

Introduction



triple A's
for the
Soul
YOUR PATHWAY TO
PERSONAL FREEDOM

INTRODUCTION

Many years ago, my spiritual therapist and mentor gave me a wonderful piece of advice. She said the best gift I could give the world was to heal myself. Through that statement, I realized I had spent many years trying to help others heal, when I wasn't doing it for myself. It was one of those "ah ha" moments Oprah always talks about. My Spirit knew it was true and it changed my life. I then made the decision to dedicate my life to my own healing and from this healing came many blessings, including liberation from long standing suffering, finding happiness beyond measure, discovering a deeply satisfying and fulfilling career where I am of service to the my fellow man, and the creation of this book, which details a practical path to finding personal freedom.

I share the stories of my own life with the intention of assisting you in healing yours. Regardless of your life experience, if you are now experiencing pain and suffering, this book will help!

I encourage you to focus not on the particulars of my stories, but the feelings and emotions underneath them which we can all relate through their universality. I hope this book will become a beacon of light which you can use to guide you on this sometimes painful and lonely journey. I pray that you have faith during the process, because if I could get through it, anyone can!

The book is broken down into twelve chapters, each containing an **A**rticle, an **A**ffirmation and various **A**ction steps. I encourage you to focus on one chapter; read the article, recite the given affirmation, and then work with the suggested action steps



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until completed. **Do not move on until all action steps are completed!** I know you will find this process very powerful and beneficial.

Most importantly, I pray this book will help you remember the Truth of who you are; a Perfect, Divine and Whole spiritual being having a human experience not the other way around as some religions teach. When you shift your consciousness to embrace this Truth, personal freedom is inevitable!

Please note wherever I use the name God, I welcome you to replace it with the God of your understanding: *Higher Power, Source, Christ, Buddha, Beloved Creator, Spirit, One, Flow, Great Energy, Universe*, etc. In Truth there is only ONE source, having many names.

The very fact you have this book in your hands is a clear sign of your intention to move to a deeper level of awareness and healing within yourself. I acknowledge your courage in answering the call of your Soul.

I am profoundly honored, grateful and blessed to be given the opportunity to share my story and be of service! Thank you, from the bottom of my heart!

Life Coach Trent



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