

SOUL MODES

BOOK SAMPLE

Yay!

Thank you so much for
requesting your sneak peek of the
revolutionary book, Soul Modes.



Carlie
Maree

On the following pages you will find the first two chapters of the book. It will give you an introduction to the Soul Modes framework and how it might be playing out in your life.

If it leaves you feeling intrigued, excited, understood... I'd love to invite you to order your copy over at **soulmodes.com**

The release date is 3rd November 2019.

In the meantime, there are many resources on this amazing topic at:



Facebook.com/soulmodes
Instagram.com/soulmodes

To connect with other soul sisters who utilise this framework in their lives, I invite you to join the free Facebook group,
Soul Modes with Carlie Maree.

Carlie
Maree

You are not one
ordinary woman.

You're four
extraordinary ones.

Carlie Maree



*Carlie
Maree*

Chapter One

Four Women

*You are not one ordinary woman.
You are four extraordinary ones.
- Carlie Maree*

Women are complex creatures, right? We are not the same every day. We can be up and down. We can be hard and soft. We can be this way and that.

Have you ever felt like you're an emotional rollercoaster?

Perhaps previous partners have called you that. Or you've said it to yourself. Maybe you've even been labelled as crazy, or something similar. Maybe you've even wondered if it's true.

One day, you want to do all the things. The next, you want to do none of the things.

You want something, then you get it - yet you don't feel how you wanted to feel. It can seem like there is no solid ground.

You are not crazy. That I know, for sure.

But you are quite possibly “all-over-the-place.” I know this because, well... we all are. And that's exactly how it's supposed to be.

There is, in fact, nothing at all wrong with us – the “all-over-the-place” women – and the emotional rollercoaster is actually much more predictable than it seems.

The up, down, right, and left always go in a particular order.

Your rollercoaster might look something like this:

Monday:

Look at me go. I'm nailing it as a mother. Love my hubby. Washed my hair. Loving myself in these jeans. Catching up with a friend for lunch.

Tuesday:

Urgh. The clutter in this house is unbearable. The linen closet needs a clean out. Two hundred dollars of new clothes purchased online. God, I wish the kids would stop their whining.

Wednesday:

Tired. Just tired. I need break from social media. It's okay to wear stretchy pants to school pick up, yeah? Uber Eats for dinner.

Thursday:

Routine, that's what we need! Big food shop done, with a list, and all the meals planned out for the fortnight. In activewear, 5k walk while listening to a podcast. Decide that from today forth I will get up at 5:00 a.m. daily to do yoga.

Friday:

Skip yoga. Snuggle kids instead. They are only little for such a short time. Dance while washing dishes. Send text to hubby just to say, 'I love you.' Get a pedicure, just because.

Saturday:

I need the \$200 boots to go with the outfit I bought, obviously. Whole wardrobe cleanout is in order. Half the kids' toys are going too. Change all the beds. Seriously, must he chew that loudly?

Sunday:

Chill day. God, I haven't read an actual book in forever. All I want to do is read. Tea. Soup. Can I just sit in peace for one minute without somebody asking me for something?

Sound familiar? See the up and down, right and left?

Any or all of this is really normal.

It might seem like you are all-over-the place, but there is a distinct pattern to what you're experiencing.

There are four distinct mindsets, or "modes," that we move through. If you read back through the above example, you might spot them. As you start to track how your own rollercoaster plays out, you'll spot them there too.

Each of these four modes exist for a reason. We all experience each of them, in a repeating pattern.

We are all experiencing the same rollercoaster. We are all moving through the same set of four modes, always in the same order.

We all have four different sets of strengths and weaknesses.

We all have four different cups to be filled.

We all have four different women inside of us.

I've given each of them a nickname to help tell them apart.

There's a wild woman, a hibernating bear, a superhuman, and a sparkly fairy.



wild woman



hibernating bear



super human



sparkly fairy

All of them are within you.

All of them ARE you.

All of them exist FOR you.

All of them want what's BEST for you.

But each of them has a different approach. They each feel different, which is why, as per the example above, one day you might set yourself a new daily routine, and before you know it the routine is completely forgotten. A different part of you has taken the reins, and that new part has a different focus.

It can feel like inconsistency. You wonder in frustration, 'Why can't I ever stick to anything?'

But there IS consistency there. The pattern is very consistent.

What can seem like a random rollercoaster of emotions is, in fact, a sophisticated, intricate, built-in, life calibration system.

