

A WOMAN'S GUIDE

From Sparrow to Songbird

Theresa Nutt



YOUR DEEPER CALLING

Live Life by Design



Welcome Soul Sister

As we move into 2022, I deeply desire to see you thriving and feeling fully alive, awake, and expanded in your life.

In my mind, there are 4 things that help us move from what we are currently experiencing to the expanded state of soul alignment.

- Knowing our energetic essence and using that knowing to design our life in alignment.
- Creating structures that allow us to live full out.
- Activating our energy to match the vibration of what we truly crave in our lives.
- Taking risks and inspired actions that move us toward what we truly desire.

This guide from sparrow to songbird walks you through the process of connecting with your essence and discovering what your soul is calling forward in your life; then realigning your life toward what you truly desire. Let's get started!

A handwritten signature in black ink that reads "Theresa". The script is fluid and cursive, with a long, sweeping tail on the letter 'a'.

A woman with long, dark, curly hair and large, ornate earrings stands in the center of a grand, vaulted cathedral. She is wearing a long, flowing, light blue or lavender gown with a decorative bodice. Her wings are large, white, and feathered, extending outwards. The background shows the intricate stone architecture of the cathedral, with a bright light source visible through an archway in the distance.

Your Essence and Soul Alignment

CHAPTER ONE



YOUR DEEPER CALLING

Your Essence

Did you know that everyone has an energetic essence? It's the unique spark you came into this life with and no one can replicate it even if they try. It's time for you to get intimately in touch with yours.


Let's start with how you have lost touch with this foundational part of you.

I see you, the one who has spent a lifetime trying to be what everyone else needs. The one who is so capable that she can do most anything and do it well. The one who secretly craves a life that is overflowing with moments that fill her with joy, conditions that allow her to express herself fully, and a platform to share her best gifts and talents with the world.

You are done sacrificing who you truly are to fit in and get along. You can no longer hold back the best of who you are. You are being called to share your wisdom and medicine in the world, and the time is now. You have a deeper calling that is propelling you forward in your life.

Here's the thing, what stands between you and the life you crave is an old habit that has been encouraged all of your life. You will have to give up all the ways you have learned to be pleasing. The old ways have kept you safe, but they have also kept you hidden, invisible and out of alignment. The cost is steep and the habit has left you totally drained.

Time for you to honor your essence and the gifts you are here to bring to the world.



YOUR DEEPER CALLING

Your Essence
CANNOT BE DUPLICATED!

Become absolutely radiant and magnetic to opportunities, people, and experiences that match your vibration by aligning with your essence.

www.yourdeepercalling.com

Soul Aligned Living

My favorite part of my work, is connecting women back to their deepest essence, so they fall in love with their authentic energetic design. From this place of love and celebration, they design a life that fuels their spirit and showcases the very best of their essence in every single arena of their life. This is soul aligned living.

Your essence isn't hard to find. Here are a few clues that you are operating in alignment.

- You feel lit up!
- You feel expanded and in the flow.
- You experience effortless and creative inspiration.
- You have clarity about what you need to do.
- You are curious, open hearted and willing to follow your guidance.

So stop and ask yourself what you were doing the last time you felt in alignment? (Pause here and write down your answer.)



Finding Soul Alignment

Alignment is not an intellectual pursuit, you will literally feel it in your body, emotions, and energy. No 2 people will have the same definition of alignment, so be open minded and curious. I am most interested in you knowing what makes you feel uplifted, awake, inspired, and lit up. And I have a great tool to get you started!

The following meditation is designed to align you with your energetic essence and discover what your soul is calling forward in your life.

<https://drive.google.com/file/d/1kc9YqT0CmIPDy2Nbj0u-o0J68Byi8lLY/view?usp=sharing>

Jot down a few notes - what did you learn about your energetic essence and soul alignment after listening to the meditation?



Structures That Let You Live Full Out

CHAPTER TWO



YOUR DEEPER CALLING
Live Life by Design

Structures

Have you noticed that systems and structures are crumbling all around you? It can feel terrifying to watch old systems crumble; ones that we have counted on for security in our 3 dimensional reality for decades. I have my moments of complete spastic reaction to the ongoing crumbling because I am so human too! My Chicken Little is alive and well. And I love and welcome her instead of pretending she doesn't exist. She is on the bus, just not in the driver's seat.

