



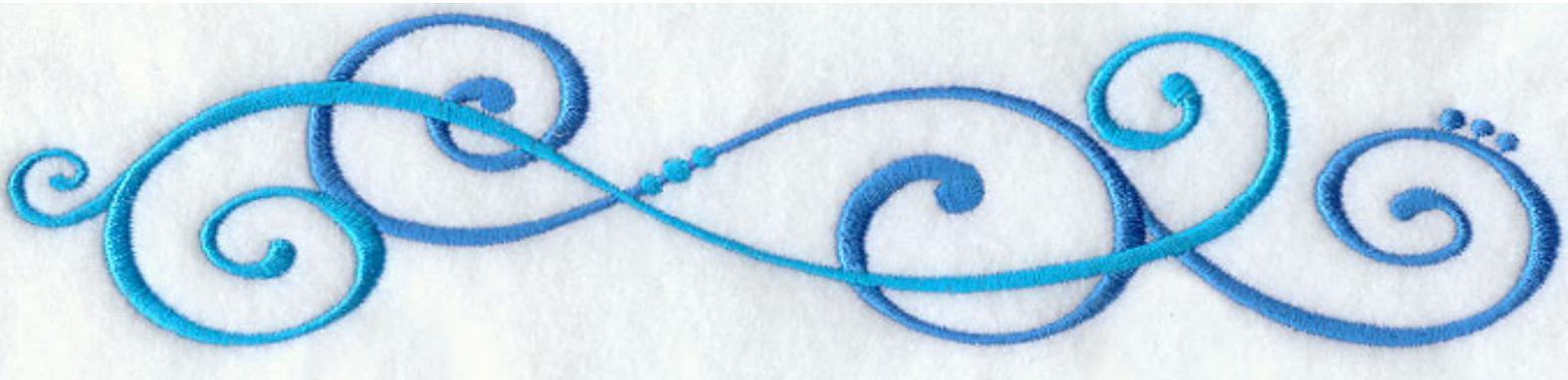
6 Simple Steps
to Create *YOUR*

*Signature
Soul Song*



And Sing Your Life!

LAUREN PEROTTI



Welcome!

For many years now, after I transformed from my Corporate Consultant persona into my Creative Catalyst divine purpose, so many people have asked me how they can express more creativity and playfulness in their lives. All of these people had something in common ~ their success had begun to ring hollow on the inside and they wanted to feel more purposeful and ALIVE!

I've also discovered that most people – and you're likely one of them – have a secret songbird inside, a part of you that really wants to sing your heart out, even if you don't believe you are good at singing! That's because you do have a song in your soul.

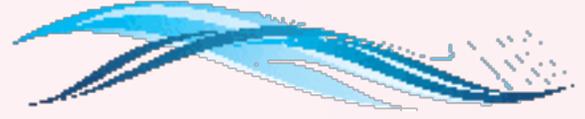
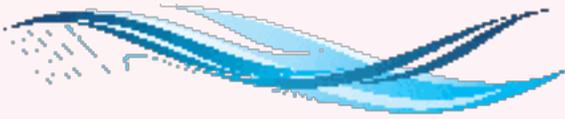
And that's what inspired me to create this Play Pamphlet for you. It's a specific and simple guide for you to Create *YOUR* Signature Soul Song – and Sing Your Life!

You may be asking,

“What is My Signature Soul Song?”

I believe you play a unique part in the mighty orchestra of the universe. Not only are you a specific spark of the Divine, here to shine your particular facet of light into the world, but you also have a song in your soul. It's time to let it out! You can free your creative spirit by crafting a piece of music and lyrics that represents you, your soul and your purpose.

And when you do so – you will feel more purposeful and ALIVE!



When you engage your creative expression, you activate your imagination. Like many pioneers of expressive arts practices, I see imagination as a key essence of the soul. So it follows that the intentional cultivation of your imagination is essential to bring about your soul's awakening and full expression. You don't need to consider yourself "an artist" to be creative. We all have imagination. Creating your signature soul song is just one way to bring forth your creative expression.

Your next question could be,

"How do I create My Signature Soul Song" ?

There are many ways you can do this. Obviously, if you are a songwriter, you can write your own specific music and lyrics ~ and I encourage you to do so if you have this talent.

I have another simpler and fun way for you to do this.

It involves Six Simple Steps! The steps take you from setting your creative stage to identifying pieces of existing music that represent phases of your life so far AND future phases of the envisioned life that you desire, then synthesizing them into a unique song that resonates with your soul.

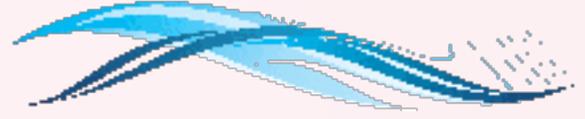
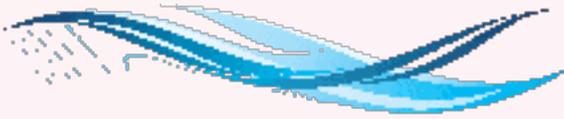
I am a Songbird myself, and have been singing my life, all of my life. I've also created my own Signature Soul Song.

