

YOUR SOUL IS YOUR REAL SELF

Karen E. Herrick, PhD

“The wings that form the butterfly lie folded in the worm.”

June Beltzer in her psychic dictionary (1986) gives one definition of a soul as “A set of predisposing factors which affect how each individual pattern relates to all the rest; the pattern is a soul and it separates from the rest and has a unique set of predisposing characteristics. It is the part of you that lives forever. Every religion states that we have a soul; however, in our religious education/s we are not taught about the purpose of our soul. In fact, we have a built-in amnesia regarding knowing about it.

Your soul begins to become visible during your life when you sometimes realize you have extrasensory or synchronistic experiences. Your soul is touched by these experiences and you feel the *touching*. Spirits (guides, ancestors, angels) also send images and flashes of inspiration to you through your soul. Your will deepens with the crises of everyday life when you are looking for answers to what is happening to you. As we go through the pain and awe of experiences in life, we are opened to another dimension IF we use these experiences for growth. Sometimes you then start to realize that there is a spirit part of you that *knows*. These “Ah Ha” moments let us have a glimpse of our soul. If you begin to know your soul, you will learn to be more self-reliant.

Your soul is the highest center of wisdom and perspective. Where is it located? According to Carl Jung, the Swiss psychologist, it is located in the fifth layer of your unconscious. Your soul comes to earth to learn and it is developed from stories that have happened to you. How did you come to be? Who were your parents, grandparents and other ancestors? What messages were you given as you were growing up?

Your soul contains your possibilities, your talents, and your unrealized potential. It also contains your past, present and your future. It holds your personality and many other personalities that have come from your past lives. It also contains your imagination and through the use of your imagination you may be able to find out more stories about yourself from other time periods. Remember, Plato said we all know more than we think we know. And, Plato believed in souls.

When we chose our parents, we chose what culture, what country and what area of the world we will live in. Our lives have themes. We set goals and we're supposed to follow them through. What themes did you chose for your soul to work with? Maybe you came to earth to be a parent, or to be a daughter or a son? Maybe you are here to be a strong member of a community and to lead? Maybe you came here to take risks and to be “different?” Maybe you came here to be a better male or female or to make up for some past lives where you didn't make very good decisions?

We all start our soul journey in a family. What emotions were stirred in you in this family? What emotions do you hide? What role models did or didn't you have? How did you learn to express yourself? Or maybe you don't express yourself; instead, you keep things closed and inside of you? Maybe in this life you are supposed to speak out? If you came here to overcome closed-off emotions, what is it that you would be afraid to say? Your soul is integrated by your thoughts. What type of thoughts usually direct your day?

Developing a conscience is the soul's job. You are here to learn right from wrong. Were you taught to have a connection to God or a Higher Power as you developed your soul? Do you believe in a God or a Higher Power or that there is this spirit part of you called a soul?

Sometimes, a person doesn't connect to their soul unless they become "dead." When you die, the soul leaves your body out through the top of your head "Something" pulls you out of your physical body. Your then body looks wispy and ethereal. Your soul feels wonderful when it is released from your brain and your body! It feels FREE! Leaving your body is like shedding your skin or like peeling a banana. Your body simple has been the vehicle that you needed on earth to aide in your soul's growth. Your body is like your car. It got you places while you were on earth. All souls are held accountable for their conduct in the bodies that they have occupied.

You have guides, angels and positive ancestors who help you on your soul's journey. Guides chose you and no two guides are the same. The two themes we all need to deal with on earth are to be separate and isolated. We come into this world alone and we leave alone. It's important to remember when we're feeling separate and isolated that there is an unseen world all around us where spirits, guides and ancestors are helping us. Perhaps if you don't believe you have guides, you could "act as if" and see for a period of time what happens. Guides are more parental than dictators. They suggest, they prod, they remind and they send people to do the same to us. It's important that we wake up eventually and hear and see these signs so we can *know*.

One of our jobs here on earth is to develop trust. If you are now confused in life, this is good. Confusion means you are working through something big and new opportunities await you. Be curious during your confusion. Another job we have is to go "beyond your ego." Your ego is anything you would say after "I am..." Your ego probably says you have no spiritual guides. In this area, we need not listen to our ego. It doesn't know everything.

Another purpose of your soul is to make you human. As you address and overcome pain and frustration, you will connect to who you really are. Pain opens you to other dimensions. Your soul, being honest and sincere, is driven by integrity. Integrity has to do with what you do when no one is watching you. Hurt people mistreat other people in order to get even. They create negative karma for themselves. Perpetrators of harm to others will do penance by setting themselves up as victims of this harm in their next life.

Also, it is good to remember that along with learning our own lessons we come to earth to play a part in the drama of others' lessons as well. We picked a "group" of people to come into this life with and we all play different parts. Eyes are the windows to the soul. No other physical attribute has more impact when soul mates meet on earth than the eyes. There is a familiarity when you meet a soul mate – a *knowing*.

We come into this world to learn to know what we are feeling. To really know how you feel and then trusting that feeling teaches you to trust in yourself. Once you can trust your feelings, your job is to create and transform things in your life. What would you like to create in the future?

It is important again to remember that your soul contains your past, your future and your un-realized potential. It also contains your God-Image and what spirit means to you. Your soul regulates, governs and matures your personality by giving you situations to work through. Your soul often appears in dreams as the ideal personality. This personality will give you hints as what it is you're supposed to be working on now.

Another purpose of your soul is that through experiences and the decisions you make you are supposed to mature based on overcoming your many difficult body assignments during your task-oriented life. You are energy in an energy field. You generate energy every day. How you use your energy depends on your experiences in life and what you choose daily to keep experiencing. You can generate more energy to work on your soul's purpose to get what you want now. Remember, when you pass over to the other side, when you so-called "die" and this life flashes before you, please make sure it is worth seeing.

Your soul never quits completely the body with which it is united. Time is very limiting. This is why your soul is timeless.

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