

The SoulShaper

Dear Soulshaper,

I want to welcome you, with gratitude, to the first edition of **The Soulshaper** -our regular SoulShaping newsletter. There is much good news to share.

SoulShaping Dictionary

TERM OF THE MONTH

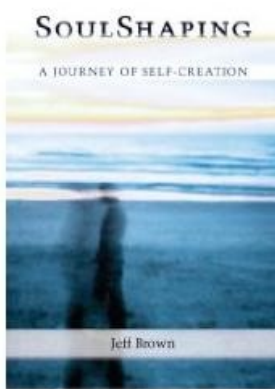
TRUTH ACHE: A form of sacred grumble, a truth-ache is a nudging sense of falsity, a palpable hunger for true-path. Although sometimes painful, & although embracing it may well force us to turn our habitual patterns upside down in order to effect change, it contains the seeds of our transformation. When we repress it, truth decay sets in, and the only thing that can save us is a truth canal. Sometimes we wait too long, and we risk losing our truth altogether.

RIDICULOUS TERM OF THE MONTH

(Author gone mad!)

SOULIVATING: When the soul drools with delight because we chose to honor its path.

Out with the Old, In with the True



To begin with, a beautiful new edition of SoulShaping will be in bookstores as of August 25, 2009. Originally self-published at the end of 2007, my first press run sold out quickly, and an agreement was soon reached with North Atlantic Books to bring it to a broader audience. Their grass roots philosophy is remarkably congruent with my own, and with the story of this little book. The little book with an energy all its own.

Re-named 'SoulShaping- A Journey of Self-Creation', the new edition is now up for pre-order everywhere and will be distributed by Random House world-wide. Although this version is very similar to the original edition, there are meaningful improvements to the text and to the ever-expanding SoulShaping Dictionary at the back. Also, I have written a new preface that soulebrates the serendipitous events that carried the book along. From the moment the

first edition became available, the doors to humanifestation opened wide and the Universe kicked into gear, attracting people to the book under the oddest of circumstances. So many acts of kindness, so much support from my soul pod. Yet another bit of proof that we cannot achieve anything alone. It takes a village to raise a book...

I wrote SoulShaping over a six year+ period, in the isolated back room of my house in Toronto, Canada. Written amid a tyranny of economic and personal challenges, I went back and forth between the back room and the marketplace, racing off to make a living, returning home to find the words. Although I longed to stop and breathe, the call to write was relentless, determined to have its way with me. It soon became clear that honoring the call was my only defence against sleeplessness. If I wrote, I slept. If not, I lay awake all night tormented by the words waiting, impatiently, at the gate of self-expression. It all seemed a little insane. Nonetheless, I kept at it, both because writing it was helping my soul to expand, and because I had some odd faith that my story might actually help someone else. The little voice that knows...

This publishing journey has validated many of the things I wrote about in SoulShaping. First, it validates the faith I had in my inner voice- the little voice that knows. This voice carries a karmic blueprint for our destiny, whispering sweet somethings in our inner ear whenever we dare to walk a false path. Easily drowned out in this distracting world, it is the best friend we will ever have. This voice told me to refuse a publishing offer before I self-published. My ego wanted it, my soul said no!, and everything has worked out for the best. Just a little more evidence that honoring our soul-scriptures to the letter can lead to positive outcomes. Second, the journey has reinforced my belief in unity consciousness. It is not just cliché- we really are all connected. When I wrote SoulShaping, I heard a little shame voice inside telling me that no one would be able to relate to my inner journey- "Who wants to read about your miserable journey. Why don't you keep these embarrassing experiences to yourself?" Yet the response has been quite the opposite. Readers constantly tell me that I have written their story. At first this shocked me- their story? I was sure that no one could relate to my shame-full history. But I was wrong. Although many of the details are different, the essential threads of our humanity are actually remarkably similar- similar suffering, similar inner challenges, a shared longing for true-path and connection. We are in this, together. We are this, together.

Befriending Confusion

I also want to share my most recent free audio pod with you. Named 'Befriending Confusion', the pod speaks to the challenges that confront us as we attempt to shed one way of being and move in a new and uncharted direction. Often, the bridge from one side to the other is confusion. If we have too negative a view of confusion, we will often return to familiar ways of being- our habitual range of e-motion- and block our path altogether. But if we can stay open, and honor the wisdom at the heart of our confusion, we can cross over to a more expanded reality.

[See website for links to these pods](#)

Ram Dass

Not to overwhelm you, but I want to provide three other links for you as well. This past winter, I went to Maui and engaged in two wonderful talks with spiritual teacher Ram Dass, the author of *Be Here Now*. I had been struggling with the common tendency to see the Ego and the Soul as entirely distinct and even antithetical to each other. This tendency worries me, as I continue to hold to the belief that the most inclusive spirituality-enrollment- is a sacred balance between all aspects of the human experience. So I dialogued with Ram Dass about this question.

Feel free to email me any thoughts you may have on this question. It will prove to be more and more important in our efforts to define and embody a model of Grounded spirituality.

The Homelessness Challenge

In addition, I want to provide the links to two YouTube videos we put together last year about a homeless man named Slim who sold SoulShaping on the streets of Toronto. Although the relationship only lasted a few months, the energy created by it has continued to ripple outward. A Facebook group (Homelessness Challenge 2008) developed out of this, and people continue to contact me about attempts they are making to help homeless people in their neighborhoods to re-connect with the world. Again, unity consciousness....

If this experience, and all the others that have happened around this book have taught me one thing, it is that each of us is here with a profound purpose, however humble or simple it may appear to be. Growers are inch worms -real change takes time. But every little soul step we take is divine perspiration, shaping our individual and the collective soul to the next stages of their evolution.

I encourage you to do all that you can to overcome whatever obstacles you face on your path to truth. The path home is not always easy- the School of Heart Knocks is ever-challenging- but it is the only path worth taking. Your unique soul-scriptures live at the heart of you, laying in wait for their opportunity to be humanifest. They may be covered in dust, they may be hidden from view, but they are in there, still sparkling with infinite possibility.

If my work can help to remind you, then it has served its purpose. I offer it with gratitude.

Blessings,

Jeff Brown