

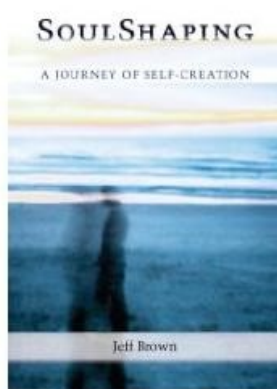
SoulShaping Dictionary

TERMS OF THE MONTH

CELL YOUR SOUL: The idea that the body is the karmic field where the soul's lessons are harvested. In order to grow spiritually, we must bring our suffering and our joy through the cells of the body until our spiritual lessons are birthed. Repressed emotions are unactualized spiritual lessons. To grow, we have to see our feelings all the way through the conversion tunnel. Once they make it all the way through, the lesson is revealed and the soul evolves to the next stage. The ladder to wholeness is made from broken rungs.

OPEN-BLESS-A-ME: An obvious play on the term "Open Sesame", Open-bless-a-me refers to the relationship between the opening of the heart and the blessings that come our way. Closing the heart is a self-fulfilling prophecy. When we close it, we attract more reasons to keep it closed. Opening the heart is a soul-fulfilling prophecy. When we open it, we attract blessings-open bless-a-me! Finally blessings have a way in, and a way out to touch others. Try looking in the mirror and repeating 'Open-bless-a-me' as a mantra, an invitation to your higher self and to the universe to bring blessings through the gateway of your heart .

Chaotic Magnificence



Last year, I met a brilliant young filmmaker- Chris Telford- and he shot and edited two wonderful films about a homeless man named Slim who sold Soulshaping on the streets of Toronto.

[Click here to Watch Video](#)

At the time, Chris was living in a large Toronto apartment and working on his various projects. Since then, Chris has fallen on hard times, and is now, essentially, homeless. He has access to a small office at night, where he edits and sleeps on a small camping cot, but no place to call home. What is so remarkable about him is that he refuses to allow his circumstances to obstruct his calling as a filmmaker. Despite everything, he keeps on shooting footage about things he believes in, and he keeps on editing. Wow- a true Soulshaper, nothing is going to stop him from honoring his voice. I want to introduce 5 such films he just put together for Soulshaping...

The first film- called 'Chaotic Magnificence'- is a BEAUTIFUL video about the wall that I wrote on when I was writing Soulshaping. It is a metaphor for the Soulshaping process- the wondrous chaos at the heart of our spiritual transformation, the link between surrendering to our sometimes chaotic callings and birthing our true self. In order to become our authentic self, we often have to let go of our habitual framework of emotion, put judgments on hold, and dance on the edge of our sacred imagination. This video will inspire anyone who has a creative calling waiting at the gate to self-expression:

[Click here to watch Chaotic Magnificence](#)

Second, a video called 'Bridge of Consciousness' where I walk across a Toronto bridge as a symbol of the transition from false path to true path on our Soulshaping journeys. Rather than pretending that the crossing is easy, I take you through some of the challenges on this perilous crossing- a holy patchwork of old patterns, obstacles, unrealistic expectations- as you work your way to the other side. On the crossing, I introduce some of the new paradigm language in 'Soulshaping', including the terms 'soulular phone', 'truth

aches', 'cell your soul' and 'enrealment'. Meet us on the bridge at..

[Click here to watch Bridge of Consciousness](#)

Third, an inspiring audio that was originally intended for younger soulshapers but that contains good reminders for everyone on a Soulshaping journey. I try to hit on some of the key things I have learned about the path through my own experience, including the concept of 'Only Soul Knows', the value of befriending confusion, the importance of linking our spiritual growth to our emotional processes, the value of healthy ego development as a precursor to solid and sustainable spiritual ascension:

[Click here to watch Young Soulshapers](#)

Next, a quick 2 minute video called GROUNDED SPIRITUALITY, where I have an opportunity to talk about spirituality on a busy Toronto street corner. I just love the little mystical bubbles that Chris added part way through, a perfect reminder of the mystical in the heart of the madness of city life..

[Click her to watch Grounded Spirituality](#)

Finally, a video called 'Ascending with Both Feet on the Ground', perhaps the core concept in Soulshaping. I use a tree as metaphor for this concept, the idea that we must build a strong base before we ascend, in order to ensure that our ascension is real and sustainable, rather than a spiritual bypass that comes crashing back to earth (imagine a tree with no roots..). I make the distinction between an enlightenment trip- the quest for the light alone- and what I call 'enrealment'- a state of being that is inclusive and that incorporates darkness and light, earth and sky, laundry list and unity consciousness.

[Click here to watch Ascending with Both Feet on the Ground](#)

Finding Chris

In many ways, homelessness has been a core theme on my journey. I had always known this profound fear of being without a home because of my unsettling childhood, but after meeting that need by buying a house, the question of my spiritual home then rose into consciousness.

I then turned my attention to the challenging question of where I really lived: Who am I, really? Where lies true-path? What does it feel like to be at home in my own body? And then Slim and I developed a connection and he started to sell the first edition on the streets. That connection led to a Homelessness Challenge that compelled other people to give homeless people opportunities in their community. In many ways, these themes live at the heart of the model of Grounded Spirituality threaded throughout Soulshaping, the complicated question of how we can do this more subtle and nuanced self-development work if we are not honoring our basic needs.

I want to encourage you to contemplate ways that you can bring a homeless or peripheral person back into your community. It may be as simple as giving them a small errand to do, or something more involved, like helping you to manifest a project that you are envisioning, or even an ongoing job opportunity. Anything that re-opens a closed door and gives them a little hope. I am reminded of this excerpt from Soulshaping:

Although the world rewards insensitivity with the spoils of war, it takes more courage to surrender than to numb. So often the most damaged people are the most advanced and feeling souls. They feel everything and are more strongly impacted by the disparity between an authentic life and the falsified energy of the world.

For anyone interested in connecting with Chris to offer their encouragement, or to have a film made to showcase their own work, he can be reached at pr@TorontoMedium.com, or at his website

www.torontomedium.com. He can either film and edit, or he can edit whatever you send him.

As Soulshaping continues to move more broadly into the world, I hope to continue to work with Chris and other young Soulshapers to bring their vision into the world. The young have better eyes than me, and see a little farther down the path...

A Free Chapter From Soulshaping

I also want to share a chapter from Soulshaping with you. The very cool online mag 'Reality Sandwich.com' just posted the final chapter- Souldendum- as their Monday feature:

[Click here for a free Chapter in Soulshaping](#)

This chapter is very different from the rest of the book, as it reflects some of the conclusions that arose from my journey in a more objectively written fashion. The book itself is much more subjective in nature. Nonetheless, I hope some of it resonates with your own journey. Lots of soul food for thought...

Blessings,



Jeff Brown