

# THE FOUR SOUL QUESTIONS

---

NICOLE N. SKAGGS, FOUNDER  
ENLIGHTENED TRIBE, INC.



CHOPRA CENTER  
CERTIFIED INSTRUCTOR

Thank you so much for joining me here. I am honored to share this with you. This sharing is part of my life's purpose, or dharma. The following pages contain some practical advice for your journey to enlightenment.

I'd like to start with a premise that I sincerely hope you will carry with you forever. It's pretty simple.

It is: If we are going to change the world step one is letting the world know that we are here. We must tell each other about each other. We must "identify" ourselves to each other.

Whatever you take away from this little book, please take that with you.

I have observed that one of the biggest reasons that people do not see themselves as "world-changers" is that they imagine themselves to be standing alone against overwhelming odds. They believe they are in a world that would never identify with them if they came clean and revealed their hearts. Sadly, amazingly talented people with so much to share see themselves as small and insignificant.

Also, let's face it...the earth is populated with people who believe they are the only ones who think the way they do. It is as if we are all living by some unspoken code. The code says to keep our views largely to ourselves and to ultimately remain unknown to each other at our deepest levels.

This is not a code we are abiding by because we want to.

It is not even something we are doing consciously.

We do it unconsciously, without even knowing that we are doing it. We keep the code by “going along,” by “giving in,” by “accepting” life “as it is,” without ever questioning the “status quo”.

This is a code the whole of humanity is keeping by default. We are keeping it because we think we must. We believe that it is the only way we can be happy—and maybe the only way we can survive. Sad, isn't it?

But...occasionally, something happens. Occasionally, we have a chance encounter.

We hear of a gathering, we learn of a conference of some kind, or we see a social media post about some group or non-profit organization that is focusing its attention on exactly what we have been thinking about!

And Bam! Wow! We can feel it! We are energized, intrigued.... immersed in thoughts we previously had been too fearful to acknowledge.

And maybe...just maybe we go to that meeting or attend that gathering. It is then, that we are completely startled to find that there are other people—perhaps many other people—organizing around just the ideas that we have been tossing around in our heads.

We find that someone agrees with us and instantly our hearts and minds connect. This is an important moment. This is the moment that real action can begin, that real progress can be made, that real solutions can be put into place.

I remember, I felt this when I first visited The Chopra Center. I knew, beyond a shadow of doubt I had finally found my soul family. This amazing, diverse, eclectic group of brilliant minds from all over the world were speaking the same soul language I was.

My heart burst open!

But...we have another silent code or agreement we have been keeping. It's the one about religion. Ahhh....religion... Over and over surveys are coming up with an interesting answer to this question..." What do you consider to be the biggest obstacle to peace in the world today? The answer 70% of the time? "Religion."

None of this is new or a mystery to anyone. Most people understand perfectly well what is causing the greatest dysfunction in the world—yet no one is doing anything about it. Why?

Astoundingly, this is because most people have no idea how many other people agree about the source of the problem! Even when people do discover how many others agree, they do not know how many people also agree on a solution. That code...it's still working.

When large numbers of people come to know that they agree on both the source of a problem and the solution, that solution is usually not very long in coming to the forefront of public discussion. This is what is known in popular parlance as "an idea whose time has come."

It has been said that nothing is so powerful as to be able to stop such an idea.

The question is, how can we all become aware that an idea's "time has come" if we are all holding the same idea, but keeping that a secret from each other?

And the answer is, of course, that we cannot.

What we must do now if we truly yearn for change and peace in the world is STAND UP.

Stand up and begin creating exactly that.

I have had the pleasure of speaking at local colleges, business groups and have even trained weekend immersions. Invariably, as I teach meditation, the students ask about peace in the world. They ask...what can we do? How can we bring more peace into the world?

And often it is amazing to me to see just how hard it is to get them to stand up right there in the room. Forget doing anything in public. They won't even stand up right there in the meeting room.

