

# The SoulShaper

Dear Soulshaper,

I want to welcome you to the second edition of **The Soulshaper** -our regular SoulShaping newsletter. This edition corresponds with the bookstore release of the new edition of Soulshaping: A Journey of Self-Creation, on Tuesday August 25, 2009. It is a very exciting and hopeful moment.

## SoulShaping Dictionary

### TERMS OF THE MONTH

**ENREALMENT:** The idea that a more 'heightened' consciousness is not all about the light (as enlightenment implies) but is about becoming more real, more genuinely here in all respects - shadow and light, earth and sky, grocery list and unity consciousness. It is about living in all aspects of reality simultaneously rather than only those realms that feel the most comfortable. Be real now.

**(THE) SOULULAR PHONE:** Your pipeline to divinity, the soulular phone connects your individual path to Universal Consciousness. When it rings, be sure to answer it. It is the Divine Mother calling to remind you of the next step on your journey. The more inner work you have done to clear the lines, the clearer the connection.

**WEASTERN CONSCIOUSNESS:** An inclusive consciousness that integrates the wisdom of the east with that of the west. We

bridge the eastern quest for the eternal with the western quest for groundedness and emotional health. Alexander Lowen meets Neem Karoli Baba, Localized lens meets Archetypal Wave, Unity Consciousness meets Healthy Self-Concept on a bridge across forever. A soul-ego bridge, if you will.

## The Soulshaping Revolution has begun!

It is an emotional and remarkable moment in the life of this Soulshaper. The new edition of Soulshaping is beginning its bookstore journey tomorrow, exactly 8 years to the day after I first sat down to write it, in a little garden in downtown Toronto. Divine timing.

At the heart of the writing journey was a need that has threaded through my entire life- the need to identify and embody my unique soul-scriptures, a palpable longing for true-path. My uncoated essence. At an early age, I identified another path living inside of me- not the path

I was told to walk, not the most practical or sensible path- but the path that was true to form, or true to soulshape as I now understand it. When I ignored the push to true-path, I felt imprisoned in my own skin. When I honored it, my inner lens transformed. If my journey has taught me one thing, it is that TRUTH IS THE GATEWAY TO THE MOMENT. The farther we walk down true-path, the more authentic is our experience of the now. The work we do to separate false-path from true-path is not just spiritually beneficial, it is our best and only hope.

I am ever aware that this is no easy task in this mad world. The world is still a very care-less place. Heartfelt glimpses of the God within are discarded as corny and impractical (pray to schmaltz!). Brief crack-opens get glued over for fear that everything that holds us together will come unglued (let it unglue!). Interactions with like-spirited others that hint of the deeper ocean get misplaced, buried below the weight of distraction (rise from the shallows!). But we have to try. We have to try to expand this dance of sacred imagination beyond our habitual range of (e)motion. We have to continue to believe in our highest possibilities. We have to work to close the gap between the world as it is and the world as it ought to be. This is the work of all spiritual warriors- to clear the path of debris, to infuse the path with so much light that others can find their way home.

As a kid, I used to wonder where to find my comic book heroes. Now I know- WE are my comic book heroes, overcoming seemingly insurmountable challenges and odds, waking up to fight for a little bit of truth every single day. And we are getting somewhere, a little closer every day to the world as it ought to be.

Lately, I have been imagining an international holiday called "True-Path Day." We have holidays to celebrate our battles for outer freedom, but few that acknowledge our fight for inner freedom. On True-Path Day, we would celebrate every effort we have made to excavate and embody the soul-scriptures that live at the core of our being. Every calling that was explored and every essential lesson that we learned would be held and seen in its highest light. The ramifications of such a day would be profound, particularly for the younger soulshapers. Instead of being conditioned to play it safe, they would be encouraged to live in truth as a way of being. Later in life, when 'the little voice that knows' pipes up in their inner world, they would happily raise it to the rafters of consciousness.

## International Year of the Woman

I also want to give you a soul's up about a new group I recently started on Facebook. Named The International year of the Woman, the idea originated in my relationship with my Grandmother, who endured all manner of difficulty in her life but continued to model an open hearted way of being. The group is an invitation to all the men on the planet to devote a year, perhaps 2013, to a deep acknowledgment and appreciation of the women who have carried the torch of the open heart on this planet since time immemorial. This is an invitation to acknowledge the suffering some men have caused- the violence, the neglect, the egoic and power driven abuses- without excuses and distractions. Healing begins with accountability. Although we have often been on opposite sides of the sacred battleground, I

am certain that the only way home is hand in hand on the Gender bridge, in heartfelt recognition that we are in this life thing together. We are this, together. How can it be any other way?

At first, this group was simply a vision of the possible, but something has happened recently. There is a burgeoning consciousness movement all around the world, and the group has begun to gain momentum. Suddenly, it's not just a little seed we plant, but instead, a potential REAL EVENT, an internationally recognized year of the Woman in 2013. I am going to devote more energy to it and I invite your participation as this continues to unfold.

[SEE WEBSITE FOR 'INTERNATIONAL YEAR OF THE WOMAN' FB GROUP](#)

## Radio Shows and Other Events

I want to also provide the links to two radio shows I did in the past few weeks on Blog Talk Radio that really captured the essence of the Soulshaping journey. Where before I have often been a talking head in my interviews, I took the opportunity to drop into my heart and speak from it -a talking heart. And we covered many of the key concepts in the Soulshaping Dictionary...

[SEE WEBSITE FOR 'GRACE GRIT AND GRATITUDE' RADIO INTERVIEW  
& FOR 'WALKING A SPIRITUAL PATH' RADIO INTERVIEW](#)

And below is a link to my schedule for the coming months. I will be doing my first Soulshaping talk at Yoga Space in Toronto on the evening of October 3rd. Tickets are \$20.00 (\$15.00 for students, free for those who are economically challenged at the moment) and can be ordered by contacting [soulshaping@hotmail.com](mailto:soulshaping@hotmail.com). In addition, I am in the process of organizing my first Soulshaping mini-tour from January 17- February 22, 2010. I will be traveling to Maui, California, Oregon, Washington, and then coming across Canada from West to East. The dates, times and locations for all book signings, talks and workshops will be posted on the website schedule in the coming weeks. I will also be doing private sessions with individuals who are struggling on their Soulshaping journeys. Those can be booked through Tarini at [soulshaping@hotmail.com](mailto:soulshaping@hotmail.com)

[SEE WEBSITE FOR JEFF'S SOULSHAPING SCHEDULE](#)

I want to thank you all for your support. Most everyone on this email list has supported my work in one form or another, and for that, I am eternally grateful. As Soulshaping enters the world more fully in the coming years, I hope to stay connected to the clarity of purpose and benevolent intentionality that sourced its writing. I don't want it to be a hype movement. I want to deliver something that genuinely elevates people's lives and that is transparent and genuine. I invite your presence.

**Blessings,**

Jeff Brown