



# Soul Clarity Compass

A mini-guide for chaos-to-clarity writing


Created by Peta-Ann Wood, Elegant Rebel® —  
mentoring writers with sass, soul and strategy.



## Writing with alignment

Writing isn't just about putting words on a page.  
It's about tuning into your inner compass so your  
ideas flow with clarity and resonance.

This guide offers simple practices to make soul-led  
decisions and to assist you recognise **Soul Yes**  
projects, release **Soul No** distractions and write  
from a place of confidence.



“Every adventure  
requires a  
first step.”

The Cheshire Cat

Before we begin, take a breath.

You're not just reading a booklet — you're entering a conversation with your soul.

This journey unfolds in three movements:  
**Sensing, Following** and **Inspired Action**.

Each step builds on the last, guiding you from chaos to clarity with gentleness and rebellion in equal measure.





CHAOS TO CLARITY

## Soul-led Decision Making

**Soul-led decision making** - the Elegant Rebel® way - is the art of sensing your inner truth, following its whispers with reverence, and taking inspired action that honours your unique essence.

It's where **Respect** meets **Rebellion**, and where **Compassion** dances with **Clarity**.

Following your truth becomes easier when you have a framework that honours your values.

The following pillars and framework are your anchors — the Elegant Rebel® way of choosing with integrity, compassion and a hint of sass. Let's deepen your trust.



# Soul-led Decision Making

And this how we start.



**Sensing** → **Following** → **Inspired Action**

This **soul-led sequence** is the key to decision making:

1. **Sensing:** Tune into your Clairs, body wisdom, cards and symbolic soul nudges.
2. **Following:** Trust your soul's whisper, even when it defies logic.
3. **Inspired Action:** Move with intention, aligned with your values and soul-path vision.

This sequence becomes a ritual of rebellion—where intuition isn't just heard, it's honoured.

## The 5 Pillars of Soul-Led Decision Making

Pillar	Essence	Soul-Led Prompt
 Respect	Honour your truth and others' paths.	<i>Is this choice honouring my values and the dignity of all involved?</i>
 Compassion	Lead with empathy.	<i>Can I soften into understanding before I act?</i>
 Grace	Move with elegance.	<i>How can I choose with both strength and softness?</i>
 Humour	Let lightness guide you.	<i>What would my sassiest, wisest self say?</i>
 Kindness	Choose what nourishes.	<i>Does this ripple kindness into the world?</i>

This bespoke Elegant Rebel® framework invites you to **pause, reflect** and **choose** from a place of **soul integrity**. It's not just about making decisions—it's about reclaiming your power to live as your most authentic, intuitive self.



# *Sensing*

## Attune to your inner compass

We start where all clarity begins — with sensing.

Before you can choose aligned action, you must learn to hear yourself again. This is the phase of attunement: noticing, feeling, receiving, remembering the language your soul speaks.

Let's step into that quiet, powerful space together.





## SOUL NUDGES 101

# *Centre. Clear. Balance. Let's start...*

Tuning into your soul nudges begins with being centred, balanced and clear of energy which no longer supports you. Not only is this process fabulous for your overall daily well-being, it's akin to gifting yourself a new canvas to create on.

Begin by centering yourself. Take a deep breath, opening up your heart centre, breathe in deeply and count to four. Then hold your breath and count to four. Then breath out and count to eight. Repeat this until you feel a sense of calm and balanced flow through your heart centre.

Next is a quick grounding and clearing exercise using a stream of White Light from your Soul Star chakra through to the earth's core. Follow the process here - [Magical Shower Chakra Guided Visualisation](#).

Being grounded and balanced is where clarity begins to flow.



Intuition means exactly what it sounds like, in-tuition! An inner tutor or teaching and learning mechanism that takes us forward daily. It is a resource that, where recognised, has infinite potential.

Sylvia Clare

Now that your energy is centred and your breath has softened, your inner senses begin to wake.

This is where your intuitive superpowers — your Clairs — start whispering.

Let's explore how your soul already speaks to you.



## SENSING

### *Quick Clairs overview*

Clairs are basically your intuitive superpowers — think of them as different ways to receive information from your inner knowing.

It's like your soul is looking for the best way to nudge you, helping you navigate life with more insight and flow.

When you tune in and trust them, decision-making becomes easier, connections deepen and you start noticing the magic and beauty in everyday moments.

This is about learning to listen to those subtle nudges and letting them guide you.

Developing your Clairs leads to trusting yourself and those seemingly random nudges which appear out of nowhere.

The key is practicing regularly and trust—the more you lean into your inner compass, the more natural it becomes.

You already have these fabulous abilities; it's just about unlocking them and unmasking your magic!

**Tip: Take this Quiz to uncover your Clair magic.**



# Meet the Clairs

At a quick glance...

Your inner knowing speaks through your senses — the Clairs.  
Notice which feels strongest for you.



## Clairvoyance

Clear Seeing

Ability to **see visions, symbols, or images** or things beyond the physical realm.



## Clairsentient

Clear Sensing/Feeling

Ability to **feel or sense** emotions, energies, or physical sensations from other people, places, or events, akin to having a energetic radar.



