

VOICE OF THE SOUL

A Call to Action

A synopsis of personal transformation

Third of 3 Books in the
ANATOMY OF THE HUMAN FABRIC™ Series

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ARE YOU SELF-AWARE?

Are you aware ... that you have a unique life purpose and life service – that are known to your soul (but not personality)?

Are you aware ... that you can open the (vertical) gateways to success, health, and enlightenment by utilizing the ancient technologies of guided language, sound (tone and phonics), visual cues, kinesthetic movement (self and administered), smell, taste, creativity, emotional release, and meditation?

Are you aware ... that there is more to a truly successful life than mere happiness – as joy and bliss are equally vital components of profound success?

Are you aware ... that you can achieve profound and comprehensive success by working smart, rather than merely by working hard?

Are you aware ... that you can actively attract guidance in the form of synchronicity, intuition, dreams ... and miracles?

Are you aware ... that there are foreseeable ages at which your life shall change? For example, you gain profound depth of insight every 7 years, and you repeat unresolved lessons every 12 years. Additionally, it takes 90 DAYS to ascertain truth (develop trust) in new situations (i.e., in new relationships, jobs and other situations - at a subconscious level)?

Are you aware ... that meditation is 25 percent willingness, 25 percent surrender and 50 percent grace? You do not meditate. Rather, you are meditated (by grace).

Intellect is a wonderful servant, but a poor master.

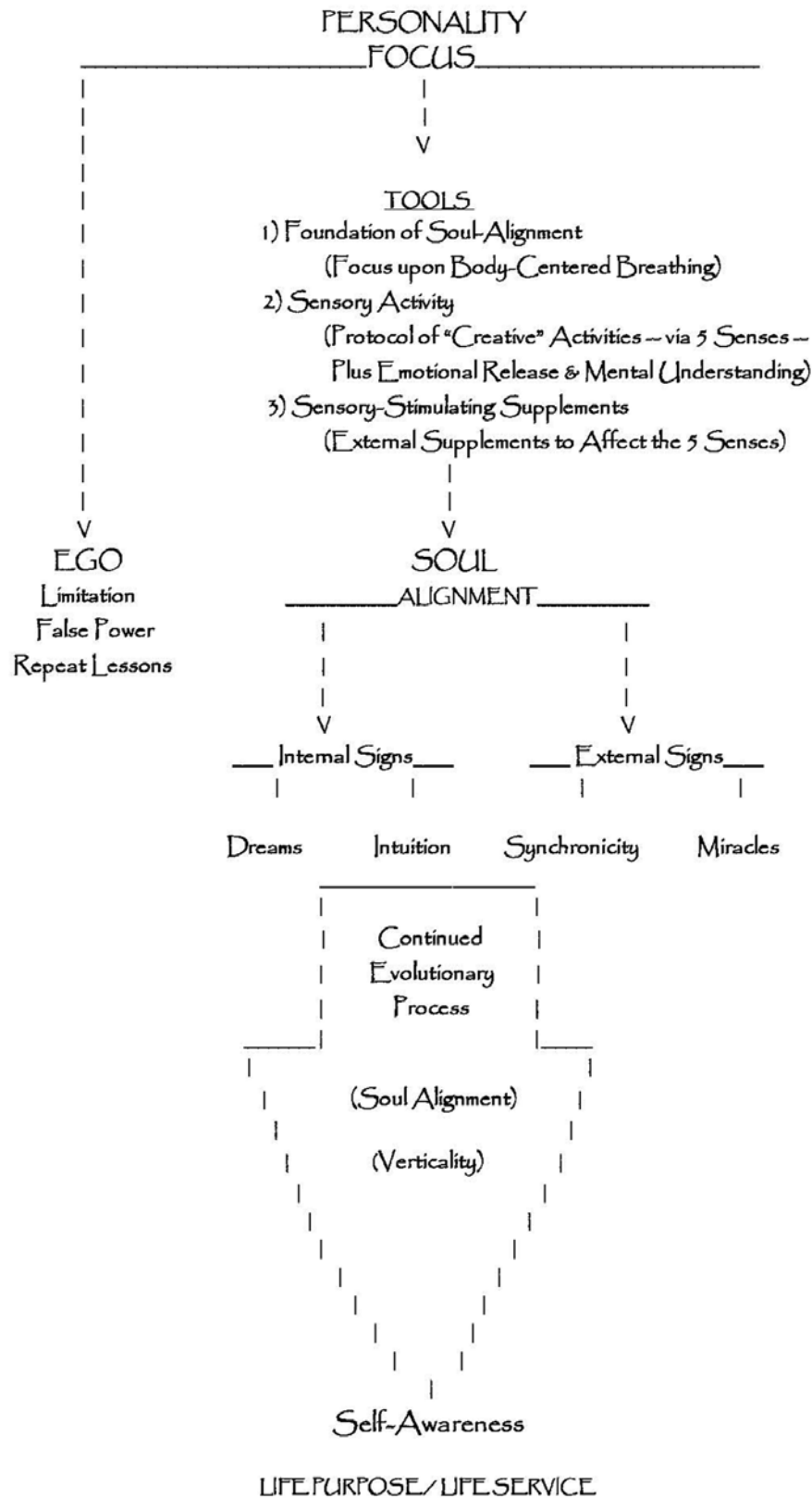
Using ancient technology rather than intellect and contemporary methods, we can access the eternal wisdom of the soul (i.e., “gut feeling”) – to discover our true path (life purpose and life service), evolve, and experience profound and comprehensive success in daily living.

