything."
- **Fear of judgment:** "If I show up authentically or share my real opinions, people will criticize me / reject me / think I'm too much."
- **Resistance to receiving love and care:** "I'm not worthy of being cared for unless I've earned it. I need to give more than I receive."
- **Limiting beliefs about worthiness:** "I'm not good enough / smart enough / experienced enough / healed enough to deserve this success or happiness."

Write about the pattern(s) you notice:

Which one shows up most strongly for you?

How has this pattern protected you in the past?

How might it block you from your vision if you let it run the show?

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Exercise 3: The Deeper Fear

Beneath the pattern is usually a fear. Let's name it.

If you fully go for this vision—if you step into this version of yourself and your business—what are you afraid might happen?

(Common fears: rejection, failure, being seen as "too much," abandonment, financial insecurity, proving the unworthiness story true, losing love or safety)

"I'm afraid that if I really go for this..."

Now pause. Breathe. Place a hand on your heart.

Is this fear based on current reality—or is it an echo from a younger version of you who didn't have the resources, awareness, support, or sense of worth you have now?

Reframe: Choosing a New Belief

You've named the old belief and the fear underneath it. Beautiful.

Now let's choose a **new, truer belief** to carry forward—one rooted in your wholeness, not your wounding.

Old belief:

New, supportive belief:

(Examples: "I'm learning as I grow." / "The right people will resonate with my authentic work." / "I am allowed to take up space." / "My worth is not determined by others' approval." / "I can succeed and still be safe.")

Write this new belief on a sticky note and put it somewhere you'll see it daily.

PART 5: PRACTICAL, HIGH-IMPACT ACTIONS

You have your soul longing. You have your expansive vision. You've cleared some space by naming the old patterns.

Now: **What are the practical, doable steps that will move you toward this vision while keeping you safe, resourced, and aligned?**

We're going to work at **three levels**:

1. **Inner Work** (nervous system, mindset, embodiment)
2. **Relational/Visibility Work** (how you show up, who you connect with)
3. **Practical/Business Work** (systems, offers, money)

Level 1: Inner Work

Your inner work is the foundation. It keeps you connected to your worthiness, your body, and your truth as you build.

What practice or commitment will help you stay connected to your worthiness and this vision?

Choose **1–2 practices** that feel sustainable:

Options:

- Morning practice: journaling, affirmations, visualization (5–10 min)
- Somatic check-ins: noticing when old patterns activate and grounding yourself
- Celebration practice: daily or weekly acknowledgment of wins (even tiny ones)
- Working with a coach, therapist, or somatic practitioner
- Breathwork, movement, or embodiment practice
- Revisiting this workbook monthly

My commitment:

I will practice:

When: (specific time/frequency)

How I'll remember:

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Level 2: Relational/Visibility Work

This is about how you show up and let yourself be seen—from a place of service and authenticity, not from proving or perfection.

How do you need to start showing up differently or more visibly?

Options:

- Share your work or offer publicly (social media, email, conversation)
- Have a boundary conversation you've been avoiding
- Reach out to potential collaborators, mentors, or clients
- Post or speak about your work authentically (not performing)
- Let people know what you actually do and who you serve
- Say "no" to something that doesn't align

My commitment:

In the next 7–14 days, I will:

If fear comes up, I will support myself by:

Level 3: Practical/Business Work

This is the tangible stuff: your offer, your systems, your pricing, your outreach.

What's one high-impact action that will move your business or offering forward?

Options:

- Clarify your offer or service (who you serve, what you offer, how it helps)
- Set your pricing based on value and energy exchange, not worthiness
- Create a simple website, landing page, or bio
- Reach out to 5–10 potential clients or collaborators
- Set up a discovery call or consultation process
- Build a simple content or visibility plan
- Automate one system (scheduling, invoicing, emails)

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- Create or refine one piece of marketing (post, email, video)

My commitment:

In the next 7–14 days, I will:

What support or resources do I need to make this happen?

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Accountability & Support**Summary of My Commitments:**

| Level | Action | Timeline |
|--------------------|--------|----------|
| Inner Work: | | |
| Visibility: | | |
| Business: | | |

Who will I share these commitments with for accountability?

(A friend, coach, accountability partner, or journal check-in)

When will I check in with myself on progress?

Date: _____

Date: _____

Date: _____

Date: _____

Date: _____

PART 6: CLOSING & INTEGRATION

You've just done something powerful.

You've let yourself *want* something real. You've named the fears and patterns that have been running the show. And you've chosen aligned action rooted in worthiness.

Reflection

How do you feel right now compared to when you started this workbook?

What's one thing you want to remember from today?

Final Grounding Practice

Place a hand on your heart. Take three deep breaths.

Read this aloud or silently:

I am worthy of this vision.

I am safe to desire.

I am allowed to succeed.

I am building from wholeness, not wounding.

I am exactly where I need to be.

Closing Ritual (Optional)

Do something small to mark this moment:

- Light a candle

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- Take a walk
- Dance or stretch
- Send yourself a kind text
- Share one insight with someone you trust

What's Next?

In the next 24 hours:

- Review your commitments and put them in your calendar
- Write your new belief somewhere visible
- Share your vision or one commitment with a supportive person

In the next 7–14 days:

- Complete your three commitments (inner, visibility, business)
- Notice when old patterns show up—acknowledge them and choose differently
- Celebrate any movement, no matter how small

In the next 30 days:

- Revisit this workbook and reflect on what's shifted
- Adjust your actions based on what you've learned
- Keep choosing alignment over perfection

Closing Convergence: Your Vision, Your Design, Your Reality

This workbook has stood beside you at one of life's pivotal doors—the moment you stop trying to prove yourself and begin authoring the life you were always meant to live. If you've done the work of releasing people-pleasing, perfectionism, and unworthiness, you're not stacking up more healing rituals—you're stepping into actual creation. You've reconnected with the deepest longings of your soul, listened to the body's quiet wisdom, and named a vision that's been waiting for your explicit instruction to come to life.

Here, you translated limiting beliefs into living design: you reframed what's possible, and you mapped practical, aligned actions that honor your dreams without compromising your nervous system. This isn't a call to hustle harder or to reinvent yourself overnight. It's a return to your core truth—remembering who you've always been beneath the conditioning, and building a business and life that finally reflect that truth.

You are worthy of wanting what you want. You are safe to succeed. And the world needs what only you can offer when you create from wholeness, not wounding. The future you've imagined is not distant; it's your next deliberate deployment. The moment you choose to act from truth is the moment your unique design begins to unfold.

As you close this book, carry forward these commitments:

- Lead with your design: let your identity and intentions drive every decision.
- Convert vision into action: translate longing into concrete, executable steps that respect your rhythms and boundaries.
- Stay in your wholeness: let belief be the implemented code that sustains momentum and ease.
- Iterate with feedback: review, refine, and deploy new iterations as you learn.

Now is the time to deploy your blueprint. Step out with clarity. Step out with courage. Step out and manifest a life and business that respond to your designed intent. You've got this. Let's make it real.

You've got this. 