

The  
Soul Star  
Workbook





# The Soul Star

The Kit includes:

This PDF workbook  
The Video Lesson  
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for your own  
journalling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you  
- you don't have to do it all!

Explore your connection to your Soul Star in any way that  
feels good to you!

Use this kit as a guide, always go with your gut and what  
feels true to you



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W W W . N E W A G E H I P S T E R . C O



# Heart Storm

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think about the Soul Star Chakra



*"Let your soul  
stand cool and  
composed before  
a million  
universes."  
-Walt Whitman*





# Intentions

What intentions do you have for this work?

How will you show up for yourself this month/during this work?

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What could stop you from fully showing up?

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How can you give yourself the best chance to show up for this work?

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How would you like this work to change you and help you develop spiritually?

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# In a Nutshell

The Soul Star Chakra is the energy centre that sits above the top of your head

It is a transcendental chakra, meaning that it's not in your physical body, but in your energy body.

The Soul Star is said to be a magenta pink colour, but you may see it as a golden white light, a light pink white light, a gold star, or in any other way. How you see this chakra can change over time or change depending on the day. Always just trust how it appears to you.


The Soul Star Chakra connects you to your own Soul, your Higher Self and opens up the portal that connects you to your source energy.

Working with the Soul Star Chakra can help you develop a stronger and deeper connection with your Higher Self as well as your guides and angels.

The Soul Star Chakra holds your soul's blueprint and can help you to understand and activate your purpose and personal path in this lifetime.

Working with the Soul Star and the Earth Star Chakras can help you to become a bridge between heaven and earth, helping you to bring more divine love and light into everything you do.

Lightworkers are being called to step up into their power now more than ever before, and we need to be connected to our own soul purpose and path in order to do this work.



# Check in

How connected to you feel to your own soul right now?

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Are you aware of any blocks or challenges that come up when you try to connect with your own soul/soul star?

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What are you currently doing to connect to the energy of your own soul and soul star?

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How connected do you feel to your own Higher Self?

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# Check In Cont.

How connected do you feel to your own purpose and path?

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How easily do you receive guidance?

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When you receive guidance, how likely are you to take action on it and what happens when you do?

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What stops you from taking action when you receive guidance? How do you feel when you don't take action on your guidance?

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# Tools

Here's a list of tools that could help you deepen your connection with your Soul Star Chakra. Remember to always go with the tools that you feel right for you and to always use your own intuition.

## Crystals:

Moonstone

Selenite

Clear Quartz

Apophyllite

Celestite

Your own birth stone or your favourite crystal

Any other light, clear or white stones that you're drawn to

## Herbs + Oils:

Frankincense

Lavender

Peppermint

Blue Lotus

Sage

Any other refreshing, clearing, high vibration oils you have or like

## Other Tools:

Candles

Incense

Meditation mat, pillow and blanket

Music

Any other tools you are drawn to:

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# Angels And Guides

Some Angels and Guides who can support you with your Soul Star work are:

- ✧ Archangel Mariel
- ✧ Archangel Christiel
- ✧ Archangel Metatron
- ✧ Melchizedek
- ✧ Your Guardian Angel
- ✧ Past Life versions of yourself

Call them in (or the ones who resonate!) when activating and connecting with your Soul Star Chakra

Invite them to be on your spiritual team of guides

Pull cards, journal or meditate with them and ask what you most need to know right now

Call on them daily to help you keep your connection with your Soul Star open and activated

Ask for their support in helping you to connect with your purpose and path and staying on it!



# The Higher Self

Close your eyes and take a moment to connect with your Soul Star Chakra. See it opening up and beaming beautiful golden white light all around you.

See your Higher Self now standing in front of you. What do they look like? (Or what do they feel like?)

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What messages does your Higher Self have for you about your life purpose right now? (Just allow yourself to write whatever comes through, no judgement!)

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What does your Higher Self want you to know about getting on or staying on your own path?

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# Manifestation

What are you currently working on manifesting in your life?

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What guidance, niggles, nudges or knowings have you received from your guides about making it happen?

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How can you bring this into and through your chakra column?

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What real world action do you need to take to make it happen?