Throughout my research into this pattern, I have come to understand these four distinct energetic states – or modes – that we move through.

When your inner wild woman is driving you, you're in *wild mode*. She wants something and she will drive you to get it.

When your hibernating bear takes over, you're in *bear mode*. She wants something different.

When your superhuman hops in the driver's seat, you're in *super mode*. Her desires are different again.

And when it's your sparkly fairy's turn, you're in *sparkle mode*. She has a whole other plan.

The four Soul Modes are;

Wild mode. Bear mode. Super mode. Sparkle mode.



Wild mode



Bear mode



Super mode



Sparkle mode

These modes are the roadmap to that emotional - or perhaps it's more accurate to say *motivational* - rollercoaster we're all on.

Each mode comes with a new set of needs, a different set of yearnings.

We want different things on different days, and this is why. Each mode has a different job to do, and as a result we feel different in each.

In *wild mode* we tend to crave change. We have no tolerance for the things in our lives that are not working well. It's when we can easily identify ways to improve our lives. To remove clutter – not just physically, but mentally and emotionally.

In *bear mode* we tend to crave quiet, peace, rest. We can be a bit spaced out and our energy can dip. It's when we tend to find ourselves thinking about our values, our big picture, what really matters in our lives. It's a time for healing and self-love.

In *super mode* we love taking action, creating tangible results. We can find ourselves writing lists and creating schedules. We get a burst of motivation and confidence, and we love starting new projects.

In *sparkle mode* it's all about connection. We find it easier to be present and to feel gratitude. Many of us feel our most feminine and nurturing in this mode.

Our soul modes are what make us well-rounded, balanced humans. Our soul modes are also what drive us forward. Together they form an ongoing cycle, and this cycle is our in-built system for personal growth.

But of course, when we don't know something is there, we can't tap in and make the best use of it. It can be very easy to mistake this natural rhythm for something else, like inconsistency, flakiness, or an inability to commit to things.

If you have ever believed that you are flaky, inconsistent, or unable to commit to things, then I am very glad to tell you that it's most likely not the case at all.

I've made it my mission to show as many women as I can the power they have inside them. That their inconsistency is actually brilliance. That we are all completely and utterly magic, and that we have everything we need inside of us.

Your four inner women - the wild woman, the hibernating bear, the super human, and the sparkly fairy - they all exist FOR you.

They ARE you. They are all a part of what makes you an extraordinary, brilliant, and complex human. And once you discover them, get to know them, and embrace them – each of them can really shine.

Your inner *wild woman* is impatient and fiery. She knows exactly what needs to change and what needs to be left behind so that you can step into your next level. She is easily frustrated and has a very low tolerance for anything that isn't serving you or is holding you back.

Your inner *hibernating bear* is a deep thinker. She is truly connected to what really matters. She's a big-picture imaginer, a dreamer. She reminds you of the importance of slowing down and checking in to ensure that the path you're moving down is safe and the right one for you.

Your inner *super human* is no-nonsense. She has zero time for sitting around. She gets it done. She loves order and structure and progress and results. She is confident and driven and loves learning. She's very independent and comes up with logical solutions for any problem she sees.

Your inner *sparkly fairy* is all love and no focus. She flits around, sprinkling love on everyone she meets. She's very high-vibe as she feels so much gratitude. She is piercingly present. She loves play, music, dancing, and nature. She's affectionate and deeply empathetic.

If you're reading this and wishing you had a little more of each of these women in you, don't worry. I'm going to show you how to unleash each of these parts of you so that they can really show up in your life in a big way.

Right now, one of your four inner women is at the wheel, and whoever is at the wheel dictates which "mode" you're currently in.

It can be difficult to tell which mode you're in, as each one can feel like it's how you always are. It can feel like it is just your personality to be that way.

But as you start to track your own rhythm, you will find that there are subtle (and sometimes not-so-subtle) shifts as each of your inner women hands the wheel over to the next.

They each get a turn because they each have work to do.

How fast you shift will depend on how long it takes for each of them to do their job. For many of my clients who have

tracked their soul modes for some time, they tend to shift every one or two days, as they have come to know what they need in each mode and are able to provide it to themselves quickly.

If you are new to this concept, you may find that you are shifting a little more slowly right now, say every four or five days.

Wherever you are, is perfect.

Learning about soul modes adds a tool to your toolbelt, which can help life to feel good and can help you become more in tune with who you are and how you work.

