



Souls Home
CONSCIOUS CHANNEL. MEDIUM. HEALER

❖ AUGUST NEWSLETTER ❖

Trust Yourself — *You Are the Expert on You*

This month, TRUST invites you to return to your own knowing.



SOUL'S HOME ORACLE

TRUST

You Are the Expert on You

CARD MESSAGE

You keep asking how to trust yourself, when the real question is why you stopped.

You've given your trust to people who kept handing it back to you broken. And somewhere along the way, you learned to doubt the one voice that was never wrong — your own body, your own first impression, the quiet knowing you felt before you talked yourself out of it.

You were taught to override that. To perform the good girl instead of trusting the truth underneath. To carry the discomfort someone else caused, as if it had always belonged to you.

It didn't. It never did.

That weight is theirs to carry — and theirs to learn from. Let the ones who made the choice live inside its consequences. That's how growth happens, for them and for you. Nothing changes when you keep absorbing what was never yours to hold.

You don't owe anyone your peace in exchange for their comfort.

Trust yourself. You are — and have always been — the expert on you.

WHEN THIS CARD APPEARS

TRUST arrives when you've been overriding your own first response — dimming your gut reaction to keep things comfortable for someone else. It shows up when you're carrying guilt, blame, or repair work that was never yours to do, or when you're questioning your own perception after someone else has made you doubt it.

This card is an invitation to hand the weight back. Not with anger — with clarity. The people who created the mess are the ones who get to sit with it. Your job is only to trust what you already know.

❖ SOULS HOME OFFERINGS ❖

IET • Healing Sessions • Readings



EXPLORE THE AUGUST CALENDAR

Discover this month's online gatherings, classes, and offerings.

Visit www.soulshome.com to view the full August calendar and register.