Three types of activity inspire the soul, source of the voice of truth within, to reveal our unique life purpose and life service – via enhanced intuition, dreams, synchronicity and ... miracles.

The subconscious mind creates two-thirds of worldly experience. Soul-aligned (vertical) activities pro-actively access and enrich the subconscious mind via five sensory gateways (vision, hearing, smell, taste, movement), extrasensory perception, and self-awareness – raising vibration of the inner landscape that, via the Law of Attraction, innately manifests profound success.

A 90-day program of soul-aligned activity will help you to more easily access the present moment – gateway to the wisdom of the soul, the vessel of core truth ... and lasting abundance in the form of happiness, joy and bliss.

THE BIG PICTURE PERSONAL TRANSFORMATION



*Words obviously cannot convey
The Wisdom imparted by experience.*

*The goal of every activity
Is to attain Wisdom.*

Yet perhaps something in the words herein

*Will inspire conscious action,
Subsequent experience
And, thus,
Attainment of Wisdom.*

** * **

The Wisdom of verticality (soul-alignment) is both ancient and profound.

And somewhat obvious.

*Consider the upright nature of human beings,
Whereas once we walked on all fours.*

Consider the spine. The vertical core that defines health and strength.

*Consider the vertical Himalayas.
Some say the most enchanted and sacred of lands.
Closest to Heaven.*

*Consider the vertical depths of greatest sea.
Gateway to an enchanted world.*

*Consider the Antahkarana, the Tibetan bridge to consciousness,
That spans from Heaven to Earth via the chakras,
On the wings of breath, intention and conscious activity.*

*Consider the meditator
Whose inner gaze
Is toward Heaven
Yet Earth.*

PREFACE

This book presents the theoretical and practical foundation for a three-book series. *Voice of the Soul: A Call to Action* succinctly describes the “big picture” (synopsis) of personal transformation. The book then prescribes three types of activity that serve to efficiently accelerate our evolution, eventually carrying us to self-awareness – defined herein as awareness of one’s life purpose and life service.

We are a relatively undisciplined society. We “think” (over-analyze and pontificate) too much. The monkeymind is the enemy. It blocks the voice of the soul. It may be defeated by exercise of conscious activity.

The big picture of personal transformation may be described as a simple flow-chart. The ancient Taoists believed that what we focus upon in each moment is all that we are, as all that exists is the moment. This moment. This moment. And this moment, ad infinitum. Our focus in this dualistic world is binary. Either we focus upon ego (the automatic default position) or soul. We focus upon (i.e., align with) the wisdom of the soul by employing three types of “conscious” activity.

When aligned with the soul, by using such conscious activity, the soul sends us signs to affirm our connection to the soul (and what the Taoists describe as Heaven and Earth). The soul speaks to us internally through enhanced dreams and intuition, and communicates with us externally via synchronicity and ... miracles. The information received from the soul guides us to further conscious (soul-aligned) activity – a positive feedback loop – and ultimately helps to innately reveal our life purpose and life service – information that cannot be gleaned via the “thinking” mind.

Chapter One

THE SELF

PERSONALITY & SOUL

THE SELF IS MORE THAN JUST PERSONALITY. The self is comprised of two distinct components – namely, personality and soul (ignoring the bodymind for the moment – which shall be discussed in detail later in the book).

