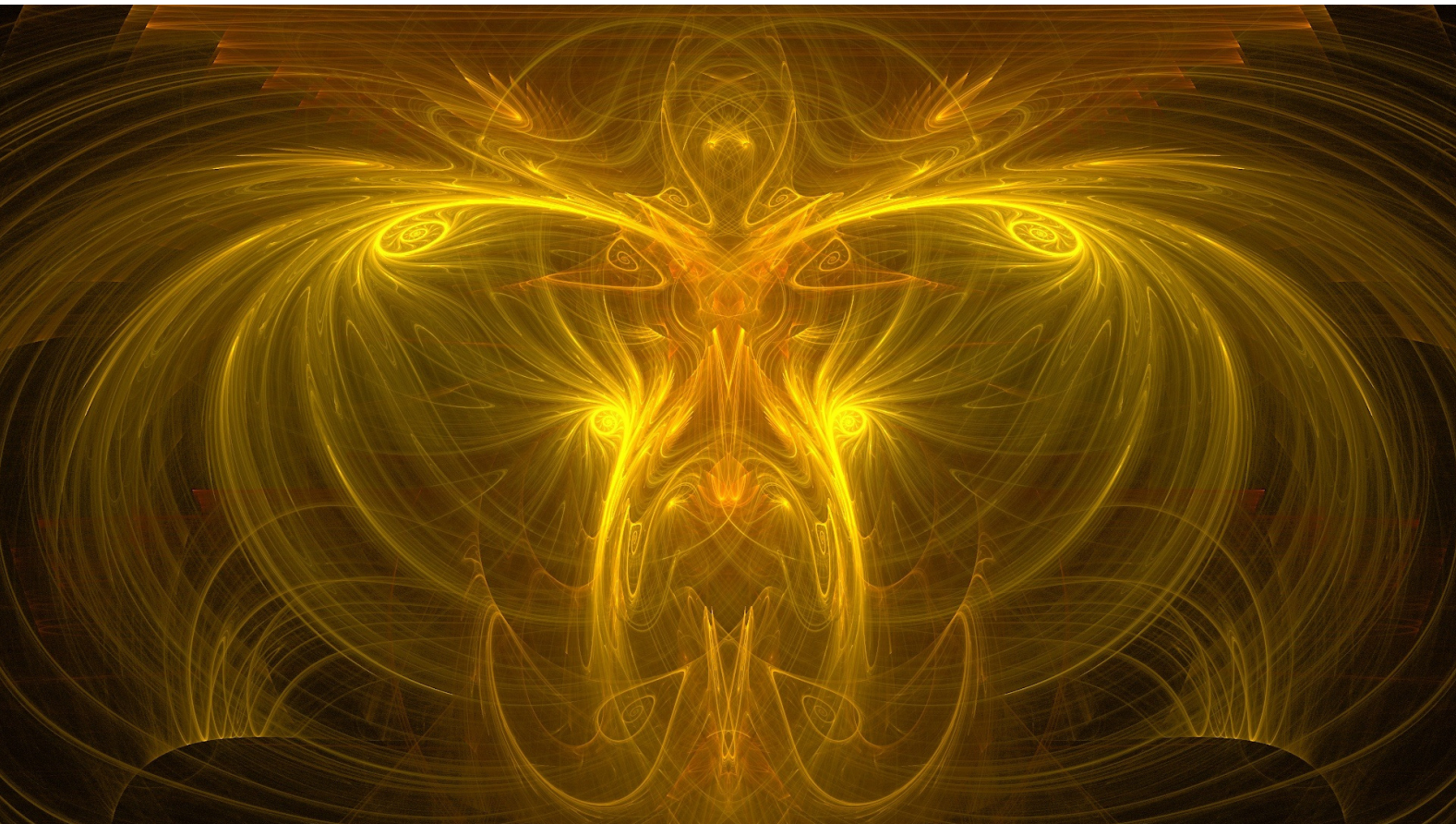


Awakening the Spirit

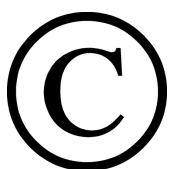


A Journey to the Soul

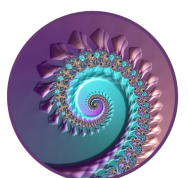
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Soul Journey Academy



Soul, Spirit & Energetic Self

We are spiritual beings living a physical life. We are conceived* with a soul and this soul has a spiritual component and an energetic component. Our spirit is a direct manifestation of the soul on an energetic level and it is there to be the connection between the soul and the physical / energetic / Karmic Life. The energetic spirit is the interface between soul & spirit with the physical world. It is our connection to the physical and it is where we manifest and create our physical and emotional responses to the world around us.

Our Soul speaks to us of being human, a person, profiling, behavioural preferences and natural gifts and inclinations. The Spirit talks to us of harmony, contentment, responsiveness, beliefs and responses. The Energetic self talks to us about living, life, behaviors, actions, words and interests. They are distinct by integrated aspects of who we are. They are energetic responsive and capable of creating.