At the same time, clients, soul sisters, colleagues and I are all discussing the same thing. Old structures feel constraining and we simply don't fit anymore. It's more painful to keep trying to fit in than to lean into the uncertainty of what we can't know just yet. All of us are getting whispers of a new, expanded structure that we design.

- One that highlights the best of our unique design and nature.
- One that lets us thrive without overgiving and being overly responsible.
- One that lets us lead our lives with creativity and excitement.
- One that has self-care at the center so we are self-nourished and of service.

What would be possible if all beings were able to live in a fully authentic and expanded state? I for one want to find out.

What about you? What structures encourage you to operate from your fullest expression every day you wake up?

YOUR DEEPER CALLING

IS IT TIME TO SHIFT
Your Structures?

◆ ◆ ◆

It's more painful to keep trying to fit in than to lean into the uncertainty of what we can't know just yet.

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The Old Rules

Do the Rules You Live by Let You Live Full Out?

I am noticing a theme and paying attention to the energy of old, outdated rules. The ones created to encourage conformity and smallness.

Rules like, always think of others first. Always perform at your highest level and never let others see you sweat. A good girl is kind and sweet and always looks pretty (aka pleasing). A good girl doesn't demand too much attention or speak her mind. A good girl...you fill in the blank.

As I am dreaming into my 2022, one of the first things I am desiring for myself is permission to throw out all of the rules I have been living by and decide, from my deepest place of knowing, what rules will support my next level, fully activated life.

A couple I have narrowed in on right away.

- I will always take the time I need to make an informed decision, even if I disappoint others.
- I will follow my inner yes even when I am terrified or overwhelmed by creating the support I need and having faith in things I can't comprehend yet.
- My life is about celebration, creative expression, fullness, and majesty so I will seize opportunities that align with those qualities every day of my life.
- I will stand by what's true for me so that I feel good about how I am living my life.



The Old Rules

- I am more than enough even in my moments of full on “humanity” (The term my bestie and I have for the moments that we aren’t able to be our best - thank you Kim!).

What rules do you want to live by in 2022? Take a minute and write down what you are done with and dream into what you are having as your new year starts.



I Double Dog Dare You...

Do You Dare?

As the energy of 2022 is flooding in, I am struck by the feeling I get of a double dog dare from the Universe. You know the one right, where you are asked to do “the impossible” that feels both terrifying and exhilarating at the same time? And it just keeps tickling in the back of your mind, relentlessly vying for your attention.

- Do I dare live full out?
- Do I dare have better boundaries and stop tolerating BS from others?
- Do I dare dream bigger and let my life expand into more work that truly aligns with my gifts and talents and let go of the rest?
- Do I dare stop betraying myself, my emotions, and my experience and live in a whole new level of alignment?
- Do I dare call in more abundance and resources that allow me to express my creativity and inspiration into the world?
- Do I dare believe I am magic and stop pretending I don't have the power I know I do?
- Do I dare start speaking my truth and stop worrying about everyone else?



Take the Dare!

Well I am taking the dare! What about you? I double dog dare you to make 2022 the year of your soul alignment and full expression!

What dares are you going to live into in 2022? Take a minute and write them down, especially the ones that terrify you.



Activating Our Energy

CHAPTER THREE



YOUR DEEPER CALLING
Live Life by Design

Ways to Activate

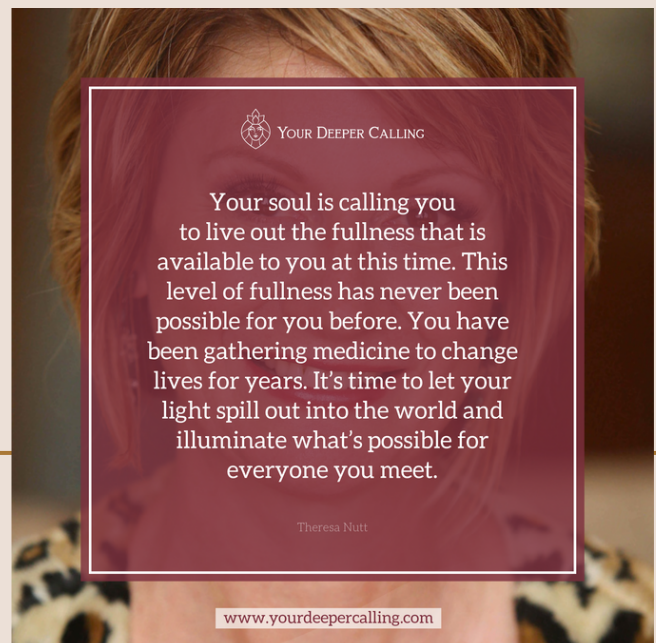
Something I hope you will be done doing in 2022 is wrestling your ego or small mind to the ground. Instead of trying to shift your mindset in old, outdated ways, I want you to learn how to activate what you are having. There are practices that will help you align with the energy of what you are having so you can pull your desires towards you.