PERSONALITY. The personality is the profane (uninspired, mundane, everyday, typical, technical, automatic and/or robotic) aspect of self that takes care of routine tasks and even certain seemingly quasi-complex tasks – in an uninspired, relatively unconscious, unintuitive manner. Such tasks may include driving a car, cleaning, laundering, watching television, completing technical homework, reading a tabloid, using the telephone, routine multitasking, handling most aspects of any given job, applying pre-determined formulae, learning the technical aspects of playing a musical instrument, etc.

Just as a computer is a necessary tool in today's world, the personality is a necessary tool. We could not get by in the world without personality. The primary responsibility and focus of the soul is upon inner evolution, activated by mastery of life lessons. The responsibility and focus of personality is upon accomplishment of tasks in the material world. By design it is the responsibility of the personality to be a reliable, capable and effective tool of the soul. In theory, the innately wise soul subtly or not-so-subtly tells the personality what to do, and personality's assistance helps the soul accomplish its mission in the material world. Unfortunately, the unevolved aspect of the personality prefers not to listen to the guidance of the soul and, instead, tries to block access to the wisdom of the soul. Herein lies one of the great challenges of self-evolution – the taming of the unbridled emotional and mental reactivity of the unevolved aspect of the personality (a/k/a what the Taoists describe as "monkeymind.") The soul's guidance to the personality takes the form of intuition, dreams, synchronicity and ... miracles. The unevolved aspect of the personality does its best to block access to these forms of soul communiqué.

Personality's focus is upon material accomplishment. Personality, in simplest terms, consists of two aspects – the ego and a soul-guided component. Ego is that aspect of the personality that seeks immediate gratification, short-term gain in the material world. Ego is the aspect of the personality that is referred to as the monkeymind – as it continuously squirms to achieve certainty (which does not exist in the dualistic world).

*The monkeymind abhors uncertainty
To thwart uncertainty*

*The monkeymind takes any action necessary
To obtain an illusory sense of control*

Ego/monkeymind despises uncertainty. Ego perceives uncertainty as its greatest nemesis. So, ego will do anything to alleviate or minimize perceived uncertainty. However, what ego doesn't realize, among other things, is that there are no certainties in life (in the dualistic world) – except for the absolute that is natural order (a/k/a highest inspiration, the Infinite, etc.). Ego relentlessly attempts to think any thought, speak any word, and take any action that it believes may ease perceived uncertainty. Even if the thought, word or action hurts us (i.e., slows the evolution of the soul) in the long-run. Certainly you have experienced instances in which your ego motivated you to think, say or do things that you subsequently regretted ... such as making a rushed, near-sighted decision or saying hurtful things to another person, etc.

Of its own accord, personality hasn't a clue as to who you truly are. Personality doesn't know your true life purpose and life service. Only the soul is aware of your core truth.

PERSONALITY MAY BE ALIGNED OR UNALIGNED (WITH THE GUIDANCE OF THE SOUL). Personality is described as “aligned” when it acts in accordance with the guidance of the soul. This occurs when we allow the soul-driven aspect of our personality, rather than ego, to be the focus and pilot of our personality's attention. However, until an individual earns at least a modicum of self-awareness – i.e., until a person becomes somewhat aware of the competing agendas of the ego and soul – the personality is an unreliable tool for the soul to employ. Rather than perform as a tool that assists the soul, the egoic aspect of the personality (i.e., ego) behaves as nemesis to the guidance of the soul. The ego eternally attempts to overcome the wisdom of omnipresent soul so as to effectively block the soul from accomplishing its mission in the world.

The way to conquer the devastating potential of the ego is to bypass (and eventually dissolve) the ego's reactive thoughts and emotions, and unaligned materialistic desires (those desires that are not aligned with your core truth – life purpose and life service). Soul-aligned (vertical) activities cause us to maintain focus aligned with the soul, rather than insidious ego. By definition, personality is “aligned” – with the energy and wisdom of the soul—when focused upon the soul, and unaligned when focused on the false perception of ego. More will be discussed on this later.

THE UNALIGNED ASPECT OF THE PERSONALITY (EGO) IS A GREAT TRICKSTER. The unaligned personality/ego resists the guidance of the infinitely wise soul. Worse yet, the unaligned personality tries to trick us into believing that it, rather than the soul, knows what is best for us (in the long-run). This couldn't be further from the truth... .