Think of them as interactive, with a direct interaction which is not limited to a barrier but is more like osmosis with an element of fluidness. Enough structure to hold shape, but the capacity to expand and grow or condense and shrink. The Soul is the energy source, and it also feeds of the energy, emotions and messages which we feed the Soul. The Spirit and the Energy fields are fed by the Soul and conscious acts which feed our spirit and our energy. We can dissipate our energetic field by giving away too much and not replenishing this field. The dissipation can be both through awareness and ignorance. We can grow our Spirit and Energetic fields either consciously or subconsciously.

We are the masters of our Soul Journey, we choose to work with or to work against the pathway of the Soul. For those who choose to work with the Soul, there is a great deal of happiness and light. Synchronicity and coincidence abound. What we seek we find, what we choose, what we create, we enjoy. The spirit asks us to work in harmony and will teach you how to create and explore the opportunity and spiritual connection to learn from our higher self and the wisdom within the universe and us. The Soul is our anchor or true north, which shows us the where our contentment lies.

*How and when we are conceived and the Soul enters the body is not part of this discussion.

Connecting with Spirit

For some of us, connecting with spirit has been a life long relationship. As children we are far more open and receptive to our experiences and less worried about right and wrong in other people's eyes. As adults we tend to lose this confidence, I have always had 'imaginary friends' many of whom have stayed with me all my life. I am sure people thought me mad as I often prefer these friends to the my blood and bones friends.

Before you meet the spiritual beings some background on Spiritual Beings, Guides and Entities. Your guides, we all have guides, these are spiritual beings who have chosen to work with us. They are here to help us and guide us. It is up to us if we want to work with them and accept them into our lives. Everything is free will and choice.

Your guides can be a variety of entities. They may have taken human form, they may not have. They might be famous, but most likely they are just great individuals with particular skills, experience and understanding who recognise themselves in you. They may be blood relatives from within your family, past or present. They might be celestial beings who have taken an interest in you. Who they are is not important, what they offer you is. (Although it makes it easier for us if they have a name.) They are here to teach us, comfort us and at times just to chat. They are your guides to connecting you to the universal realm of consciousness where your higher self, soul resides.

They help you find your True North.

How they communicate with you can vary enormously, they will spend time trying out different formats until they have worked out the connection and language that works with you. Dreams, Visions, Lights, Repetitive or patterns of Numbers, Voice, Sight and Touch are all open to you. The range of methods is open, you need to explore to understand the connection and how it works best for both parties. You and your guides.

Guides may be with you for your entire journey or they may come in at specific moments to teach you something. So you may have one or many guides. This is just how it works. Having one guide or many guides is not a reflection on your or your importance or your skill. It is simply what you need and the connection you have with the guides.

Opening Up and Awareness

When we first become open and aware of our spiritual connection and the spiritual world. We are vulnerable. We are young, inexperienced and prone to make mistakes, this is completely natural in the learning process. In a spiritual sense you are a child. Your guides will help you and protect you, but they will, also like a good teacher allow you to make mistakes. Remember free will. They are guiding not controlling you.

When we are first opening up, the word quickly goes out through out the spiritual realms. The spiritual realm is more than just the Universal Consciousness. There are multiple spiritual realms. Not all of them operate under the same principles of the Universal Consciousness or our physical realm. They share one thing in common a desire to meet the new connections. The difference between these entities and spiritual beings is that they are not your guides. They are not there to help and protect, often they are there to explore and play. Your welfare is not their concern. They can and will lead you astray.

They do not come from an intent to protect you. They might and will want to teach you. Be aware that the rules by which they play and the normality of behaviour in their home realm, might be very different to what we are used to. It is this difference in behaviour, expectations and experiences which can make your interaction with them dangerous and damaging, permanently so.

It is important that you remember that you are a physical being and live in the physical realm, you are a spiritual being but you belong in this plain, at this time, in this realm. We want you to live here. You can go visit, but please return. Some basic rules for exploring the spiritual realm.

Intent, Earthing, Binding, Contracts, Cleansing

Intent: - Clarity within yourself that you are open, safe and you understand that you must return.

Earthing: - Making sure that you are connected spiritually to this realm and physical body that you inhabit.

Binding: - Making sure that all of your energies and spiritual manifestations come back into one being. You return to you.

Contracts: - Any and all contracts you enter into with the Spiritual Realm must be for your benefit and honour your Soul

Cleansing: - Now we know that the spiritual and energetic world is open to us and we are open to them, we need to keep our space and being clean.

The Basics

The spiritual world lives as energy, we can create energy via thought, emotion and action. Of all of these, Emotion is the strongest connection and the most honest. We can trigger emotional responses using words, thought and action.

Intent is a harmony of thought, words, emotion and action, it is a blending of heart and mind. Your statement of intent must be honest and true.

Each of us must own and develop our own intent and statement of intent with respect to Soul / Higher Self and the Universal Consciousness.

Earthing is a process of binding our spiritual self to this realm. Our physical bodies. It is where we use different talismans to help keep us safe and to keep the connection to the body.