I am going to offer a buffet of choices, find a couple that work for you and be consistent. Daily action is required to make the shift toward any desired outcome!

- Let me start with a meditation that you can use to amplify your energy and vision for your life:
<https://drive.google.com/file/d/1ehnuZ16SKewhGfrtp1rCtqbRW69J5FSc/view?usp=sharing>
- A couple of ways to amplify from NLP:

You only need to spend 2 minutes at a time when doing these practices, but the results will not only raise your energy for everything in your life, but in particular, whatever you are desiring to bring into your reality.

Arm circles that amplify the energy. You start by writing out a list of the 20 things you will experience in the fullest expression of your life. What would it feel like, look like, sound like? Who would be with you? Etc. Then you get in the feeling state of that experience and amplify it by doing either arm circles faster and faster for the 2 minutes or left and right arm raises on either side of your head for 2 minutes. The goal is to amplify the energy.



Energy Activation Practices

You can also do this beyond your vision with you as a person, your future client's responses to you, etc. Anything you want to activate is fair game!

Another practice is what's already great about - a practice where you list 20 things about you, your current job, your living arrangement, etc. that help you focus on what is right so you can release any energy of dissatisfaction around things you are ready to shift so you don't bring that energy forward. Then think about what you are truly desiring as if it is happening now.

- One of my last favorite activation practices is doing the liberation dance each day for 30 days. The combination of movement, focusing on what you truly want to create, and feeling energized will change your life! I start each day this way. Here's the link to the YouTube video:

<https://www.youtube.com/watch?v=boFGjvtmxEk>.



 YOUR DEEPER CALLING

You are more than enough just as you are designed to be.

Nothing about your essence needs to change for you to have a life that truly works for you.

Uncover your one of a kind essence and design the life that fuels your spirit.

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What Are You Craving?

Claim What You Are Having in 2022

It is the perfect time to claim what you want to experience in 2022. I am not talking about New Year's resolutions or some other formula for finding a superficial set of things to strive for that we should want, but don't actually desire at the deepest level.

Your energetic essence, the very spark of who you are that no one else has or can duplicate, has desires for you that will lift you up and allow you to experience joy, abundance and full expression. When you tune into that place in you, you will have to send your thinking mind out for a latte because logic has nothing to do with it!

You want to focus on what would bring you alive, help you feel expanded, and allow you to share your greatest gifts with the world. It's a whole new conversation with yourself.

So ask yourself, what are you truly craving to experience in 2022?

I am craving opportunities to work with more women who are saying yes to their expansion. I am ready to create beauty through making art and singing music every day. I am excited to work with like minded collaborators who are calling in the New Era consciously. I am craving freedom to be fully expressed in both my clothing and my home environment. I am craving the next level of my gifts, talents and abilities to become the focal point of my work life and letting everything that is not in vibrational alignment fall away.

What are you desiring to experience?



A woman with long dark hair, wearing a white, off-the-shoulder, draped dress, stands against a dark grey background. She holds a long, dark sword in her right hand, angled upwards. In her left hand, she holds a pair of brass scales of justice. The lighting is dramatic, highlighting her face and the texture of the dress.

Risks and Inspired Action

CHAPTER FOUR



YOUR DEEPER CALLING

It's Your Time to Shine!

How many of you are hiding out, playing small and staying invisible? Knowing there is something you really desire to do or experience, but not willing to step into the unknown to make it happen.

Telling yourself it can't happen for you for any number of reasons including how something about you just isn't right.

You are going through life feeling invisible or muted at work. Not truly using your unique gifts, talents and abilities to their full potential. Not following your desires because of what others might think.

Listen, I really hear you. We are given so much positive reinforcement for playing small, conforming and fitting in. And I know what it feels like to want to fit in and belong thinking it will create safety and allow us to have the life we desire. We are usually really well compensated for sure, but the other costs can be devastating.