## Claircognisant

Clear Knowing

Ability to **know things** without any logical basis or prior knowledge. The sudden knowing of insights, ideas, or knowledge.



## Clairaudience

Clear Hearing

Ability to **hear sounds, voices, or messages** that are not audible to the physical ear.



## Clairience

Clear Smelling

Ability to **smell scents** or odours not present in the physical environment.



## Clairgustance

Clear Tasting

Ability to **taste flavors** not physically present or without having it in your mouth.



## Clairtangency

Clear Touching/Feeling

Ability to **obtain** information about an object or person by touching it. Also known as psychometry.

**Tip: Your strongest Clair is your writing ally. Trust it.**



## SENSING

# Soul Yes / Soul No

You've met your intuitive senses.

Your soul nudges. Your Clairs.

Now it's time to understand how your body responds to truth.

Your **Soul Yes** and **Soul No** are the compass points which guide every aligned decision you make.

Let's learn their language.



## SENSING

# Step-by-Step Guide

Your body and energy respond differently to aligned vs. misaligned choices. This practice helps you distinguish those responses in real time, through sensory and emotional cues.

### 1. Create a Neutral Baseline

- Sit or stand in a comfortable position.
- Take three slow breaths to centre yourself.
- Notice how 'neutral' feels in your body—this is your anchor.

### 2. Think of a 'Soul Yes' Moment

- Recall a memory where you felt expansive, excited, or deeply aligned (e.g., when you made a courageous choice, helped someone, or created something you loved).
- Ask: Where do I feel this in my body? (Heart flutter, warmth in chest, breath opening, etc.)

### 3. Now a 'Soul No' Moment

- Choose a time you felt drained, resistant, or boxed in.
- Ask: What does my energy do here? (Stomach tightness, tension in jaw, breath short, etc.)

### 4. Apply to Real Decisions

- Raise a current decision or choice with your body (e.g., 'Do I say yes to this collaboration?' or 'Do I accept that invitation?')
- Notice what senses or feelings arise—do they mirror your *Soul Yes* or your *Soul No*? This is your answer.



## SENSING

### Other ways to get recognise your version

#### Soul Writing Prompts

- *What does my 'Soul Yes' feel like today?*
- *Where might I be ignoring a 'Soul No'?*

#### Tools for Exploration

MODALITY	SOUL YES	SOUL NO
Breathe	Deep, full exhale	Shallow, held breath
Visual	Bright imagery, vibrant colours	Dull, blurry, grey-toned scenes
Posture	Upright, relaxed shoulders	Tense, slouched, guarded
Language	Excited phrases ('I can't wait')	Avoidant phrases ('I guess I should')

## SENSING

### Add into your daily routine

Once you recognise your *Soul Yes/Soul No* cues, you can weave them into your everyday life. This is where sensing becomes second nature — a rhythm, not a ritual. Let's anchor this wisdom into your day.

#### Morning Preview Ritual

Start your day by scanning for upcoming decisions—big or small. Hold each one in your mind, then ask:

- Does my body soften or tense?
- Is there a sense of "Ahh" or "Ugh"? Trust the cue. You might note:
  - Choosing oat milk feels like a *Soul Yes* ✓
  - Accepting an obligation you secretly dread? *Soul No* ✗

#### Evening Reflection Scan

Look back on three choices you made today. For each, ask:

- Did I feel more me afterward—or less?
- What felt expansive? What felt performative? Mark one ahhhh (*Soul Yes*) and one learning edge (*Soul No*). Over time, patterns emerge that shape your personal decision map.

#### Decision Points throughout your day.

As you navigate your day, treat every micro-choice like a mini truth detector:

- Picking an outfit that makes you feel radiant? *Soul Yes*.
- Saying 'yes' to plans when you crave alone time? Probably a *Soul No*.

#### Quick body check:

- Does my breath deepen or feel trapped?
- Use wearable symbols—a ring, a tattoo, a bracelet—to remind you to pause and sense.

#### Daily prompt:

*What would honouring my gut look like today?*



# Following

Honour the whisper. Trust the nudge.

You've learned to sense.

Now we shift into the second movement: Following. This is the phase where you trust what you've felt — even when it defies logic, expectations, or old patterns.

Following is an act of rebellion and reverence. Let's explore how to trust your inner compass.





### THE CLARITY COMPASS EXERCISE

## *Your alignment practice*

1. Pause and take three slow breaths, focusing on your heart centre.
2. Ask yourself: *Is this idea aligned?*
3. Feel, sense or know your answer...
  - **Soul Yes:** expansive, energising, light.
  - **Soul No:** heavy, draining, resistant.

What did you notice — a feeling, image, or phrase? Remember this for future questions and moments of doubting your inner knowing.

**This quick check keeps your writing aligned with your truth.**



## WRITING PROMPTS

### *Write into clarity*

Trust becomes clearer when you write it into form. These prompts help you follow the nudge, not the noise. Let your pen become the bridge between sensing and knowing.

Use these prompts to explore alignment before you write:

- What ideas **light me up** right now?
- Where do I feel **resistance** in my writing?
- If I **trusted** my inner knowing, what would I write today?
- What project feels like a **Soul Yes**, even if it scares me?

