

2-28-2016 Readings: Embodied Soul

Soul – The Spiritual part of a person that is believed to give life to the body - in many religions is believed to live forever. —Webster’s Dictionary

Soul – A projection of the monad that creates personality and experiences through it while becoming conscious. The vehicle of experience that contains the entire history of the journey through incarnations... As awareness increases, the mature human soul becomes less reflection and more the monad itself, a fragment of the OVERSOUL, a spark of the Flame imprisoned within form... The soul is considered feminine in nature, that part of the human that births the inner Christ. —*The New Dictionary of Spiritual Thought*, by Carol E. Parrish- Harra

Embody – Be an expression of or give a tangible or visible form to. —Oxford Dictionary
To represent a quality or an idea exactly. —*Cambridge English Dictionary*

Soul Infusion – The state in which a co-working relationship between the soul and the personality has been achieved. When the real personality, the totality of the three Lower Bodies, has been developed and integrated with the soul. The process of soul infusion— in which the light of the unit created by Soul and Solar Angel illumines the personality— stimulates a greater radiation of the divine within matter. —*The New Dictionary of Spiritual Thought* by Carol E. Parrish-Harra

Embodied spirituality...views all human dimensions — body, vital, heart, mind, and consciousness as equal partners in bringing self, community and world into a fuller alignment with the Mystery out of which everything arises. Far from being an obstacle, this approach sees the engagement of the body and its vital/primary energies as crucial for not only a thorough spiritual transformation, but also the creative exploration of expanded forms of spiritual freedom. The consecration of the whole person leads naturally to the cultivation of a “full-chakra” spirituality that seeks to make all human attributes permeable to the presence of both immanent and transcendent spiritual energies.

Features of Embodied Spirituality

1) A tendency towards integration, 2) Realization through the body, 3) Awakening the body, 4) Resacralization of sexuality and sensuous pleasure, 5) The urge to create, 6) Grounded spiritual visions, 7) In the world nature, 8) Resacralization of nature, 9) Social engagement, 10) Integration of matter and Consciousness.

—What Does It Mean to Live a Fully Embodied Spiritual Life? by Jorge N. Ferrer

The Five Principles of Full Body Presence

1) Trust the Existence of Nurturing life Energy, 2) Feel the Presence of Life Energy in Your Body, 3) Integrate Life Energy Through-out Your Entire System, 4) Expand Your Perceptual Lens, 5) Choose Nourishing Resources Moment to Moment. —*Full Body Presence*, by Suzanne Scurlock-Durana

This very power of desire within your souls imprints the nature of God – which is Love – upon your lives. . . .To passionately live in God and let God live in us, then is our highest goal. (Capsanis 1992) For in this way, God’s nature of Love and Desire moves toward us, and is absorbed by us. And since we are made in his image, we actually become this desire and love,

our own divinity as well as our humanness – we take on God-nature. ... But transcendence isn't leaving life; it is living life more abundantly, more expressive of your rich potential...Joseph Campbell said that transcendence is learning to “follow our bliss” with wholehearted participation in the rapture of being alive... —*Embodying Spirit*, by Jacquelyn Small

To behold with the eyes of the Heart; to listen with the ears of the Heart to the roar of the world; to remember the culmination of the past through the Heart, thus must one impetuously advance upon the path of ascent. —*Heart*, Agni Yoga Teachings, Heart

The open heart holds the key to our current transformation. It is where the ego and the soul meet for their divine union. This open heart is the gateway between dualism and the unity of our nature.

The Stages of Embodying Spirit:

Grounding Our Physical/Instinctual Nature (Standing firmly in our truth)

The first stage of our soul retrieval marks where we master our physical body and reclaim our instrument and servant, the ego...Once we reach a stable balance over these appetites and basic psychological needs, and become willing to follow the Higher Self, we've made it through this phase...When we master this ground level of our nature as spiritual beings in human form, we attain the authenticity of being Our true Selves, or the spirit of Truth. A part of the ego has placed itself in service to a higher order and is no longer focused only on personal gratification...

Balancing Our Emotional/Relational Nature (Our Goodness Is Made Visible)

This second stage brings crisis in the control and balance of our emotional life, where the glamour of our moods and feeling overrides our deepest wisdom. We are reminded that we are not our feelings. At this stage of awakening, our emotions are purified... Our task is to invoke the quality of Spiritual Discernment...When we learn to release our attachments, our feeling nature becomes benign and we become harmless to ourselves and others. We balance our energies of passion and allurements, charm and seduction, and become imbued with the quality of Goodness in this world. our Love nature is grounded in truth...

Clearing Our Mental/Intellectual Nature (Seeing Through the Eyes of Beauty)

This stage awakens our personal morality; our values and ethics... This third stage is where we choose a new reality... We call on our Higher Power within to bring us the gift of Spiritual Direction or Intentionality. The urge to merge is a function of the soul, but when the ego was damaged, our urge was misdirected...Now we recognize this deep and powerful “urge to merge” as a mystical craving, a desire to become a part of the Creator and all of creation... Now we bring an integrated personality to the world. The ego is in service to the Higher Self. Now the ego allows the soul to shine through...I know now that all truth lies within. My outer life and all my projections are reflected so I can “see” and correct anything that is not built on love or truth. All apparent opposites are really one, joined by a higher guiding Principle or sacred Cause that unifies them.

—*Embodying Spirit*, by Jacquelyn Small