



Spiritual Warrior Training 101 ~ Lesson 4

Voyage of the Soul

“Music in the soul can be heard by the universe.”

~Lao Tzu

Our next Spiritual Warrior Training involves undertaking a journey to foreign soil, a landscape of energy and light, darkness and mystery, originality and truth. It is the voyage of the soul, accessing energies you have all felt, sometime, somewhere in your sacred heart. It is here, in the distant realm of your being, that you can touch your essence, passions, and core values, coming to recognize what truly holds meaning and truth for you. Sadly, our society measures success in external terms: by how much money we have, how many degrees we can claim, what others think of us, and how much stuff we have accumulated. For a spiritual warrior, however, success culminates with valuing the inner self; by knowing, honoring and living out your soul's authentic identity.

For many of us, this portion of self is largely unfamiliar to the rational mind, yet in spiritual psychology, it is our life's work to express our individual self in the world. The noted Jungian scholar, James Hillman, rephrases an old idea of Plato's, that each of us enters the world *called*. “The soul of each of us is given a certain ‘daimon’ before we are born, and it has selected an image or pattern that we live on earth. This soul-companion, the daimon, guides us here and is the carrier of our destiny.” It is up to each of us to unleash the beauty within and radiate the sunlight of our being upon the earth.

Soul is our individual essence and our link to the Divine. It is the passionate flame within, stoking and igniting our minds, bodies, hearts, and spirits, all the while bridging universal consciousness. Identifying with our inner light facilitates our ability to steer a clear course that we love, founded on a centered point of awareness. It is only from this vantage point that we can flow purposefully through life. According to theologian Thomas Moore, “Soul is not a thing, but a quality or a dimension of experiencing life and ourselves. It has to do with depth, value, relatedness, heart and personal substance.” Furthermore, he reveals, “When we live from a deeper place, we become palpably aware that life is fundamentally mysterious and is ultimately incomprehensible to our rational ways of thinking. We learn to live creatively by responding positively to the powerful moods, feelings and ideas that captivate us.” This makes for the honoring of soul.

So how do we access this treasure? We discover the soul by feeling its presence. It is an energetic reality speaking to us via our bodies, hearts and spirits, with joy, truth, and wisdom. Imagination is its conduit as messages emerge in dreams, fantasies, intuitions, relationships, fascinations and problems. Paying attention to your dream and fantasy life is one means of honoring the inner self. Music, art and poetry also stir our energy and many times just quieting the rational mind opens the reservoir. Mohandas Gandhi affirms: “In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after truth.”

Have you touched the hem of your soul lately? I urge you to open yourself to that intuitive voice that whispers, dances and playfully excites you. Clues may be uncovered in the gentle tugging of your heart to express something new, perhaps small and light like a fun activity or something huge, perhaps a crystal clear vision for the remainder of your life. I urge you to be a courageous warrior and ride the river of your soul. You'll find that just beneath the fear lies peace and truth. At some point in every spiritual warrior's journey he or she is called to move to a deeper reality. What is it that makes your heart dance? What do you truly love? Are you ready to take the plunge?

Dancing Lesson for Your Soul ~ Experience Joy

Can you remember a time when you felt unstoppable, fantastic, energized, joyful, and totally at peace. I am sure you can allow memories of such states to drift back into your awareness. Take a few moments now to allow your imagination to stream back in time to one of these delightful memories. Close your eyes and re-experience the feelings with your entire body, mind, heart, spirit and imagination, enjoying the myriad of soulful sensations. Journal your experiences and make it a practice to get to know your inner world. Only you can live your life's purpose, to express the divine essence that is you.

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