Each of us must come up with our own talisman, which can be stone, crystal essences, or a combination. We will know what our earth is as we will immediately comprehend the relationship. It should speak to you

Binding is the process of ensuring that after we have had our spiritual connection or our trips into the realms, that we come back and fully integrate. It does not happen naturally, we need to practice this phenomenon.

Each of us must develop the process of bringing each of us into the one physical, energetic or spiritual entity. We will need to develop a ritual practice that we trust to keep us safe

Contracts are the agreements we reach with our guides which govern, what we are and are not willing to undertake. With our Masters and Preceptors, these contracts will be about the pace & timing of learning. As we get more advanced we will meet other entities and we may work with them.

Personally I choose not to have contracts, I choose understandings and permissions. I would encourage you to take this path.

Cleansing is the process of keeping our space sacred for our purist intent. Our spirit and the energies with which we are open to are not solid, but fluid. Think of our energy fields of having a viscosity, which has an osmotic tendency. It is open to the influence of other energies.

Each of us, must have our own cleansing ritual, which we know will keep our space clear and clean.

Working with Energies

For most of us, when we say, working with Spirit, we are working at the energetic level of the body. This is spirit, this is the manifestation of spirit energy at the physical plane. So we are all working with Spirit. We are just not working at the spiritual level. As the spiritual self and the energetic self, share the same foundation the Soul and they are fluid, they impact on each other and energy moves freely from one level to another, we are working with Spirit.

Most of Spiritual Disciplines of New Age, Animistic, Pagan or Religious do most of the work on the Energetic Level.

Energetic Practices can be defined as any practise that works on our physical body, our emotional or mental state and our interaction with the world around us. These are: Energy Healings (reiki, laying of hands), Readings, Pendulums, Spells, Guides, Mantras & meditations just to name a few. Working with energy is fabulous, important and vital for our wellbeing. It also requires the practitioners to be dedicated, open and gifted.

This is not to say that practitioners working at this level are not working with Spirit. They will be working with their spiritual energy and tapping into yours. However, the domain for activity both in analysis and understanding of your wellness issues and the impact that they are addressing is at the Energetic level.

Working at the Spiritual level, is another area of expertise. I do not value one area of skill over another, I simply understand, through my guides, who do lie in the spiritual realm, that there are layers of complexity. Spirituality has many different interpretations. The religious context of a higher being that creates and provides a path and a reward, based on adherence to stated practices. The world of ghosts, spirit entities and messengers, natural beings that exist in the world, but do not declare themselves to everyone. The Universal Consciousness Realm of Spiritual Practice the realm of working with the higher self and yourself as a spiritual being is another. Personally, I see a place for all of these definitions. I can live with other people's beliefs and belief fundamentally in the right of all people to their belief. Even when I do not hold or respect that belief, I must respect their right to their belief.

We rarely work at the Soul level, however, it is the blueprint for who we are in all our manifestations, so at times we need to help others or ourselves to access the reference library of who we are to reinforce or reconnect with our Soul to heal at the Spiritual or Energetic level. This requires absolute intent and trust .

Understanding our Work

I was reminded the other day of the sheer emotional and physiological high of working with Energy. That big buzz that you get when you work with either Energy or Spirit and how fantastically addictive that experience can be. I watch people meditate and get physically moved by the experience, (usually in a circular pattern of rotation).

The tingling we get when we are working with or being guided by Energy and our Guides. Astro travel or out of body experiences. It is intoxicating, an amazing high. I still love it and embrace it.

For me, all of these experiences peaked my curiosity and I wanted to know more.

Experiencing these things was not enough, I wanted to understand what was happening and how to access and use the knowledge that these experiences were affording me. I was opening myself up and I wanted to reach and go as far as I could.

Apart from a big buzz and me being able to translate the experience into a healing experience for other people. Was there anything else beyond the initial buzz of the experience.

This is where I work, in the understanding. Forming a cohesive understanding of what is happening and what is behind the experience. This is where the learning is, the growth, the personal and professional development. Where an adhoc adventure becomes an ability which can be honed and developed. What used to take me 45 minutes, I can now do in 5, 10, 15 minutes. What I could do with one person, I can now do with 10 people simultaneously. All of the rituals and props that I used to work in my practice is now a simple use of the mind or hands. I understand the safety net and the appeal of the show, but the reality, is when you are connected, you are connected.

Some props are useful when working with energies and spirits. They are a visual and audio symbol of the work that is being done. Most people are not kinetically attuned to the vibrations of the Energetic or Spiritual Realm. You could argue that there is no need to be attuned. All practices need to be respected. I understand the attachment to the symbolism. I shared this attachment. I just no longer need it, although I understand how much other people do.

When I work with you, I am happy for you to use whatever symbolism and practice that you need. The important thing is you being in a place of attunement. It is not how you get there, but what you do when you get there. For me, the more I understand the better I become. The easier and more potent my practice becomes. I am sure, this will be the same for you, regardless of practice or degree of desire for growth.