

The SoulShaper

Dear Soulshaper,

We want to welcome you to the fourth edition of **The Soulshaper** -our regular SoulShaping newsletter. This edition is focused on some of the wonderful things that are happening with Soulshaping in 2010, both as a book and as a way of being in the world. As the consciousness movement gathers momentum, the messages of 'true-path' and 'enrealment' at the heart of Soulshaping have begun to catch fire in the mainstream. As the path of materialism is losing credibility, the path of the seeker is gathering steam. What was once a peripheral question in traditional society- Who am I, really?- is becoming a valid inquiry. Our grass roots movement is merging with the world at large, as we had always hoped.

SoulShaping Dictionary

TERMS OF THE MONTH

Habitual range of e-motion: Our emotional comfort zone. The familiar place between armor and vulnerability that we come back to time and time again. Our expansion depends on our willingness to move beyond our habitual range.

The Power of then: The effect the past has on our present consciousness. Although the physical body travels forward chronologically, one's emotional consciousness always lingers at any point of departure. To move forward on the path, we have to go back and heal the wounds and memories that obstruct us. We've got to be there then, before we can be here now.

Go(o)d Morning America

In January, 2010, I was approached by ABC's Good Morning America to write some weekly inspirations for them. The first- Sacred Dynamite- was posted on their website the week of January 22 and communicates the idea that we all carry divine purpose within us. Although it may be hidden from view, it's still in there, sparkling with infinite possibility:

[see website to read SACRED DYNAMITE](#)

The second- Growers are Inch Worms- invites us to be patient on our Spiritual Journeys. Although it is essential that we do the work to uncover and honor our purpose, we also have to be realistic about the pace and nature of change:

[see website to read GROWERS ARE INCH WORMS](#)

The most recent, published the week of March 19, is my personal favourite. Called Truth Mountain, it acknowledges the connection between living in truth and being truly in the moment. Truth as the gateway to the moment..

[see website to read TRUTH MOUNTAIN](#)

Soulshaping (Bus) Tour

□ This winter, I also had an opportunity to explore my dream of a Soulshaping bus tour. I did a talk and book signing at 4 fabulous bookstores outside of San Francisco- East-West (Mountainview), Gateways (Santa Cruz), Copperfields (Petaluma), and Open Secret (San Rafael). What was so interesting was the fear that came up inside me before the first talk at East-West. As I began preparations, I found myself pulled back to the same primal fear of public exposure that I had known as a child. I heard familiar voices of shame and self-doubt, the internalized remnants of negative childhood messaging: "Who cares what you have to say?", "Who are you kidding"? Surprised at first, I lay in my hotel room and surrendered to an inner conflict that lasted the better part of two days. At the end of it, and just before going to the first bookstore to talk, I found my answer. It was so simple- Speak from your discomfort. Be Real Now. And so I did. At various points in all 4 talks, I shared some of my discomfort about speaking in public. And the most wonderful thing happened- the admissions relaxed me and also helped to soften the edges of the crowd, and they began to self-reveal as well. It was fantastic. Yet another bit of evidence that it is our willingness to admit who we really are that opens the door to healing and connection.

I always marvel at the inextricable relationship between expansion and resistance, what I refer to in Soulshaping as our "habitual range of e-motion". As we move forward on the trailways of transformation, our expansion shines a bright light on those parts of us that are still unresolved. Shadow meets light on a bridge across forever...

Soon thereafter, I went to wonderful Winnipeg, Manitoba for a talk at McNally Robinson bookstore. Just before arriving, the Winnipeg Free Press wrote a wonderful piece about Soulshaping that helped to draw a crowd of well over 100 people to the signing. I did a short talk, and then we participated together in a lengthy dialogue about the nature of the Soulshaping journey. It was enlivened, intimate, and deeply gratifying. During it, I made the decision to do a lengthy Soulshaping bus tour in the coming year. We will go from town to town, soulebrating the principles of Soulshaping, inviting others to raise their flag of truth to the rafters of consciousness. There is so much good work to be done. After I left Winnipeg, Soulshaping went to the top of the best-seller list at McNally Robinson's.



Fox News - Strategy Room

If you have a chance, please check out my interview this Friday March 26 at 10 a.m. Eastern Standard Time, live on the God Talk show on Fox News. My first foray into mainstream news- it should be interesting...

[see website for interview live.foxnews.com](http://live.foxnews.com)

I also want to share an interview I enjoyed with the very engaging Michael Toms of New Dimensions Radio. New Dimensions is perhaps the most influential consciousness radio show in North America and feeds into hundreds of public radio stations world-wide. My one hour interview with Michael will be broadcast in late May, but here is a quick 12 minute interview that we did as an introduction to Soulshaping:

[see website to read New Dimensions Radio Interview](#)

I would encourage you to check out their radio archives as well. Toms has interviewed many of the leading thinkers and teachers of our time, including The Dalai Lama, Jean Houston, Joseph Campbell and Maya Angelou. Informed by an expanding awareness of the interconnectedness of all life, and the potential available through creative insights, innovative thinking, cross-cultural traditions and the human spirit, New Dimensions is an original and powerful forum for innovative and inspiring voices and views on a wide range of timely as well as timeless topics.

The Open Heart Gang

Finally, I am so excited to introduce you to the Open Heart Gang fan page on Facebook. A benevolent gang with a heartfelt intention, I started this gang when I was writing Soulshaping as an expression of the spiritual activism that coursed through my veins. Instead of using our assertiveness in misdirected ways, the OHG utilizes it to invite a surrendered way of being into consciousness. Our first act of gratitude is the film Karmageddon, produced by myself and gang co-founder Paul Hemrend, soon to be ready for festival viewing. Karmageddon concerns my connection to spiritual teacher Bhagavan Das and includes wonderful interviews with Ram Dass, Seane Corn and Deva Premal. Its fantastic! Spiritual activists with our hearts on our sleeves, the OHG fan page is quickly

becoming a hub for the burgeoning consciousness movement. I invite you to join, and to invite others to join as well. Check out our humanifesto and mission statement by clicking below:

[see website for Humanifesto & Mission Statement](#)

I will send more reports from the sacred battleground soon. Until then, I wish you a growthful and joyous month...



In gratitude,
Jeff Brown