



Going Soul Deep:

Lessons from Erika van der Mark

True equality and growth go beyond surface-level achievements. As Erika van der Mark reminds us, real transformation comes when we heal, become aware of old patterns, and choose to go deeper. This is where lasting change begins within ourselves, and then ripples out into our families and communities.

Key Insights

- ❖ We must heal all the things that stand in our way of living fully and freely.
- ❖ Surface changes aren't enough we need inner awareness and courage to transform.
- ❖ Each generation has the chance to break cycles and create something new.
- ❖ True leadership begins when we are brave enough to go soul deep.

Self-Reflection Questions

In Truthversation it's about the way we asked the questions to ourselves.

- ❖ What beliefs or patterns did I notice I inherited from my family, school and culture that no longer serve me today?
- ❖ Where in my life do I notice myself living on the surface, instead of addressing the root cause?
- ❖ What would it mean for me to 'go soul deep' when it comes to my work, relationships and personal growth?
- ❖ If I could heal one recurring challenge from my past, how will it change my future?

Closing Affirmation

"I have the courage to go soul deep. I am not a passive observer of my life; I am an active participant. My healing creates freedom for myself and for generations to come."