I have a big secret to share with you. Most of life is just about showing up! Basically, you must "suit up and show up" if you want to be on the team. It's as simple as that.

"But what about people who are shy?" I can hear some people asking. "Isn't there something we can do? Not everyone is a born leader, you know. Some of us feel more comfortable working in the background. That doesn't make us unworthy to be on the team."

Yes, I agree. Not everyone is a Martin Luther King, Jr. or Mahatma Gandhi. In fact, very few people are.

Most people are not likely to get up in front of a crowd and, with a wave of their arm, shout "follow me." But... they are at least willing to stand up and be counted.

I believe that we are all leaders. It is just a question of what form our leadership takes.

Is the person who sits in the back of the room quietly stuffing envelopes and getting out mailings and handing out flyers and working the telephones and contributing hours of time and energy any less of a leader than the person in the front of the room waving his arms and issuing a call to action?

No.

So, we are all leaders, and some of us do different things and excel in different areas than others. But as I said earlier, we must all at be willing to stand up and be counted when the tally is taken.

We must be willing to make ourselves known so that those who are in the front of the room can have a sense of how much support there is in the space for what is being proposed. And we must at least be willing to speak our mind if speaking our mind is what breaks the ice and gets the energy moving around an idea.

Here is the thing.... we must be willing to be uncomfortable, for at least a little while, if we want to create a life that is comfortable for all of us for a long while.

I know you have heard it before, life begins at the end of your comfort zone!

But here is one more thing...Life expands in ways you could never imagine once you wake up from the hypnosis of your programming and refuse to honor those "codes" and silent agreements anymore.

Back to my earlier premise, if most of life is just showing up, what about the rest of it?

After we show up, the rest of it is about taking a risk. It is about being a bit uncomfortable. It is about being willing to “look bad” or to “fail.” It is about knowing that “failure”, in fact, does not even exist. Failure is an illusion, a construct of “the comfort zone.”

How about this? Life is about forgetting the “self” and putting the highest good of the largest number at the top of our priorities. It is about being able to be counted on. It is about forging ahead, pushing on, even when the path is obscured.

Especially then.

It is about understanding Who and What You Really Are, and the determination to express and experience precisely that.

It is about knowing why you are here, and what life is about.

And then... it is about announcing THAT!

This...my friend... is only step one.

Taking the next steps along your spiritual path is as simple as 1-2-3. Here is my advice for those just beginning their journey.

1. You must get clear on what is true for you. This is the beginning of everything. Clarity comes before action, and then sustains it. Clarity produces action where confusion stalls it. You must, therefore, commit to getting clear about what is true for you. Be crystal clear about Who You Are, What You Want, What Your Dharma Is & What You Are Grateful For.

2. After you have become clear on what is true for you. Find out what is already being done, and by whom. There is more going on in the world than most people are aware of. Causes and movements with which you agree need your support. These days you can find just about anything and anyone you are looking for—including groups of people who have a goal in common with you.

3. And finally, create what you cannot find. If you really can't find anything out there that speaks to the issue of your concern or that is doing what you want to see get done, CREATE IT. Stop waiting for some other group to form or some other person to stand up. Form a group or organization of your own. Call a meeting. Hold a rally. Raise your flag and see who salutes.

Sounds like a fantastic plan, right? Now, let's take a look at how you can achieve amazing results on the above after just one weekend at Quantum Source Academy's first course...The Awakened Warrior.

The intent of Warrior is to provide a space within which you can recreate yourself in the next grandest version of Who You Are.

You do this by consciously connecting to the quantum field of pure potential.

Warrior is offered in an intensive immersive format, over one weekend.

Food and accommodations are included.

Many people who have participated in this program have told us that they have reached a level of personal clarity about themselves and their life purpose, that they never thought they would ever achieve. This new clarity empowers them to create the exact life they have been dreaming of...full of peace, prosperity and joy.

