
An Introduction to the Soul-Connect™ Coaching Program

Education for Higher Consciousness

**What is the Soul-Connect™ Coaching Program?
What does the Soul-Connect™ Coaching Program offer you?
Is this program right for you?**

Original Material by Andrew Schneider and Updated
by Mary-Anne Kennedy 2025

www.maryannekennedy.ca

ISBN 978-1-7781815-0-4

©Mary-Anne Kennedy, 2025

Email: admin@maryannekennedy.ca

Table of Contents

1. Welcome to the Soul-Connect Coaching Program!	3
2. The Soul Journey – The ultimate healing	3
What is the soul journey?	3
Unlocking a hidden part of ourselves.	3
How challenges are overcome – uniting ego and soul.....	4
Why past paths may not have worked for you.....	4
3. The Gifts of the Soul-Connect Coaching Program.....	5
Updating the Wisdom of the Ages	5
What makes this program different?	5
What the Soul-Connect Coaching Program offers you.....	6
The Original Author – Andrew Schneider	9
The Soul-Connect Coaching Program Updating Author and Copyright Owner – Mary-Anne Kennedy	10
Is the Soul-Connect Coaching Program right for you?	10

1. Welcome to the Soul-Connect Coaching Program!

You have been drawn to take *The Soul-Connect Coaching Program*: A journey through consciousness. A journey through the traps of ego. A journey into a life of meaning, purpose, joy and service.

This program will enable you to take a serious look at **your life and its purpose**, its challenges and its potentials.

This booklet will introduce you to *The Soul-Connect Coaching Program*. This program is one of the most in-depth programs of transformational and soulful living available today.

This introductory booklet offers you:

- a brief introduction to the soul and our journey to higher consciousness.
- what the *Soul-Connect Coaching Program* program can offer you.
- what the *Soul-Connect Coaching Program* program contains.
- an opportunity to personally assess whether this program is right for you at this time.

2. The Soul Journey – The ultimate healing

What is the soul journey?

The majority of people never stop to ask the most pressing question of their existence: Who am I? As a result they often do not draw the energy they need from the depths of their being for living a fulfilling and creative life. When we live a superficial life we often do not deal effectively with the problems and challenges that we face. And we certainly do not move in the direction of integration and wholeness, which are part of the purpose of everyone's life. What we often seek is well-being and feeling good, seldom realizing that the ultimate well-being is our wholeness.

The ultimate therapy or healing for well-being is found in the spiritual journey for it takes us inward and outward at the same time, integrating the inner world with outer experiences and seeing them as one.

Unlocking a hidden part of ourselves.

Our lives are like icebergs with so little of who we truly are exposed. Below the water line is a deeper reality of who we are – a reality of clear purpose, authenticity, truth,

beauty, unconditional love and new potentials, a reality that can transform our fears, compulsions, insecurities and emptiness into love, acceptance, interdependence and aliveness.

It is this inner reality that is the doorway to your soul. *The Soul-Connect Coaching Program* will take you on a journey of understanding soul, knowing yourself, healing your personality, developing soul consciousness, discovering life purpose and living a rewarding and meaningful life.

The *Soul-Connect Coaching Program* will help you understand your spiritual journey. It will guide you through a process of resolving conflicts by healing the personality and aligning it with your soul qualities, **life purpose** and potentials.

How challenges are overcome – uniting ego and soul.

Spirituality that fulfills our true nature will be different for different people. And the journey will have different requirements at different historical periods because the awareness, capabilities and responsibilities of people change.

In contrast to the time when modern psychology first began, the ego of most people today is so strong that it is creating a great deal of tension. This tension results from the unconscious presence of soul, which has to be united with the ego. The union will occur when consciousness embraces both soul and ego equally.

The challenge in this two-sided reality of who we are is to balance the need *to do* (ego) with the need *to be* (Spirit). It is in the balance that soul exists. It is through this balancing that:

- we learn to let go in safety.
- we find peace within ourselves.
- we gain the capacity for inspiration and creative expression.
- we experience fulfillment and happiness.

Why past paths may not have worked for you.

Many of the metaphysical, esoteric and spiritual approaches to life over-emphasize the presence of Spirit within the soul. They therefore give too little human dimension to the soul.

On the other hand, many of the psychological approaches, including at times those of archetypal psychology, emphasize the human dimension of soul excessively, and do not balance it adequately with Spirit presence.