Your four modes form what I call your soul cycle. As you move through a set of four modes, you've completed a cycle.

Each cycle allows us to create positive change and leave behind beliefs, habits, and situations which are no longer working. Your soul cycle moves you forward and allows you to grow as a person.

Your soul cycle is a consistent rhythm that is happening whether you are noticing it or not – kind of like a heartbeat.

It is something you can tune into at any time. It's something to help you practice self-care at any time. It's something you can use to get your bearings - your anchor to your true self when you feel disconnected.

Throughout the following chapters, you will learn how to track your own soul cycle, how to get to know each of your inner women, and how to use this knowledge to create new levels of happiness, productivity, and contentment in your life. Let's begin.

Summary:

We each cycle through four unique, but predictable, energetic states.

They are the Soul Modes® - wild mode, bear mode, super mode, and sparkle mode. Each mode has a different purpose in your life.

Always in the same order, the modes form your soul cycle. Each cycle drives you forward and results in your growth as a person.

Chapter Two

Four Cups

You might now be wondering how you can make good use of this knowledge to help you create positive change in your life.

One of the most amazing things about your soul modes is that you can choose to shift through your modes more quickly if you want to. The rate at which you cycle through your modes depends predominantly on one thing – how efficiently and effectively your needs are met for each mode.

Think of it like filling a cup. We all know the saying “you can’t pour from an empty cup.”

Society keeps telling us we must focus on self-care, we must fill our cup. Take a bath, meditate, get a massage, they say, even if it's the last thing you want to do. When it comes to filling our cup, the focus is often on rest.

Yet even if we take a break, we often still find ourselves exhausted and wondering why we just can't seem to stay

on top of our game. The issue may be that we are focussing on filling one cup – the “rest” one.

But there are actually four different cups that need filling, and an afternoon at the day spa isn't going to satisfy them all.

You have a wild cup, a bear cup, a super cup, and a sparkle cup.



Each has different requirements to fill it because your inner women have different desires.

Something that has been missing for so many of us for so long is a connection to our own inner rhythm, a conscious understanding of our own needs, and an ability to respond to them efficiently. It's not surprising when our society often views putting yourself first as indulgent, selfish, or inconsiderate.

It's time to create a new way of being. So many people are suffering in silence. They've forgotten how good life is supposed to feel – or maybe they never even knew.

Exhaustion and emptiness are now considered normal. Always feeling good seems to be a pipe dream, something unattainable, but it isn't.

Tuning into your soul modes and responding to them appropriately is one of the most beautiful gifts you can give yourself and those around you.

The phrase "you can't pour from an empty cup" sounds like a platitude, but what it really means is this:

The people around you need you to be okay. The people around you are not going to be okay if you are running on empty.

When you start focussing on filling all four of your cups at the time they need filling, you can bring a whole new meaning to the idea of being "okay." You can start to shift from merely getting through the day to thriving and loving the hell out of this rollercoaster ride called life.

Your soul modes provide you with a framework to help get to know yourself on a whole new level. They can help you build a roadmap to the happiest, most energetic, filled-up, abundant, and aligned version of you.

My clients will often message me in delight that they have just figured something out about themselves which explains many years of patterns.

Recently, a client who is married with grown children said to me, "I finally realised how I've managed to stay in this marriage for so long – bloody sparkle mode! He drives me mad, but then sparkle mode comes about and I'm all forgiveness and love and empathy and fuzzy wuzzys!"

Another said, "Now I get why every now and then I decide that what we need in this house is a good routine, and then before long the routine goes out the window. In super mode, routine gives me the control I'm craving, but in the other modes routine feels too restrictive, like it's stifling me!"

Remember, you are not one ordinary woman – you're four extraordinary ones, and each of them comes with her own cup to be filled.

Each is here to do an important job, and each has needs that must be met so that she (you) can get it done.

Your *wild woman* does not need a massage; she needs to create *change*.

Your *hibernating bear* does not need to manage her time better; she needs to *journal* about the things floating around in her head so that she can feel clear.

Your *superhuman* does not need a nap; she needs to write a list and a schedule and create some *tangible results*.

Your *sparkly fairy* does not need a day to herself; she needs great conversation and *connection*.

With this knowledge, it suddenly makes sense that something can make you feel great one day but not the next. Because we are not the same every day. The cup that needed filling then may not be the same cup that is asking to be filled now.

It might sound complicated, but it isn't.