You may receive more information about the camp or register online, at [www.enlightenedtribe.com](http://www.enlightenedtribe.com) go to the tab entitled QS Academy. There are many programs and opportunities in the world that are opening the space for you to do this. Ours is only one of them.

Find a personal growth and spiritual development program or activity that you feel best suits you, one that resonates with your current sense of self, and undertake that activity with commitment and deep caring.

Act as if your life depends on it...it does.

If you do, you should be able, in relatively short order, to know and to declare:

Who you are.

What you want.

What your dharma (purpose) is.

What you are truly grateful for.

Please, embark on a reading program as well.

At the conclusion of this eBook is an opening list of recommended reading for persons seeking a greater awareness of themselves and the world around them. Check this list out and decide to read at least one book a month for the rest of your life that supports your personal growth and spiritual development.

Remember, all true clarity is "in-the-moment clarity". That is because there is nothing else but the moment. "Now" is all there is.

The construct of time is an illusion.

Yet, even if we accept the terms of the Illusion, tomorrow, for all we know, a flying saucer could land here and change everything we ever thought we understood about life.

So, use whatever tools are available to you to get clear on what is true for you.

Make it your business to learn more about the real world in which you live.

A lot of people in the holistic community seem to feel it's a good idea to avoid the news, to remove yourself from this "negative energy."

I disagree.

Nothing has meaning except the meaning you give it.

Or, as William Shakespeare famously noted, "Nothing is evil lest thinking make it so." So, follow what is right for you and try to understand the issues of the day, the matters of concern, the daily developments on our globe that co-create our collective experience. Dig deeper, understand the zeitgeist, also called Collective Consciousness.

It's so important for you to discover if anyone is gathering energy and doing something about the challenges we are facing.

You should be in the know about who is putting together a plan or a program and who is launching what effort to accomplish which goal.

Why? Because you should be connecting with these people. You should be using these resources. This can increase your effectiveness as a light worker.

By joining with others who are holding the same ideas you are holding and who are moving in the same direction you are going.

What the world needs today is a new form of spirituality, one that will allow us to express our impulse toward the Divine in a way that does not make others wrong for the way in which they are doing it.

This simple premise would eliminate all the religious conflict in the world—and as we have already stated, religious conflict is the greatest obstacle to peace on our planet today.

Now if you agree with this purpose, if you feel aligned with the effort to help create the space of possibility for peace and joy to emerge upon the earth, you will be very happy to know that there is a well-organized community already working toward this goal.

That community is called The Enlightened Tribe.

The Enlightened Tribe is focused on creating and providing opportunities for people all over the world who may be searching for, and yearning for, an alternative form of spiritual expression—who are tired of the conflicts and the sense of superiority and the doctrines of judgment and damnation that are built into many of today's religions.

Among its other activities, Enlightened Tribe, through Quantum Source Academy, has created a curriculum which ultimately trains new facilitators....so that the message of self-inquiry through the yogic paths of enlightenment can be heard by all.

So, the point here is that there is at last an answer to the question, "What can I do?"

There is already in place a group of people who have asked that same question, who share with you the desire to place that message into the world, who agree with you on the desirability of doing that, and who will support you in moving forward your own agenda.

Now it is true that Enlightened Tribe may not have a headquarters where you live. So, here is the final suggestion that I have for you if that is the case.

It is a good idea to implement in any situation in life. After you have received the training from Quantum Source Academy simply...create what you cannot find in your area.

In fact, our mission is to ultimately create more teachers to spread the method and message.

All my love,  
Nicole Skaggs, Founder  
Enlightened Tribe, Inc.

Recommended

Reading List

The Untethered Soul – Michael Singer

Return to Love – Marianne Williamson

The 7 Spiritual Laws of Yoga – Deepak Chopra, MD

Secrets of the Millionaire Mind – T. Harv Ecker

The Power of Now – Eckhart Tolle