The unaligned personality/ego acts like an out-of-control computer, reeking havoc upon anyone and anything in its path of its misguided thoughts, words, actions and reactionary thoughts and emotions. The ego then makes matters worse by trying to trick us into believing that this is appropriate behavior. The greatest danger created by the unaligned personality/ego is its extraordinarily fiendish ability to trick us into believing that all our unevolved thoughts, words and actions are justified and righteous. This is what causes war, abuse, neglect and all conflict in the world. Everyday the daily newspapers serve as a witness to the terrible things that people do to one another

throughout the world. But, what's most frightening is that many, if not most, of these people firmly believe that they're doing the right thing – when they perform obvious injustices upon others. They sincerely believe that the killing, torture, abuse and injustice are justified, necessary and ... right.

Recognize that ego, to greater or lesser degree, lurks in the shadow aspect of every personality on the planet. So, each of us has identical responsibility. Each of us can evolve – but only if we learn how to pull the plug on the egoic aspect of the personality. We short-circuit the ego's power when we focus upon the guidance of the infinitely wise soul. This requires moment-by-moment awareness – as the egoic shadow aspect of the personality always prefers to run amuck – and ever shall do so – unless kept in line from one moment to the next; conquer (bypass) the monkeymind by focusing on soul, rather than ego. When ego does react, recognize and release egoic reactivity. Emotional release work and other vertical (soul-aligned) activities help to foster alignment of the personality. More will be discussed on this later.

Circumstance is not the cause of suffering – rather, the egoic aspect of the personality (ego) is the cause of all suffering. The ego does not focus upon the present moment. It focuses only upon (so-called) past and (so-called) future. Ego does not live in the present moment. Ego does not accept the present moment. Rather it looks back to false memory (biased and unreliable perception) of (so-called) past, and imagination (which is also biased and unreliable perception) of (so-called) future. Ego rejects the present moment. It does not accept the present nature of all things. Non-acceptance by the ego is the cause of all pain. Always. More will be discussed on this later.

THE TWO GREAT CHALLENGES (OF PERSONAL EVOLUTION). The soul's guidance to personality takes the form of intuition, synchronicity, dreams ... and miracles. These forms of guidance are observed more frequently and with greater clarity when we transcend the unevolved, unaligned personality. So, the first great challenge of our evolution is to understand, recognize and release the tentacles of the egoic unaligned personality. The second great challenge is to learn how to gain soul-focus (vertical alignment) in every moment – as this innately bypasses and dissipates the power of the unaligned personality (ego) – and hooks you up to an innate “stream of consciousness.” It's a “catch-22” situation. Focus on egoic thoughts begets more egoic thoughts. Focus on soul bypasses egoic thoughts – and opens a gateway to the soul's wisdom and “consciousness” – which enhances innate alignment and understanding. This serves to align our personality and material life with who we truly are at the core. So, focus on the soul by practicing soul-aligned (vertical) activity (described later in this text).

THE SOUL. In contrast to the personality, the soul is the aspect of self that seems inspired by something larger than the sum of who we are. Infinitely larger. Soul is the home of profoundly innovative ideas and creations that not atypically are judged by novice and expert alike as nothing less than “genius.” Yet, soul is also home to subtlest, quietest, deepest truth. Soul is the womb of works as monumental as the inspired mathematics of Einstein, the music of Mozart, the art and science of Michelangelo, the prose of Shakespeare, and the kinesthetic prowess of Baryshnikov. Access to soul is how we find the subtle inkling of truth in the face of seemingly overwhelming uncertainty and doubt. Soul accesses the light that leads us out of darkness. Soul never fails us in the long-run. In contrast, ego always lets us down in the long-run.

SOUL IS THE GATEWAY FOR DIRECT CONNECTION TO CONSCIOUSNESS. Soul is the doorway to consciousness and eternal guidance. The soul is eternally plugged-in to consciousness and higher guidance. An ancient, esoteric group of Tibetans believed that human beings possess a primary energy system that runs vertically through the center of the body, connecting infinitely upward (to Heaven) and downward (to Earth). In essence, they believed that the human body serves as an electrical conduit which connects Heaven to Earth – via the body. They call this channel of energy the Antahkarana. They believe that the strength, vitality and linearity (“straight-ness”) of the flow of this infinite channel defines our inner landscape. More aptly, they believe that this river IS our inner landscape (in its totality).

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