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There's a tipping point at the edge of ourselves, a place where the ramblings of the mind soften to make room for the whisperings of the soul. It's from the precipice of this awaken, bring that we step into our full power, gracefully balancing between Earth and stars, self and soul. This is the spiritual sweet spot, the steady space from which we come alive and are able to give our gifts fully and freely to the world. Welcome, sweet soul. I'm Ashley Melillo, and you're listening to the soul horizon podcast.

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I am thrilled you're here, and so excited to embark on this journey of soul expansion and self reflection with you. Since this is the very first episode, I am going to introduce you to a few of the concepts that we'll be talking about on this podcast and explain a little bit more about what it is exactly that we're doing here as well as talk about what's in it for you and what you can expect to gain and gather from each episode. I also just want to take a quick moment to introduce myself, just so that you get to know a little bit more about me and what it is that's brought me to this work now. So I am a food blogger, or was a food blogger and cookbook author you might know me from my blog, blissful basil. I am a psychologist by training I practiced in high school. And so I worked predominantly with adolescents. And then I am also an anxiety and OCD warrior, as I like to call it. And why these things are helpful to know is because it's been my experience working as a psychologist with others, as well as my experience working with anxiety and OCD within myself. That has led me inward on a sort of spiritual journey and awakening over the last 10 to 15 years. In my work that I've done with myself and within, I often found myself alternating between more traditional psychological methods. And then wondering why I would tumble down these rabbit holes of just being so curious about space, spirituality, consciousness, the nature of reality, and all of these things. And I found it interesting, like the dynamic and the pull between those where psychology is more practical evidence based and then rooted in this three dimensional reality. Spirituality is more mysterious, elusive mystical, and a higher dimensional reality. And spirituality also really gets into the heart of questioning what is beyond that which I can see with my eyes, and what is our purpose. And so I would find myself working on the self, and then also working on the soul. I got into psychology and started that work, because I wanted to help others help in quotations. It wasn't until I really embarked on the spiritual journey that I realized that something was amiss. Through this process of going within to help or guide myself, I realized something exceptionally powerful. And it's this, that it starts with each of us. And what I mean by that is that I believe that the absolute most powerful thing each of us can do to contribute to the greater good is to first heal, integrate and illuminate ourselves. It's so tempting, and I think we're taught this actually, we're taught that change, or betterment in the world is a product of external modifications, right,

that we can shape the world into a better place by changing what's outside ourselves by changing others or helping them by changing policies. And those are all very well intentioned and important things to do. But if we're doing that, from a place where we haven't first gone in, to help ourselves to better ourselves to illuminate ourselves and light ourselves up, then the work that we're doing externally is never going to be as powerful as if we had done that work first on ourselves. And the thing is, too, is that we're never not one of us is ever a finished product. And so this is a constant work. We're always pushing ourselves to evolve, understand, integrate, heal, release, all of those things. And so if we want to change the world, make the world a better place. We've each got to take radical heart centered responsibility for ourselves in a very compassionate and loving way too. One of the things that's so tricky with this is that it always seems easier when the problem is outside of ourselves. But the issue with this is that if the problem is outside of us, the solution is also outside of ourselves. And so when we outsource the problem to someone else, or something else, we also are outsourcing the solution. This is wonderful news, because it means that we each individually hold the solution to a better world. So that gives you a little bit of background about the why behind the podcast. So what is the sole horizon because you're probably wondering what the name is, or maybe you've already figured it out. This whole horizon is a sort of play on the event horizon, which if you're into space, then you might know is essentially the periphery around a black hole or the point of no return. Prior to having a sort of spiritual awakening or going within whatever you want to call it. We're very focused in the physical three dimensional reality around us. It's sort of we're on autopilot, it stay in, day out, work, eat, sleep, work, eat, sleep, repeat, maybe a shower in there, too. And then after awakening, again, if that's what you'd like to call it, it's sort of easy to float off into that story, airy fairy space, where we either lose touch with 3d reality, or maybe we even become cynical or misanthropic. The soul horizon is where those two places essentially meet. It's about finding and maintaining the spiritual sweet spot where we're able to center ourselves between self and soul, earth and stars, however you want to phrase it. And it's the middle space where we're able to really study ourselves and take action, on our purpose, our passion, the things that matter most to us, while also going within and doing the work ourselves. It's my experience that this is the place from which we come alive and are able to give our gifts fully and freely to the world and they have so much more power, more so than they would if we were too far off in either direction. So what's in it for you, whether you're just starting out on your spiritual journey, and you're looking for a bit of soul sparking direction, or maybe you're wide awake and wondering how to best put your wisdom to work. This podcast is for you. And we're going to be covering a wide range of topics from all different angles. So each week we'll explore a new soul expanding topic from a vantage point that melds both psychology and spirituality. So it's blending the practical with the mystical to unearth guidance and

wisdom that can be easily incorporated into your everyday practices, thoughts, etc. Topics on the near horizon include fear facing which will actually be the next episode, the higher self, how to reclaim your authenticity, and why the mind is drawn to outrage is a form of entertainment. I find that one particularly interesting during the current times we're in because it's quite the climate of outrage and all of us fall into this trap from time to time. So if this has piqued your interest, continue on by listening to the first few episodes and be sure to tune in for new episodes every Tuesday. Thank you so much for spending your time with me. Time is precious, and I'm truly honored that you've given me some of yours.

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In the next episode, we're talking about the powerful soul expanding practice of leaning into the edge of our fears each and every day. If you've enjoyed what you've heard, remember to subscribe to the soul horizon on Apple podcasts, Spotify, Stitcher, wherever you enjoy listening, read and learn more at AshleyMelillo.com Or follow along on Instagram. Thanks for being here. Sweet soul