



Journal and Discussion Guide

Soul Pathway 5 Spiritual Type 2: Soul Spirituality

Use this page to guide your reflection/discussion. You might want to use the back of this sheet of paper to allow plenty of space to respond to the questions.

Heart *Receive*

**Those who know don't talk.
Those who talk don't know.**

**Close your mouth,
block off your senses,
blunt your sharpness,
untie your knots,
soften your glare,
settle your dust.
This is the primal identity.**

**Be like the Way.
It can't be approached or withdrawn from,
benefited or harmed,
honored or brought into disgrace.
It gives itself up continually.
That is why it endures.**

Tao te Ching, sutra 56

Sit with these words for a moment. How do they make you feel? What is your initial reaction to them and to this week's video?

Soul *Relate*

Soul spirituality opens us up to mystery and wonder. It can free of us of our need to control our image or to control others. A spiritually mature Soul-based person will offer love and acceptance to others and themselves. They will point the way to God's all-encompassing, all-forgiving, all-merciful love.

Mind *Reflect*

What experiences have you had of Soul-based spirituality?

Were these experiences of an artistic, meditational or mystical nature? Or did you experience a deeper connection with God, others or self in some other way?

Strength *Respond*

Meditation and art are both "windows into the soul" as author Michael Sullivan puts it. They give us access to places too deep for words. This week, try one or more of these exercises:

- 1. Meditation - both available as websites or phone apps**
 - A. calm.com - Beautiful imagery and music with options for guided or unguided meditation
 - B. headspace.com - A series of guided meditations by former Buddhist monk Andy Puddicombe
- 2. Art - two great resources**
 - A. *Windows into the Soul* - a wonderful book by Michael Sullivan with a variety of activities for engaging art as spiritual expression
 - B. Art Journaling - a unique, easy to begin journaling practice pioneered by artist Vonda Drees

Links for all of these resources can be found in the Go Farther section of our website.