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# Symbols

Symbols are a powerful way to quickly activate the energy you would like to activate or call upon.

Choose or create a symbol that represents your Soul Star Chakra.

Draw that symbol and put your hand over it. Say the following (or use your own words):

*This is the symbol of my Soul Star Chakra. Whenever I see or draw this symbol, my Soul Star Chakra will be activated, I will feel connected to my own soul, my purpose and my best and highest path. And so it is.*

You can use this symbol in all sorts of ways including:

Drawing it above your head

Drawing it on a piece of paper and putting it under your pillow while you sleep or meditate

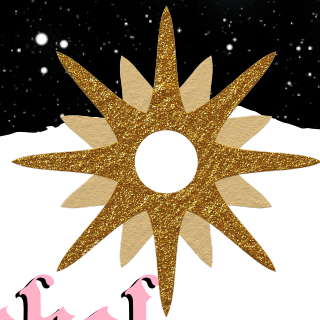
Drawing it in the air and stepping into it

Visualising it

Drawing it on a post-it and sticking it somewhere you will see it often

Any other way that feels right for you!

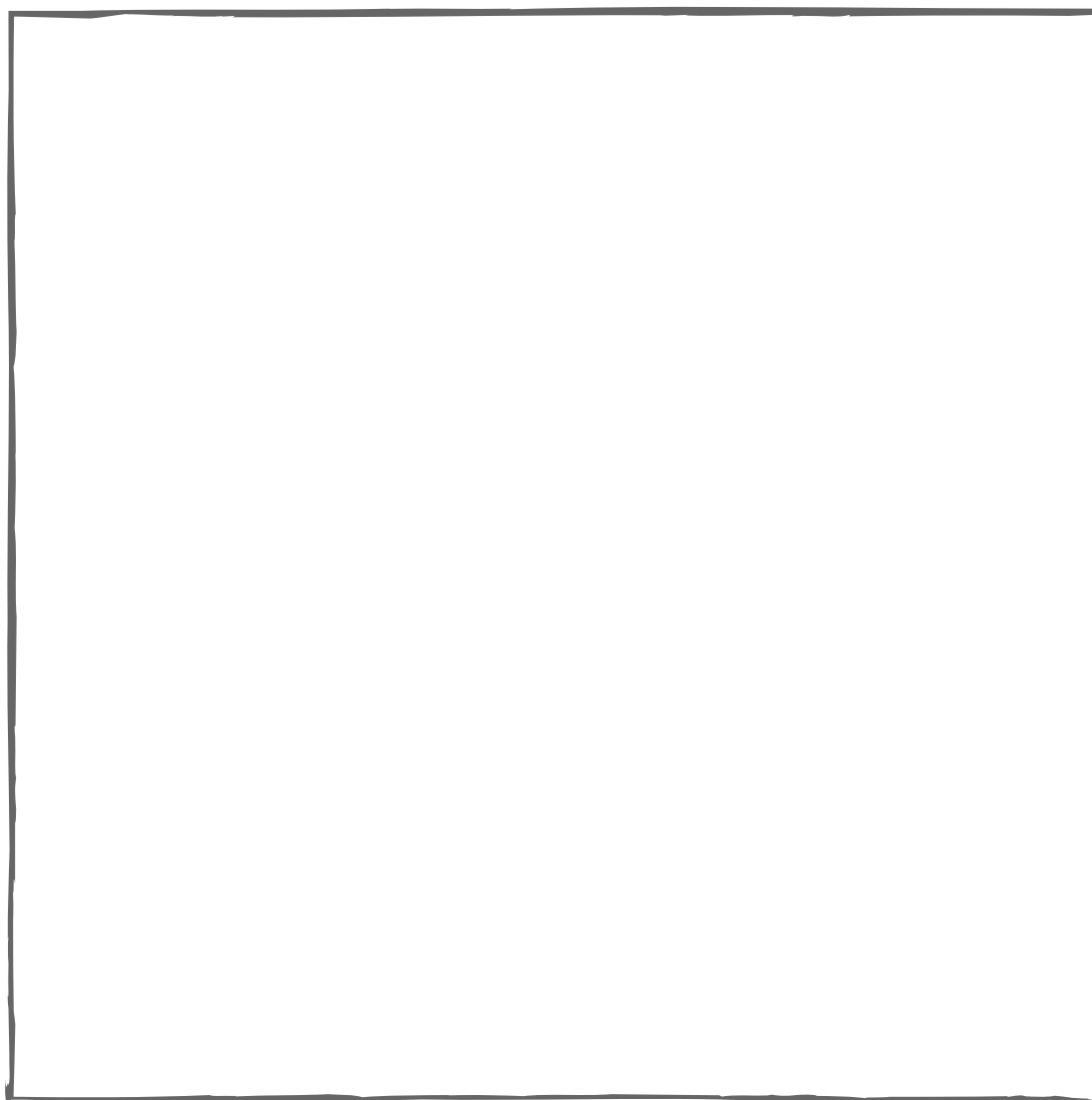




# Your Soul Star Symbol

Some ideas for symbols you could use are: A Pentagram, the Star of David, Air element symbol, an arrow pointing up or anything else you can imagine!

Draw your symbol here, then place your hand over it and activate it!



# Crystal Ritual

Choose a crystal that you want to activate and program to help you connect with your Soul Star Chakra

Hold the crystal in your dominant hand at your heart.

Activate your heart chakra - visualise pink white light expanding all around your heart space and into the crystal you are holding.

Speak to your crystal and ask it what you would like it to do, here is an idea for what you could say:

*Thank you [type of crystal] for coming into/being a part of my life. Thank you for always vibrating at a very high frequency. Thank you for helping me to connect with and activate my Soul Star Chakra to help me stay connected to the voice of my own soul, forever and always, and so it is.*

Visualise the light in your heart and crystal moving up through your body and into your Soul Star Chakra above your head.

Take a few deep breaths here, feeling your crystal and the Soul Star being "connected".

Thank your crystal again for its support and take a moment to see if any messages come through from your crystal or your guides.

Whenever you wear or carry your crystal your Soul Star Chakra will be activated!



# The Bridge Between

When you have activated the Earth Star and the Soul Star Chakra you become the bridge between worlds, the bridge between heaven and earth.

You are the physical manifestation of the divine and are able to change your life and the world around you through your own actions.

