

## Precis for Soul child weekend 11.2.19 - Blanchefleur, Hameed and Johanna

### Talk 1: Structuring of the soul- Blanchefleur

Soul: what it is—Individual Consciousness

What is its relationship to True Nature and its Qualities?

Inseparable from True Nature

Inseparable from Essential Qualities

Different from not separate from

Properties of the Soul and How Soul Becomes Structured:

Aliveness

Dynamism

Sensitive medium

Impressionable

Malleable

Potential to learn and grow

Memory helps it learn and grow

Learning can be open to further learning or it can become conditioned,  
inflexible and rigid

Some impressions remain in the soul

Some impressions rigidify areas of the soul, making it less malleable

Needs malleability in order to transform

Transformation limited by loss of malleability

Over time, the accumulation of retained memories and impressions structure the soul=Ego  
Structures

Fixed, relatively stable sense of self

Natural occurrence—no soul escapes this structuring!

Over structure=Superego—keeps the ego intact, keeps the status quo

### **Exercise: Monologue 15/5 Explore what you understand so far of the soul**

Do you experience its properties: alive, dynamic, impressionable, experienter?

Does it seem like a foreign concept? Any experience of the structuring of the soul: rigid perspective, some emotions are OK, others not OK, Superego?

## **Talk #2: Johanna: Soul child**

Learning about the soul child as a structure, which stays in our psyche/soul; our ambivalence about it (idealizing but also rejecting it); primitive structure within which instincts and essential qualities as well as emotions are all flowing relatively freely. This structure feels very much like “this is me, feels real.” (because elements of it are real, like our essential qualities coming through). Over time as the ego continues to develop we lose contact with the soul child (to a large degree).

Importance of retrieving/getting in touch with our soul child, this young, primitive structure of our soul. Helps us get in touch **with the soul herself**, with the sense of medium of the soul (since soul child still has some connection to that.)

Life can feel dull, like we are just going through the motions and our passion and aliveness, joy and spontaneity are left behind.

**Describing features and characteristics of the soul child:** its whole-heartedness, aliveness/passion, will, relative formlessness, age-related lack of sensibility -not open to reason, etc.) and presenting different variations (with examples) of how soul children can be/manifest (heart-point Enneagram without naming it as such). Exercise to explore/get in touch with/re-acquaint with their soul child. (maybe ask to bring pictures of that age)

### **Exc. Monologue:**

How do you experience your soul child? Do you encounter it in your daily life? When does it show up or has shown up? (maybe when you have a project, an adult responsibility, how does it show up then). (Maybe this part is more for talk 3 about acting out?)

What does your soul child feel like when you sense it? How does that feel in your body?

What are her/his most important feelings?

What does the soul child want (from You)?

## **Talk 3 Hameed : Working with the soul child**

What SC means in relation to spiritual work.

Refreshing on concept of soul. Soul as a bridge between boundless/nondual and the ego.

Acting out of the soul-child (we will add some concrete examples of disruptive behavior in our group like couples constantly caressing, massaging each other, knitting, or simply not attending etc. Karen will remind Hameed of some of the things we have observed in this group.

### **Ex.: Monologue**

**Explore your relationship to your soul child: loving, overly tolerant, trying to rationalize with it, enjoying it, feeling like it's who you are, ashamed of it, trying to hide it, letting it be in control.**

### **Talk #4 Integrating the Soul Child -Blanchefleur**

Music/Movement

Yo-Yo Ma and The Silk Road Ensemble "Arabian Waltz"

Move the chairs out of the center of the room and allow yourself to move around the space to the music. Let yourself experiment and play with movement. If your soul child is present let him/her have fun, play, even act out a little, reaching out perhaps to others--knowing there is a firm and loving holding that won't let the soul child go too far. Perhaps your soul child felt isolated, withdrawn, didn't want to play, didn't like the music or exercise.

Come to stillness, sit on the floor or on a chair and be with your experience in silence. Perhaps you felt dynamism of different kinds, heart and emotions, sensations, streaming, pulsating, aliveness.

Talk: allowing the aliveness and dynamism of the soul, feeling it, and recognizing that these are aspects of Being, not of a structure. Don't need to do anything—just recognizing the qualities for what they are. Don't need to heal soul child, don't need it to grow up, or change it. It can't grow up or be healed—it is a structure. The structure keeps the dynamism attached to child not free.

### **Ex: Cyclonic**

Clockwise: Say something about how your aliveness is restricted.

Counter-clockwise: Say something about how you feel your aliveness.

Discussion: How did the dynamism show up in the exercise?