Know which mode you're in, and you'll know which cup needs filling. Fill it up and you will feel good.

And isn't life all about feeling good?

Let's get to know each of these four cups, or modes, a little better.

Your wild cup

Wild mode is all about change. Your wild woman will not be happy until she has created some sort of positive change that moves you forward. Whether it be de-cluttering your house, buying new clothes, ditching a project, changing a room around, signing up to a coaching program, writing a blog post, cutting your hair, or doing something outrageous – anything that feels like transformation will fill this cup.

Once a client messaged me and said:

“My inner wild woman spent all day pulling my entire house apart. I bagged up a heap of ‘stuff’ to donate and get rid of, but now I’m shifting to bear mode and there’s a huge mess and I can’t be bothered doing anything about it.”

Her wild cup had been filled. She had channelled her wild energy into transforming her house into a clean and clear space.

My advice is, if you are one who loves to declutter your house, do it room by room, so that you can get through a space before you shift modes again. How many times have you bagged up a pile of old clothes to donate, only to have them sit there for the next week, waiting to be dropped off? It's because the act of decluttering filled your

wild cup and you shifted to needing a different cup to be filled – your bear cup.

Another client once said to me:

"I got all brave in wild mode and cut my hair off and dyed it red. It seemed like such a great idea at the time. Now I've shifted into bear and I'm doubting whether I can pull it off!"

(I assure you, she looked gorgeous.)

I'll never say, 'Don't make big decisions in wild mode.' You are not out of control, or not thinking clearly, or being impulsive. You are just being driven by your soul. You are being led forward by the most courageous part of you.

No decision I've made in wild mode has ever been a bad decision. They've felt scary at times, but those decisions have helped me grow as a person. (Reactions, however, are different to decisions. More on that later.)

Your inner wild woman knows what needs to change for you. She is the next-level version of you. She is easily frustrated because she knows what it takes for you to create the life that's meant for you.

She will not accept mediocrity. She will not tolerate procrastination.

Tune in to her. Let her be heard. Be fuelled by her fire. She has important things to say. Fill her cup, and you will find that life starts to look pretty amazing indeed.

Your bear cup

Bear mode is about reflection. It's about checking in with yourself. It's about taking a pause. Your bear wants to just breathe for a moment and make sure that everything is okay and that you're moving in a direction that feels safe.

Filling this cup requires slowing down the pace a little. It requires self-care, self-love, self-awareness, and self-kindness. This is the mode that many people find most challenging to respond to.

Your inner hibernating bear loves being taken care of. She loves to be loved and gently supported. If at all possible, getting a break from people needing things from you can feel great in this mode.

Your bear may feel a little fragile or experience some challenging emotions at times. Be gentle with her. Allow her to zone out a little with a Netflix binge if she needs to.

I asked some of my clients how they fill their cups in this mode. Each was a similar story:

*"Couch, blanket, Netflix, and hot chocolate!
It's only been in the past few months that I
have allowed myself to fully embrace bear
mode (thank you for the permission) because
I found if I don't, it drags on for a week and
then I'm no good for anyone. I'm tired and
cranky and completely unproductive. When
I embrace bear mode, I can get through it in
about 2-3 days."*

"I retreat and take down time, rest, tv marathon, reading, meditation, bath, comfy clothes and comfort food. If I'm not able to honour my 'beariness,' work or activities feel like I'm wading through sand and everything takes way too long and it's hard to concentrate."

In the past, I hadn't understood why I suddenly felt this need to do nothing.

"I thought you were going to sort out the spare room today," my ex-husband would say, as I sat curled up on the couch, confused about my sudden drop in motivation.

"I know. Yesterday it seemed like the most important thing in the world, and now I'm a bit 'meh' about it."

He'd raise his eyebrows, surprised. I'd immediately get defensive.

"Well, I did spend the entire day yesterday cleaning out all the wardrobes, while you just mucked around with your car!"

I'd storm off, fighting tears, cursing him.

It can be really challenging not to take comments or observations as criticism. You might find there have been times that you have taken things personally in this mode.

Often, we are already giving ourselves a hard time, and to have someone call us out on not doing something we said we'd do can turn the dial right up on our inner critic.

If some challenging feelings come up about your capability, your worthiness, or how much you are loved, it may be that they're ready to be released. Grab a pen and paper and stream your thoughts out onto the page. It's such an effective way to move through them and get them out of your body.