There is incredible power in being the bridge between. You can help use your divine wisdom, knowledge and guidance to create a better life for yourself and a better world for others.

How are you being called to act as the bridge between?

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How can you use your connection to the divine to create the life of your dreams?

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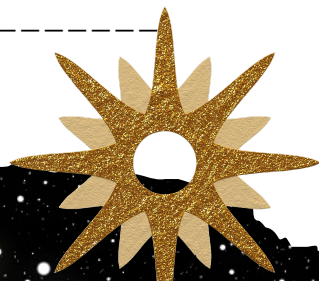
How can you use your connection to the divine to create positive change in the world?

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# Action Plan

How are you going to activate and work with your Soul Star Chakra?

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How will you commune with your Higher Self and keep that connection activated and open?

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What will you do when you feel disconnected from your own soul and divine guidance?

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How will working with the Soul Star support you and help you live the life of your dreams?

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*"My soul can find  
no staircase to  
Heaven unless it be  
through Earth's  
loveliness."  
-Michelangelo*



# Soul Star Tarot Spread



1. Your current connection with your Soul Star Chakra
2. Any blocks or challenges to being able to connect with your Soul Star
3. A message about your purpose and path
4. How to anchor the wisdom from the Soul Star into your being
5. How to take divinely led action to create the life of your dreams
6. How to take action to change the world in the way only you can
7. How to stay on your own best and highest path
8. A message from your Higher Self
9. The magic you can create as a bridge between heaven and earth







# What's Next?

If you enjoyed this kit and found it useful, please tell your friends about The Circle. As a small business word of mouth helps so, so much!

- ✓ If you are in The Circle you are welcome to come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!  
[www.newagehipster.co/the-circle](http://www.newagehipster.co/the-circle)
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions -  
[vix@newagehipster.co](mailto:vix@newagehipster.co)

## About Vix



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through the Fully Lit Mastermind, one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a best selling YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.