The key in living and creating soul is to find the equal presence of both ego and Spirit within our soul, our consciousness. Achieving this balance within, we will then find that balance in the world. We will be able to balance doing and being.

3. The Gifts of the *Soul-Connect Coaching Program*

Updating the Wisdom of the Ages

The *Soul-Connect Coaching Program* is based on a philosophy of wholeness. It is an extension and updating of the Perennial Philosophy, the Wisdom of the Ages, which is found in all truth traditions because it is based on universal principles.

‘Philosophy’ means ‘love of wisdom.’ A philosopher is anyone who loves wisdom and is devoted to the discovery and practical application of universal truth. Wisdom implies universality, and therefore soul consciousness. It is not about being smart or intellectual.

According to the Platonists, wisdom is thinking *with* God, and thinking *with* nature. It is not thinking *of* God or thinking *of* nature. On the soul journey, one does not become soul conscious by learning about the soul and thinking about it, but by *living as* and *thinking as* the soul.

What makes this program different?

The *Soul-Connect Coaching Program* will guide you through a process of transformation. Transformation is a merging of soul and personality being caused by the energies of the soul. We have to know both personality and soul well before transformation is possible. We cannot merge what we do not know.

This merging of personality and soul is not emotional identification in which we lose ourselves. It is, rather, a process of becoming more than we previously were. We expand our identity. We shift our centre. We activate deeper potentials. We significantly change our attitude and motivation. These changes require awareness and consciousness of self at both personality and soul levels.

This process of shifting consciousness takes time and a considerable amount of effort. Although we may learn about the different stages of development in a linear fashion, the process of integrating the learning through experience will not be linear. You will be asked to read carefully and reflect often and be open to sensing truth and intuitive insights.

What the *Soul-Connect Coaching Program* offers you.

- **Your Choice of 4 e-books for the purposes of your own personal journey through healing and transformation:** Each e-book will give you the information you need to create a foundation for expansion.
- **Your Choice to complete the final 5th module (e-book) including a final practical exam to become a Certified Soul-Connect Coach™:** You can choose to select this option at the end of your studies, or you can purchase the entire package at once for a significant savings.
- **Practical exercises:** Each e-book has exercises that will assist you to draw out *your* perspectives, inner experience, imagination and truth so you can integrate your place within the larger scheme of things.
- **Support emails:** Email support is available to you during the course of your studies.
- **Meditations:** Meditations are provided and quiet time is urged so you can reflect on and further integrate the material.

The Soul-Connect Coaching Program in a nutshell:

Module 1: Understand Your Threefold Nature – becoming aware of all aspects of who you are.

A concise presentation of the nature of the human and the soul. The journey of the soul is taken through all aspects of our constitution, so we need to understand the implications in our make up. This book will answer these questions:

- What is Spirit?
- What is soul?
- What is personality and its components – physical, emotional and mental?

-
- What are the dynamics of the soul-personality relationship?

It is not possible to resolve our problems or issues in life if we do not know who we are. Knowing ourselves is the foundation to understanding what we do, why we do it, and how to change. Topics that will be covered are:

- Uncovering limiting beliefs
- Self labelling
- Control issues
- Defence mechanism and self sabotage
- Answers to *who am I? what do I want?* and *where am I?* on this journey.
- Knowing all dimensions of yourself
- What blocks you from knowing your personality and soul self
- Knowing what physical, emotional, mental and personality needs you are meeting and not meeting.

Module 2: Explore and Heal the Personality – using the tensions in your life as catalysts for growth.

Some things need to be done on the personality level of identity before the soul journey can be fully entered. Certain personal issues will be explored from a soul perspective rather than from the more common personality perspective. This is beneficial in order to reveal the necessity for the experiences and how they are needed to enrich one's life and expand one's consciousness. Important topics with specific healing processes that will be discussed are:

- Wounding
- Basic fears
- Victimhood
- Tools and techniques for change and growth
- 9 personality types
- Personality needs

Module 3: Develop and Express Soul Consciousness – living the journey to wholeness.

This module is loaded with perspectives, processes and questions to support your soul integration toward unconditional love, compassion and courage to live a life of meaning and purpose. You will clarify how soul works through you daily. And you will explore:

- 9 steps to creating the future

-
- 26 useful questions to assist soul-personality connections
 - 20 essential characteristics of soul consciousness
 - 13 ways to develop soul consciousness

Module 4: Discover Life Purpose – determining why you are here.