Nourish yourself in all the ways – body, mind, and soul. Do all the things that help you feel comfortable and secure. It might be meditation, walks in nature, or a long bath.

Be gentle and loving towards yourself, and you will find that bear mode can be deeply restorative and have a wonderful effect throughout the rest of your soul cycle.

Your super cup

Super mode is about results. It's about taking action, creating movement, finding solutions. Her cup is relatively easy to fill, provided there are not a heap of barriers between you and what you want to achieve.

Give her a problem to solve, a task to tackle, a list to complete.

Let her create order from chaos. Allow her to set a new routine. Give her permission to take the reins. She wants to be in control, to take charge, to get it done.

To sum up what will fill your super cup, it all boils down to productivity – producing results. Especially tangible, measurable ones. She loves creating systems, following (or setting) instructions, learning new skills.

Find your inner superhuman some great documentaries to watch, an educational podcast to listen to, or an online course to immerse in.

She also loves a good project. Something with a start and finish point - for example, labelling and sorting all the spices in the cupboard. Allow her to create order where there was none before and her cup will be overflowing in no time.

One of my favourite things to do in super mode is to open up my "super folder." It's a tattered old cardboard sleeve and it's where all the "bits and pieces" of paper go. School forms, bills to pay, random notices, mail to forward, brochures to read, things to look into – it all goes into the folder. And when I hit super mode, I pull that baby out and get stuck into it.

When I'm done, and that folder is empty, I feel like a super-champion-legend who is nailing life. In any other mode, that task would feel like hard work. In super mode, it's an act of self-love.

Your sparkle cup

Your inner sparkly fairy's cup is filled most easily through connecting with loved ones. She is all about presence and connection.

This will play out differently for different people, depending on their preferences and circumstances. Someone with a young family who is with them a lot of the time may find that this cup gets filled without them even really realising it's happened.

Someone who spends a lot of time alone may notice that they feel lonely at times and crave human connection and interaction.

Do you find that you sometimes just wish you could get together with girlfriends for a catch-up, only to find that by the time you make it happen, you don't really feel like it anymore? You may have been in sparkle mode when you arranged it but in a different mode when it rolled around.

For me, I know I'm filling my sparkle cup when I am choosing flowy dresses and brushing my hair. It's the only time I ever wear really feminine colours and patterns. It feels good for me in this mode to embrace my most feminine energy.

Dancing and music can be really great fillers for your sparkle cup. It feels good to be out of our heads and present in our bodies, which dancing helps us to do.

You might find yourself seeking out affection and expressing love and appreciation for those around you.

This exact scenario has played out many times:

Me: "Babe, I know we decided not to, but I really do think we should get married."

Him: "Oh, we're in sparkle mode again! Okay, darling. You tell me when you turn wild so we can talk about how you've been there, done that, and you don't actually want to do it again."

Taking time to acknowledge those we love and all that we are grateful for can feel so wonderfully nourishing. Gratitude is a beautiful tool for emotional wellbeing, and there is no easier time to feel grateful than in this mode.

Those who are usually drained after social gatherings may find that they are actually filled up by them in this mode.

As an introvert, my cup is usually filled through spending time on my own, though in sparkle mode I find that I'm energised by spending time with friends, family, and those I love. If you're an extroverted personality type, you may find you crave being around people even more than you do in other modes.

Filling your cups

Getting to know all four of your modes and what fills your cup in each is such an incredible gift to give yourself.

In coming chapters, we will explore how you can begin to track your own modes and fill your cups more effectively so that you can spend more time feeling great and less time feeling drained.

But first, let's get to know these modes a little better.

Summary:

Filling our cup is important, but there isn't just one to be filled. Each of your modes comes with a cup, which means you have four to fill.

Getting to know each will help you to know what fills each of your cups.

As you fill your cups more efficiently, you will shift through your modes more quickly.

Soul Modes is a declaration of the hidden magic that resides inside of all women. It is a manual for doing life in a way that feels good, a way that honours our natural nature and a way that enables us to truly thrive. Women the world over are fighting against the tide, rather than riding our own waves. Women are powerful. We are here to change the world. But we are living in a society that is not set up for us to shine. This book sets the framework for a new way of living. It will call upon you to cultivate radical new levels of self-care, self-love, self-awareness and as a result, self-discovery. In this revolutionary self help guide, the author provides tangible tactics to uncover the intricate and sophisticated guidance system within, empowering woman to achieve the balance and growth they're craving.



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