

## Time for Self

We are on pathways to the soul. Our plain of reality is in constant unfoldment. Our key task, which is really number one after barebones survival (once success comes our way), is to not lose our Soul. Once you have moved out of your day to day survival mode - *time for self* - is the next important task for you to accomplish, and probably the hardest. Time for self helps you to find out what your inner self (your soul) truly desires. Here you work with your ultimate dreams and passions.

Carl, a work mate of mine at my first job, once stared at me and told me “Royd, I’ve lost my soul.” I will never forget his sad hollow dead eyes. Our task is to not lose our soul but to unite more with it and our soul desires.

In life we seem to go from a Getting Stage to a Meaning Stage. First you get the things you need. You figure out what you need to do to provide for yourself and your family. Once you get what you need, certain questions start popping up: Who am I? What does it all mean? Where am I in all this? Thus we enter the meaning stage. This is a critical time. We must dive into this meaning side or risk losing our soul altogether.

How do we find out our soul's desire? Richard Barrett, author of Spiritual Unfoldment, suggests: “Be willing to listen and watch out for the opportunities the soul presents. Get your long-term vision clear. In other words know what it is *you love to do*. Very often you will find yourself being led along a path which seems strange. Go with it because you will find that will contribute in some way to your learning.” Listen and trust your inner voice, your universal infinite intelligence.

Robert Bly once asked the great poet, William Crawford, on the following of this unknown path, (what he called “the golden thread”). “Does each golden thread lead to paradise? Mr. Crawford said “Each and everyone.” Every path you go on leads to new knowledge. Everything is intelligent and has genius. Follow your instincts. Give yourself time, hours to do just what your inner voice is telling you to do. To be totally spontaneous, without questions, just do it. Follow what leads you and you will get there through a thousand different places without effort. Release yourself to your total infinite intelligence. Grasp it; take action with it in the

moment. Live your life totally in the moment. Practice this weekly. Just go where you are lead. Who knows what is around the corner?

Marlene Hood, of Tecumseh, commented: “All the dreams you have as a child are not lost. They are still there. It is a matter of finding the right path. The path in your brain – down the path of memory. Open the door where your dreams were and then you can view them. Expand on it if you want it to be in your life now. It takes courage to explore.” Cherish your visions and your dreams, as they are the children of your soul, the blue prints of your ultimate achievements. It takes courage to explore. Do it now while you are *alive*.

## **The Time before Death**

*By Kabir*

*Friend, hope for the Guest while you are **alive**.*

*Jump into experience while you are **alive!***

Think....and think....while you are **alive**.

What you call “salvation” belongs to the time before death.

If you don't break your ropes while you're alive,  
do you think **ghosts will do it after?**

So plunge into the truth, find out who the Teacher is,  
Believe in the great sound!

Kabir says this: When the Guest is being searched for, it is  
the intensity of the longing for the Guest that does all  
the work.

***Look at me, and you will see a slave of that intensity.  
Breaking Out!***

The first three years of marriage, I thought I had to do everything with my wife, Renee. For a number of years I wanted to go for a walk. I would ask her: “Do you want to go for a walk? She would reply, “No.” I waited for two years for her to walk with me instead of going myself. I was expecting my desire to become her desire. Finally I took the big plunge and

went for a walk around the block by myself and nothing bad happened! New doors of freedom had opened for me. I had the hardest time doing something for myself. It seems so much easier keeping commitments to others. In our co-dependent world, we try to please others so that they might please us. This leads to a lack of satisfaction of needs that spirals into more and more dissatisfaction and numbness.

What does the soul desire? What does the soul call out for? These calls come in screams and whispers. Most people hear them but never heed their call. The very urge is your greatest gift. Give yourself permission to act on it. Doug Hood, my great male mentor once said: “The beauty of our creation is awe-inspiring. There seems to be an unseen order in the universe that everything that is needed is provided.” The river of life keeps going. My own feelings burning deep sensing more and more around me – the high, heat low intensity, energy of feeling.