Everyone has a personality purpose and a soul purpose. The purposes of our soul and personality are unique ways that we participate in the grander scheme of life. This module offers multiple tools to help you clearly identify the life purpose of your personality and soul. You will identify your:

- main ways of contribution
- inner aspirations
- most joyous activity
- greatest sense of meaningfulness
- how your conscience communicates to you
- sense of the sacred
- heart's desire.

Module 5: Soul-Connect Coach Certification – training manual and examination

This program is open-ended, because the process of developing soul consciousness is a lengthy one. It is a means of gradually revealing the soul of reality and the essence of who you are. This involves understanding and loving, and then acting with that understanding and love.

Nevertheless, as a result of taking the Soul-Connect Coaching Program, you will be able to clearly identify the following for yourself (and assist others in doing the same with the complete program):

- Your fundamental fear
- Your fundamental wound
- Your life lesson
- Your personality type and strength/weaknesses
- Your soul type and strengths
- How you trust
- Your main soul openings
- Your soul purpose
- Your personality purpose

-
- Your soul-personality dynamics

Before certification is issued, Soul-Connect Coach candidates are evaluated and certified based on proficiency in the following:

1. The proven ability to support clients in developing soul consciousness, which is directly linked to one's own level of soul consciousness
2. A thorough understanding and practice of the material presented in the Soul- Connect Coaching program (4 e-books), as evidenced through course work and assignment submissions for evaluation. All coursework must have been submitted and reviewed.
3. A proven basic understanding of the Soul-Connect Coaching strategies, including but not limited to: - the Transmutation (personality) Process
- the Transformation (soul) Process
4. Successful completion (60%) of the Soul-Connect Coach's written examination
5. Acknowledgement of the Code of Ethics for Soul- Connect Coaches

The Original Author – Andrew Schneider

Andrew Schneider worked full time in the metaphysical field since 1974. He founded two schools for esoteric studies in Canada and Europe. Andrew also initiated the World Service Association which offers programs for consciousness development to the public in the province of British Columbia, Canada.

Since 1974, he taught close to 5,000 classes, seminars and workshops. He is author of the book, **THE MYSTERIES REVEALED: A Handbook of Esoteric Psychology, Philosophy and Spirituality**. He has also published the booklets, **The Road Ahead: 1999-2012** and **Growing A New Brain**.

Andrew was once described as “a teacher of teachers and a healer of healers.” The scope of his teachings is extremely broad and eclectic. He combines psychology, philosophy and spirituality in such a way that he facilitates integration of the whole person: body, soul and spirit.

Andrew’s sensitivity and warmth, his deep interest in people’s well-being, his vast knowledge combined with intuitive perception, and his outstanding ability to express complex ideas in clear, simple language made him a very respected teacher and sought-

after speaker.

Andrew made his departure from the physical world in 2011.

The Soul-Connect Coaching Program Updating Author and Copyright Owner – Mary-Anne Kennedy

Mary-Anne is a world-renowned Psychic Medium and Certified Soul-Based Coach, having studied Andrew's work extensively through the tutelage of Andrew's wife and co-author of many works, Bonnie Schneider. It is through Bonnie the legal copyright of the original "Soul Journey" material was acquired by Mary-Anne.

www.maryannekennedy.ca

Is the Soul-Connect Coaching Program right for you?

Let us leave you with these questions:

- Have you been reading books and taking courses yet you are not growing, healing and expanding as you had hoped?
- Have you been unable to resolve significant life challenges and self sabotage, e.g., in the areas of finances, relationships, career, health and/or personal growth?
- Do you recognize within you a deep urge, calling or inspiration to do more and be more in your life, but you are unable to achieve clarity or grasp how to manifest your dream?
- Would you like to be aware of the traps that undermine your ability to heal personality and develop and express your soul and essence?
- Are you longing for a perspective to support you in finding meaning and purpose in all incidents that happen in your life?

If you answered 'yes' to many of these questions, you are clearly ready to *consciously* travel your personal soul journey. Whether you are aware of it or not, you are already on this journey.

We hope you'll join us!

To know yourself – both as ego and as soul – is the most challenging education you could possibly have, and also, by far, the most enriching and life altering process you could ever go through.

Why is soulful living important? Because soul is who we are in essence. Until we come into soul consciousness, we will not know ourselves, we will not understand the meaning of our experiences and we will never be at peace.

If you have questions about this program, please email admin@maryannekennedy.ca