

## Precis DH10 weekend July **Soul**

Talk 1 Introduction into the soul (Johanna)

Talk 2 Flow of the soul (Nancee)

Talk 3 Impressionability of the soul (Johanna)

Talk 4 Potentiality of the soul (Nancee)

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### **Meeting 1: Introduction into Soul**

Soul is a living presence, a living Consciousness. Clarifying the journey from “being present to being presence”.

Soul is what you are, where your experience happens and the very fabric of your experience itself. Clarify the DA understanding of soul (soul is not some ethereal part of you but all of you) Importance of knowing the soul for the inner journey; to know where we are we must understand what the soul is; Soul as locus and site of experience; soul as inner vessel necessary for journey, that goes through the transformation, development, purification and enlightenment; soul as a field or fabric of consciousness and presence, where all experience occurs, from the most mundane to the most sublime.

Mon 15 min

Look at your experience in the moment. Whatever your experience, whether your sad or angry or hurt or happy or excited or bored or depressed or tired or sleepy or awake or nothing happening. Where is it happening? You will come up with all kinds of ideas... your body, your brain, your belly, your mind... but keep looking. Where is it that your experience is happening? your immediate experience, where is it manifesting.

### **Meeting 2 :Flow of the soul**

One of the qualities of the soul that is a wonderful doorway into the direct experience of ourselves as soul, is the quality of flow in our experience.

In ordinary experience through our 5 senses, we usually focus on content, on separate forms and separate objects. Our daily experience is felt more in chunks, linear just like it looks in our agenda books or I calendars, there are chunks/sections of time tied together to make up your day, your life,  
wake up – shower, eat, drive, work...rather than feeling a flow of our experiences throughout the day

We often get lost in that which is known, hypnotized, dulled by the content of the everyday activity, not often aware or in touch with the movement or flow of experience - **what is actually living this life?**

When we drop down and in – we can sense a different interiority, can tune into a strong sense of awareness that is ongoing, the flux, the fluid dynamic streaming that is in us all the time.

Moment to moment- from one experience to another there's a flow of inner events – a moving, and shifting medium of experience, a stream of impressions, feelings, thoughts, images, sensations.

One way we might first begin to feel the flow of our Soul is by experiencing energy in the body, flowing from one part to another.

The soul is a fluid flowing Presence and the body can reflect that fluid Presence. Can point to rigidities, tensions, in body and reflect fixations/identifications in the mind.

This can be very helpful for our inner work to recognize areas where our soul cannot flow or open up. As we work on the tensions patterns, inquire into them and disengage from the content of the flow, we can contact the flow itself. Patterns then can begin to release, relax, open and our soul may begin to flow to these areas bring them to life.

More we're aware of the flow, the changeability of the soul, more we can relax into that dynamic flow and go with the changeability of our nature, not fight it, control it, judge it, or act out something against it.

When we feel this quality of flow in ourselves there is always movement to it, a dynamic feeling of life, movement and vigor, our whole experience or medium feels free, fluid, changing, spontaneous. And we can feel it directly as ourselves or in whatever our activity, whether we are cooking, dancing, creating, relating, playing music, whatever movement we are engaged in. We can also recognize the experience of the flow when we experience some kind of Presence.

When felt directly - feels like water with substance, not rigid, a fluid Presence, alive, changing, transforming. And like water, can take any shape and form – can constrict, expand, freeze, trickle, gush... Can also feel the dynamism, energy, force, vigorous; activity; motion, kinetics; power.

Soul; feels like plasma, a flowing medium whose flow is the manifestation of the experiences not a succession of events, but rather a current that carries events. Like a river of consciousness. This sense of the flow of the Soul can open and deepen even more into a sense of freedom and release from inner constraints, control, a sense of lightness, spontaneity, spaciousness, as well as a richness of texture and fullness.

Sensing the flow of the Soul can be an exhilarating and thrilling ride. We can experience the flow of the mystery that is in us, as us, the astonishing miracle of the aliveness of Being.

### **EXERCISE:**

Music: Raphael 1 “Music To disappear Into – River Seeks the Deep”

Ex: Continuum of Awareness for 10 minutes – Feeling the sense of flow in your experience, flow of thoughts, flow of feelings, and feeling into the sense of soul in the moment in your experience.