Underneath, you are betraying some of your most unique and interesting attributes, the ones that are here to change the lives of those around you. This betrayal leaves you feeling empty, uninspired, and dreaming of a magic someday when you can finally have a life you love.

Which is why I am in my element when I am helping women expand into their full expression. I adore helping them discover what it feels like to be fully expressed, seen and celebrated, and accepted for all of their uniqueness.

The results? More joy, higher compensation, work that feeds your heart and soul,



YOUR DEEPER CALLING
Live Life by Design

It's time to stop hiding out, playing small and staying invisible. Step into the unknown to make it happen.

IS IT YOUR
Time to Shine?

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Soul Aligned Choices

relationships and opportunities that resonate with your one of a kind essence, and a new sense of feeling vibrant and alive. Your presence makes you a gift to the world, no matter what you are doing.

Isn't it time for you to shine?

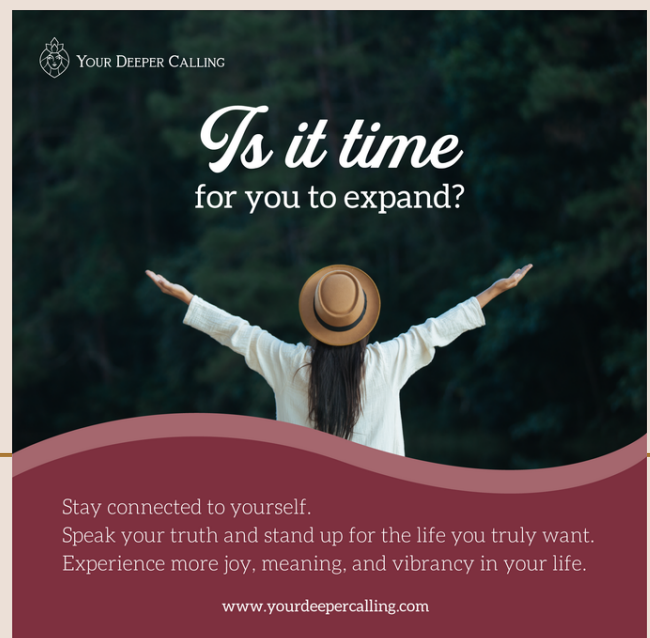
But how to do it, right? Here is where the Divine Masculine energy of taking action makes all the difference.

A couple bits of clarity.

- First, I am not talking about staying super busy by grinding day in and day out while building new levels of resentment and frustration.
- Second, when we take action from our fully activated state of mind, this inspired action creates our desired results in less time. But we can't get there through our logical mind alone; our intuition and higher self already know the best route to help us align with what we truly crave. It's our job to send our small mind out for a latte so we can connect with our higher mind.
- Finally, taking risks and operating outside of our comfort zone will always reap the highest reward. So we have to put our obsession with safety on the shelf and step into the unknown.

Let me define soul aligned choices for you.

When you tune into your essence and receive inspiration from your most expanded state of mind, you have the option to take action that will help you align with your soul. These choices make you feel more alive, more on purpose, and more engaged with your life.

A woman with long dark hair, wearing a white long-sleeved shirt and a light-colored hat, stands with her arms raised in a gesture of freedom or joy. She is positioned in the lower half of a dark green, textured background. The overall image conveys a sense of expansion and connection to nature.

YOUR DEEPER CALLING

Is it time
for you to expand?

Stay connected to yourself.
Speak your truth and stand up for the life you truly want.
Experience more joy, meaning, and vibrancy in your life.

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Inspired Action Creates Expansion

IS IT TIME FOR YOU TO EXPAND?

Most women have spent so many years thinking their way, trying to bend life into what they think will make them happy. Constantly striving and straining.


I hate to break it to you, but this will never bring the results you are truly seeking. Beneath seeking all of the external things that you imagine will give your life meaning and purpose is your unique energy blueprint, trying to get your attention.

Its time to connect and align your energy so you can take inspired action that is driven by your heart.

The reason I love the process of soul alignment design, is that it helps women gain clarity about what really matters in their life and what truly supports their highest level of living. It allows them to take time to tune into and connect with their essence more deeply and use it to inform all areas of their life. It catapults them toward a life that supports them on every single level.