At some point the opportunity opens. Move when it does. Ralph Waldo Emerson said, “Man is a stream, whose source is hidden. Our being is descending into us, from we know not whence. I am constrained every moment to acknowledge a higher origin for events than the will I call mine. The life of man is a self-evolving circle, which from a ring imperceptibly small, rushes on all sides outward to a new and larger circle, and that without end. The extent to which this generation of circles, wheel without wheel will go, depends on the force of truth of the individual soul. Let man learn the revelation of all nature all through his heart, this namely, that the highest dwell in him.”

The self is the soul. The book series titled Chicken Soup for the Soul illustrates the need that many of us are feeling for this food. What is this soul food? Counselor and Hypnotist Bryce Roekle says that, in his insights into the deeper part of the human psyche, what the inner self wants is usually profoundly very simple. *A walk in the woods, time with an old friend, to go to a certain place. There is a need time for restorative time. Time in joyful celebration.* Feeding the soul what it really wants rather than drugging it and de-energizing it.

Emanuel Swedenborg “Divine force underlies all matter. The soul must be the link between God and man, the infinite and the finite, even though man could not see or measure the soul.” The soul will survive. That soul can

have a wonderful existence without you even if you are not with it through out your life. But why should you have it that way? The souls existence in the movie Dad that was a whole different life from the fathers.

There is heaven here on earth. We start to realize we are all souls dancing in existence in this world. As we go down this path we start to see the interconnectedness of all things.

### **Soul Work = Time For Self**

#### **Essentially soul work deals with these questions:**

- “What is my purpose in life?”
- “What is my reason for living?”
- “What are my values?”
- “Why do I exist?”
- “What is my key philosophy of life?”
- “Why am I doing what I am doing?”
- “What is my relationship with power?”
- “What are my key philosophies?”
- “How do I define my spirituality?”
- “How do I define my relationship with wife or husband, children and significant others?”
- “What is my role in the world?”
- “What is my responsibility?”
- “What are my long term goals in Business and Personal?”
- “How do I deal with my wife’s growing Queen and my growing King?” or vice versa
- “How do I block out time for:
  - a. My work
  - b. My family
  - c. My own time?”
- “How much do I desire to work and to play?”
- “Do I desire volunteer work?”
- “What do I like most about myself and why?”
- “What do I dislike most about myself – explain.”
- “What are the areas I would like to see improve in my marriage?”
- “If I were to picture my marriage in its most ideal state, what would it be?”
- “What are three activities and things just for me that would be deeply fulfilling?”
- “Why did God put me here on this earth?”

- “If I were to describe my dark side, how would I describe it?”
- “If I were to describe on great passion that I have, what would it be?”

***WHAT QUESTIONS WOULD BE GOOD TO ANSWER HERE? (Circle)***

***How do we go about accomplishing this?:***

- Drawing
- Journaling – writing it out. Take one hour a week for this.
- Read Philosophy
- Go for walks
- Sit by yourself in solitude and see and feel what comes to you.
- Hear the things that come to you throughout the day and in dreams and write them down.
- Follow the golden string and do things that are impulses, buying a book, seeing a movie follow the paths presented to you. Follow what your are attracted to. Follow the golden thread. Understand that each thread is golden. Napoleon Hill, Jung and Emerson are some of mine.
- Read mythology.
- Following your instincts, your inner voice and your subconscious.
- Becoming inner-guided – following and opening up your heart.

*“As we visualize ourselves, we require the ability to be faithful to the person we really are. As this happens, we recognize our true values, goals, feelings, beliefs and preferences, and this, in itself, furthers our consolidation. As this occurs, we find ourselves increasingly faithful to those who are important to us.” - Gabriel Roth*

*“Admidst all the mysteries by which we are surrounded, nothing is more certain than that we are in the presence of an infinite and eternal energy from which all things proceed” – Herber Spencer*

*“To do much clear thinking, a man must arrange for regular periods of solitude when he can concentrate and indulge his imagination without distraction.” - Thomas Edison*

*“Your body is a great sagacity.” – Neichie*

**In What Three Areas Would Like More Time for Self?**

1.

2.

3.

**What Are Some of the Questions You Might Wish to Explore During This Time?**

1.

2.

3.