Then Repeating Question 10 min. each

1. Tell me something that restricts the inner flow of your experience.
2. Tell me a way you experience the inner flow of your Soul.

### **Meeting 3: Impressionability of the soul**

characteristic of the living presence/soul is that this medium is not only flowing but also malleable, meaning it can be formed, can be affected, moved, touched by things

It means that this medium/we/our consciousness/soul is impressionable.

Understanding the impressionability of our soul helps us to understand how our personality structure/ego gets formed

consciousness is not only that it is impressionable, but can retain the impression.

That our human soul is not neutral like silly putty but it is aware and learning.

Soul is a learning substance. Our consciousness, as it learns, it changes, becomes formed, molded.

Process of patterning our soul: Like forming grooves along which now the open fluid medium of the soul flows in repetitive patterns. Like an eddy in the flow, the flow gets caught now and flows round and round in the same way. It is still a flow but restricted

We take the shape of the impression. Become fixed and rigid in some places. that going forward makes us less impressionable for new inflow of information and experience. Different grooves, patterns create structure and all together make up what we call our ego. Predictable personality structure.

Our impressionability is a mixed blessing: makes it possible for human beings to learn, to remember, to develop and progress, but also makes it possible for us to forget who we are/TN/soul.

It is important to see that the ego is not separate from the soul but the same living conscious medium being imprinted, impressed and molded

we need to re-member again, to find our way back it is tremendously helpful to understand the soul- WHAT is it that was impressed, WHAT was formed and got structured.

We work on those impressions, memories, those structures that have created rigid crusty, thick structures, so that in time they soften or even dissolve, such that the soul begins to become more permeable/impressionable and transparent to our True Nature. Soul can trans-form, mature as she is more informed by our essential nature.

### **EXERCISE:**

With closed eyes, let your body/soul express certain attitudes or experiences like:

Resistance, withdrawal, judgmental and “being nice/helpful/accommodating”.

Then:

**Monologue** 15 min: choose a pattern/issue that comes up over and over in your life. Inquire into it, see if you as you describe you can really feel into it get in touch with it, viscerally...sensing how rigid the pattern feels. Does it change from time to time or is it flexible Can it open up or not? As you explore this can you sense WHAT it is that does or doesn't change?

## **Talk 4 Potentiality of the soul**

One of the qualities implicit in the soul is pure potentiality – which is its dynamic changeability - a morphing dynamism for all of our experience - perception, knowledge, capacities, functions and growth.

The soul's potential is the potential of all human beings and includes all of our human capacities. We have the potential on the one hand to be a person of the world, capable and competent at living life, as well as to be a person of spirit/being – realizing what and who we are that is not of this world.

This is an important potential of the soul – the capacity to experience qualities of being, of true nature. The soul has essence and all its qualities as potential. They are like in a seed form. the soul can morph itself into the various possibilities, has the potential to experience all the emotions, all the thoughts, all the images, all the spiritual states, the realization, it has all the insight; they are all there in potential. From ego to essence...

The soul is a growing dynamic organism. it is not an object. it's a developing, maturing, growing organism, which means that it has lots of potential that it can manifest. we need to learn how to nourish that potential, how to recognize it, how to understand it and relate to it in a way that allows it, not only to emerge, but to develop and flower, ripen.

if we stay open, receptive, reflect and nourish our experience the soul tends to open up to reveal new things, and it may morph into new shapes we haven't ever known. Our consciousness is like a magician, a changeling whose nature is to manifest, reveal its possibilities, The soul feels like potential. it has an alive, vigorous, exploding possibility to it, like it's about to explode into whatever!

The more we recognize our pure potentiality, that we are pure potential, the sense of being open, being present with our experience that invites its possibilities, becomes a very wise way to be and supports the Soul to live more fully it's essential nature.

**EXERCISE: Cyclonic group of 5 or so.** We begin by going around clockwise and answer the question – similarly to a repeating question, you don't talk for a long time a few sentences - what comes spontaneously, then the next person and go around the group for 15 min. Then counter clockwise for the second round. Lastly a 15 min discussion.

**1- 15 min. - statement about how you feel your potential is blocked**

**2- 15 min. - a way you experience your potential.**

**3. 15 min. - discussion of what you discovered together about potentiality and the Soul**