The women I work with finally follow their passions and make money doing what they love, become committed to staying connected to themselves by speaking their truth and standing up for the life they truly want, and experience more joy, meaning and vibrancy in their lives.

Are you ready to be the magnetic, expanded, radiant, women you were designed to be in this lifetime?



YOUR DEEPER CALLING

READY FOR SOUL
alignment?

Thress key things
to realign your life:

- 1 • Get in touch with your soul calling
- 2 • Discover what about your life is out of alignment
- 3 • Take inspired action to realign every area of your life

Let's connect!
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Your Inspired Action Plan

Let's get tactical! This plan is a starting place, so be willing to be in relationship with your action plan, knowing that it will shift and change as you do. Being too rigid with a plan prevents inspiration and insight from informing your actions. Being too flexible and only flowing with life prevents the focus needed to actually create what you truly desire. There is a dance between focus and dreaming as you take action that will truly serve your way forward.

What is your soul calling forward in your life? What is your essence craving to experience? See if you can boil it down to 2-3 sentences.

From an expanded state (use your practices), what inspired action steps can you take to move you toward this soul aligned vision?



“You have a masterpiece inside you, you know. One unlike any that has ever been created, or ever will be. If you go to your grave without painting your masterpiece, it will not get painted. No one else can paint it. Only you.”

Gordon Mackenzie

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Your Inspired Action Plan

What daily habits do you want to practice to support your highest energy level?

What rules and structures will support you in living your most expanded life?



You have the freedom to live fully expressed.

What will help you live like a vibrant songbird in 2022?

Your Inspired Action Plan

What soul aligned choices will bring more joy and playfulness into your life?

What risks both terrify and excite you?



You deserve
to feel supported
for who you truly
are in your work,
friendships, and
life choices.





Vibrant Songbird

CHAPTER FIVE



YOUR DEEPER CALLING
Live Life by Design

Fully Expressed!

Freedom To Be Fully Expressed

One of the things I want for you in 2022 is to truly get that you have permission to live fully expressed. Too many women I know, including myself, have lived like a sparrow when we are actually vibrant songbirds.

Sparrows are simple, small, noisy, plain colored, dependent on humans for their food, and can be easily overlooked. But ornate songbirds have vibrant feathers, sing beautiful songs, attract attention naturally, and are unforgettable. If you are reading this and feeling part of you wake up, you are a songbird!

For fun, one of my favorite, stunning songbirds is the lilac-breasted roller from Africa. It's my avatar for how I plan to live my 2022.

- You deserve to feel supported for who you truly are in your work, friendships, and life choices.
- You deserve to be paid well to do work that is aligned with your essence and unique design.
- You deserve to sing your unique song and speak your truth every day of your life.
- You deserve to soar, not be grounded.
- You deserve the freedom to dress in a way that lights you up and boosts your energy.
- You deserve to be seen as the fullness of who you are, not a sliver of your full capacity.



You deserve to
have a life that makes
you feel alive, awake
and expanded.



Beautiful Songbird

- You deserve to have a life that makes you feel alive, awake and expanded.
- You deserve to have the resources that will allow you to share your creativity with the world.

What will help you live like a vibrant songbird in 2022?



“All of life is not a learning
but a remembering.

Remembering the
knowledge built into our
bones, the wisdom spliced
into our genes.”

Jeanette LeBlanc, You Are Not Too Much: Love Notes on
Heartache, Redemption & Reclamation



Your Most Activated 2022

As you venture into 2022, this guide will support you in up-leveling every area of your life. As you finish this process, a few reminders:

- You are amazing and called to so much more in life, and simultaneously, there is absolutely nothing wrong with you or your current state.
- I invite you to become intimate with your essence and design your life to align with it.
- You will thrive when you make time for daily practices that align you with your most activated, expansive state of mind.
- I want you to truly align with what you crave by taking risks and making soul aligned choices that help you feel alive, awake, and expanded!

Drop me a line and let me know how this guide has impacted you by emailing me at

theresa@yourdeepercalling.com.

To a super magical 2022!!

A handwritten signature in black ink that reads "Theresa". The signature is fluid and cursive.



THERESA NUTT

Soul Alignment Designer

I tune into the energetic essence of others and see what life choices will support and nurture their fullest expression in the world by using tools like my Style.Essence work, life coaching, health coaching, and energy healing to help women realign their lives with their unique soul design.



@yourdeepercalling

Are you ready for a soul alignment design?