I want you to unleash your Signature Soul Song so you can Sing Your Life too!

Have Fun!

Lauren





🎵 The Magic of Music 🎵

“At the root of all power and motion, there is Music and rhythm, the play of patterned frequencies against the matrix of Time. We know that every particle in the physical Universe takes its characteristics from the pitch and pattern and overtones of its particular frequencies, its singing. Before we make Music, Music makes us.” – Joachim-Ernst Berendt

There is not doubt that music stirs the soul. Sounds are vibration waves that travel through air. All forms of matter have an auric field of vibration, including you and I, so we can't help but be touched by and infused with sound vibrations.

There is a mythical and magical quality to music. In ancient times, dance and music were associated with divinity and healing. The Egyptians believed the goddess Isis sent music to humans to help them cleanse their souls.

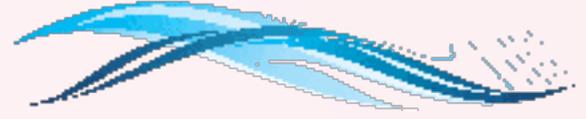
The Greeks worshipped Apollo as the god of music and medicine and his son, Asclepius ruled over the healing arts that they thought refreshed the soul. Pythagoras' teachings highlighted music as a means to align the body with the soul and the Divine. Plato and Aristotle both believed in music's power for influencing the entire human self.

I don't know anyone who hasn't been moved by some form or piece of music, at least occasionally. Although we may have differing preferences for musical styles or genres, most of us love listening to this form of sound.

Immerse yourself in the magic of music and let it stir your soul.

Then, get ready to discover the magical song in your soul that made you!





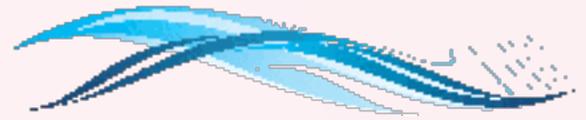
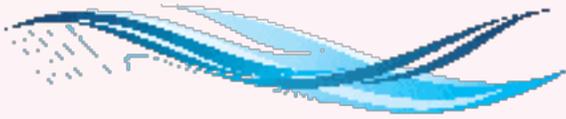
🎵 The 6 Simple Steps 🎵

STEP #1 SET Your Creative Stage

- 🎵 Set aside some time and space to Play with this creative process. Play some inspiring background music and do a grounding meditation.
- 🎵 Surround yourself with colors or other elements that will enhance your creative expression.
- 🎵 Move around your space to loosen up your body and get your creative juices flowing.
- 🎵 Have a journal available to take notes on ideas and feelings that come to you.

STEP #2 REFLECT About Your Life Phases – So Far

- 🎵 Make a chart or list of the phases of your life journey so far. E.g.,
 - ~ Birth
 - ~ Early childhood ~ birth to 6 years old
 - ~ Middle childhood ~ 6 to 12 years old
 - ~ Teens ~ 13 to 19 years old
 - ~ Young Adult ~ 20 to 33 years old
 - ~ Middle Adult ~ 34 to 50 years old
 - ~ Silver Years ~ 50 to 75 years old
 - ~ Golden Years ~ 75 years and beyond
- 🎵 Think back over these phases and recall the themes or other factors that have influenced who you are, where you are and what you've done. Make notes about these.



STEP #3 ENVISION Your Dream Life – Next Phases

- ♪ Visualize yourself living your dream life – your health, your relationships, your vocation and your freedom with money for your remaining phases of your life. Unleash your imagination and picture what you really desire.
- ♪ Take note of themes that emerge from your vision of these next phases.

STEP #4 COLLECT the Musical Pieces of Your Soul

- ♪ Reflect about the styles and genres of music that resonate in your soul.
- ♪ Listen to particular music and songs that spark your attention.
- ♪ Identify a song or piece of music that most relates to each of your life phases so far and the next phases that your soul desires for you to live. It could be lyrics that speak to your soul, or the combination of lyrics and music. Notice specific sections of songs that call to you within the entire piece.

STEP #5 SYNTHESIZE and Record Your Song

- ♪ Piece together the parts of music and songs you identified for each phase in chronological order.
- ♪ Make a recording by splicing all your musical sections in chronological order into one synthesized, seamless piece of music.

STEP #6 SING Your Life!

- ♪ Listen to your final piece and let it soak into your body, mind and spirit. When you're ready, stand up and sing it out loud.
- ♪ If you feel inspired, write a story or reflection about your Signature Soul Song.



Congratulations!

Whether you've completed all of the 6 Simple Steps yet, or you're partially underway, you have taken a step in the direction of Freeing Your Creative Spirit even by simply reading this Play Pamphlet.

I hope you feel like celebrating! Life is meant to feel playful and celebratory.

If you've felt inspired by this process, please stay tuned for the launch of my book and Signature Coaching Program, designed to guide you to discover, design and live your dream life in alignment with your Divine soul mission.

Coming Soon . . .

**THE DESTINY DESIGNER™
7 Sacred Flames to Light Your Path
With Passion and Playful Prosperity!**

Here's to your best musical magical life!