**Tip: Just write. No spell check. No grammar police.  
Just start writing. Your soul will lead you.**



## QUICK SOUL ALIGNMENT PRACTICE

### *3-minute reset before writing*

- Place a hand on your heart.
- Say aloud: *'I choose clarity, resonance and flow.'*
- Visualise your words as silver threads weaving rhythm and impact.
- Begin writing from that space.

**This practice clears noise and anchors you in flow.**



## ORACLE CARDS

# *Chaos-to-clarity Layout*

Sometimes clarity arrives through symbols, synchronicities, and archetypes. Your cards become mirrors — reflecting what your soul already knows. Let's step into this intuitive dialogue...

### **The Three-Thread Layout**

A soul-led check-in for writers, creators and rebels in transition. This layout works with your inner compass, your clairs and your creative rhythm. Use it anytime you feel tangled, overwhelmed or unsure where to begin.

#### **Card 1 — The Chaos Thread**

##### **Question: What energy is swirling around me right now?**

This card reveals the noise, the pattern or the unspoken tension that's pulling at your attention. It names what wants to be noticed.

#### **Card 2 — The Clarity Thread**

##### **Question: What truth is rising beneath the noise?**

This card shows the deeper knowing, the aligned direction or the message your soul has been whispering. It's the part of you that already knows.

#### **Card 3 — The Soul-Led Step**

##### **Question: What is my next aligned action?**

This card grounds the reading into something practical, doable and resonant. It's not a plan — it's a step.

## ORACLE CARDS



# How to Use the Layout

### 1. Ground

- Hand on heart. Three slow breaths. Say: *'I choose clarity, resonance, and flow.'*

### 2. Shuffle with intention

- Ask while your shuffle - your way: *'What do I need to know to move from chaos to clarity?'*

### 3. Pull your three cards


- Ask the card's specific question as you pull each of your cards. Lay them left → right. Let your clairs guide what you notice first: a symbol, a word, a sensation, a knowing.

### 4. Reflect

- Allow your soul to write what captures your attention. No overthinking or second-guessing — follow the spark.

### 5. Integration Prompt

- After your reading, complete this sentence: *'My next Soul Yes step is...'*



To become really good  
at anything, you have to  
practice and repeat,  
practice and repeat,  
until the technique  
becomes intuitive.

from "Aleph" by Paulo Coelho





# Inspired Action

Move with intention. Create with clarity.

You've sensed. You've followed.

Now we arrive at the third movement: Inspired Action. This is where clarity becomes momentum — not through force, but through alignment.

Let's turn your inner knowing into your next soul-led step.



## COMPASS TO CREATION

### *Turn alignment into action*

- Use **Soul Yes** ideas as your starting points.
- Release **Soul No** projects without guilt — they're simply not aligned.
- Revisit the **Clarity Compass** whenever doubt creeps in.
- Aligned writing feels lighter, flows faster and carries more impact.
- Write to access that part of you which knows the next steps to take, to live your dreams.

**Wield your pen or keyboard with intention and  
watch your words dance across the pages.**

## INSPIRED ACTION

# Chaos to Clarity

### Before

- Scattered ideas
- Doubt loops
- Draft chaos
- Disconnected voice



### After

- Clear direction
- Confident choices
- Editorial polish
- Authentic expression

Every insight wants expression. Every nudge wants movement. This is your moment to name the step your soul is ready for.

**Practice Practice Practice:** *Think of one project you've been second-guessing. Write down what a Soul Yes version of it may look like.*

**Clarity doesn't come from rules.  
It comes from resonance, rhythm and inner knowing.**



“  
And the day came when  
the risk to remain tight  
in a bud was more  
painful than the risk it  
took to blossom.”

Anaïs Nin



NEXT STEP INVITATION

## Deepen into Soul Writing

**You've walked the full arc — from sensing to follow to action.**

This mini-guide is your starting point. It's a nudge from my soul to yours to write. To take up space. Reclaim your voice and stand tall in your light.

If you're ready for deeper clarity, gentler editing, or a companion on your writing path, I'm here. Let's continue this adventure together— **scan the QR code** and **book your complimentary Chaos to Clarity Chat** with me, and together we'll uncover the block holding you back and discover your inspired next step.

**Your words deserve to be heard, your way.  
Let's unmask your magic together.**



## MEET PETA-ANN

*'Chaos is overrated. Clarity is the new rebellion.'*

Before you go, meet the woman behind this compass — the Elegant Rebel® who turned chaos into clarity, over and over again, and now guides others to do the same.

Indie Reader-approved author and international bestselling co-author **Peta-Ann** is the soulful **Editor & Writer's Mentor** and the founder of **Elegant Rebel®**, a movement for creatives who refuse cookie-cutter standards.

A breast cancer thriver, late-diagnosed neurodivergent and a mystical guide with decades of writing experience, she blends resilience with rebellion and precision with intuition.

For writers overwhelmed by ideas or stuck in perfectionism, she offers a path forward: **clarity, confidence and courage**.

