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Finding Your Soulpod

During This Holiday Season, Jeff Brown Reflects on How He Found Meaningful Friendships

Finding My Soulpod

And then they started to appear, in both expected and unexpected places. I found them at the yoga studios, the retreat centres, the hiking trails. But I also found them in taxis, at family gatherings (imagine that!) and even at the Thoroughbred racetrack. Ah, the sacred and the profane.

One member of my biological family crossed the bridge with me as well. My grandmother had been an essential figure in my birth pod, nourishing me amid the challenges of early life. Yet through new eyes I recognized that the vulnerable little woman at the head of my family was also a member of my consciousness pod. She too fought for the open heart amid the distractions of daily life.

Inner growth is like a truth serum that reframes and clarifies our lens to the outside world. Our social life is one of the things that must change to accommodate our expansion and reflect our new ways of being. In this process, we must have faith that we will survive that often-lonely space between old friends falling away and new ones showing their face. This faith is our buffer against the temptation to go back to the familiar. If we can hang tight and make conscious efforts to connect, the next pod will be walked in our direction when the moment is right. We call to them, they call to us, and our angels broker the deal.

A former criminal lawyer and psychotherapist, Jeff Brown is the author of "Soulshaping: A Journey of Self-Creation," recently published by North Atlantic Books. Endorsed by authors Elizabeth Lesser and Ram Dass, "Soulshaping" is Brown's autobiography -- an inner travelogue of his journey from archetypal male warrior to a more surrendered path. [Click here to connect with his work](#)

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