

Your Soul

**"First of all, a soul is not something you have.
It is what you are..."**

Now: The soul is not a finished product"

Seth Speaks

~ Channeled by Jane Roberts

Have you ever wondered about your soul? What it is, why it was created, what it might be doing now, what its purpose is, and what it will be doing for eternity?

As I now understand it, before the material world (universe) was created all that existed was the incomprehensible mind of All That Is. In this state, God knew all there was to know, but could not experience or feel it. The reason was simple. In the Absolute, there are no opposites to compare things to, just the purest love, joy and bliss imaginable.

There is a big difference between having knowledge about something and experiencing and feeling that same thing. For example, one can know about joy, but only if there is sadness to compare it to. One can also know about love, but experiencing and feeling it is something quite different.

Without opposites in the Absolute, we could not compare or relate to anything, nor could we have emotions. One cannot experience and feel hot unless there is cold, health unless there is sickness, joy unless there is sorrow, love unless there is hatred, forgiveness unless there is anger, compassion unless there is bitterness, maleness unless there is femaleness, and so on. These kinds of opposites do not exist in the mind of God.

God recognized this dilemma and decided to solve it in two ways: create us (souls) and then create a physical universe in which all that existed had an opposite.

As extensions of our Source, we would then enter the universe and be able to experience and feel for ourselves and for All That Is. Another way to say this is that when we smell a rose, God smells a rose. When we experience love, so does God. The relationship is that intimate. The entire experience allows God and us to learn more about ourselves and, in the process, both of us become grander versions of who we are.

Although your soul exists in a realm of higher vibration, it is constantly connected to you. It has its own consciousness and awareness, part of which extends into

your reality and becomes the source of your consciousness. It also has feelings, is very much alive and it is continuously expressing itself.

Your soul also thinks, possesses a vast repository of knowledge, is curious, makes choices, sends projections of itself into different realities simultaneously, is creative beyond belief, and is highly responsive.

Your soul also has infinite potential, never loses its certainty that it is a part or fragment of God, remains intact as you pass from lifetime to lifetime, inspires your poetry, is the part of you that laughs and cries, communicates with you through feelings and, most importantly, knows it is an intimate part of All That Is.

Within all of God's creations, there is nothing that is neither more sacred nor highly valued than a single soul, of which you are a very important part.

There is one book that is my all-time favorite: "Conversations with God" Book 1, by Neale Donald Walsch. In it God has a lot to say about the soul.

Here are some excerpts and some insights for you to think about. See if it has the right feel and makes some sense for you...

God speaking...

The soul - your soul - knows all there is to know at all times.

There's nothing hidden to it, nothing unknown. Yet knowing is not enough. The soul seeks to experience.

It is your soul's greatest desire to turn its grandest concept about itself into its greatest experience.

Your soul is the sum total of every feeling you have ever had (created). Your awareness of some of these is called your memory. When you have a memory, you are said to re-member. That is, to put back together. To reassemble the parts.

When you reassemble all the parts of you, you will have re-membered Who You Really Are.

The soul is very clear that its purpose is evolution. That is its sole purpose... and its soul purpose.

The first thing you might do is to get clear about what the soul is after. What the soul is after is... the highest feeling of love you can imagine. This is the soul's desire. This is its purpose.

The soul is after the feeling. Not the knowledge but the feeling. It already has the knowledge.

The highest feeling is the experience of unity with All That Is.

This is the great return to Truth for which the soul yearns. This is the feeling of perfect love.

For the soul to experience perfect love, it must experience every human feeling.

Walsch's Question: You mean that my soul is creating all of my experience, including not only the things I am doing, but the things that are happening to me?

God speaking...

Let us say that the soul leads you to the right and perfect opportunities for you to experience exactly what you had planned to experience. What you actually experience is up to you. It could be what you planned to experience, or it could be something else, depending upon what you choose.

The function of the soul is to indicate its desire, not impose it. The function of the mind is to choose from its alternatives. The function of the body is to act out that choice. When body, mind and soul create together, in harmony and unity, God is made flesh.

The purpose of the human soul is to experience all of it... so that it can be all of it.

Every feeling you've ever had resides in your soul. Your soul is the sum total of all your feelings.

The job of the soul, of course, is to cause us to choose the grandeur... to select the best of Who You Are... without condemning that which you do not select.

This is a big task, taking many lifetimes... your soul seeks the highest feeling. It seeks to experience - to be - perfect love.

It is perfect love - and it knows this. Yet it wishes to do more than know it. It wishes to be it (love) in its experience.

The soul has come to the body, and the body to life, for the purpose of evolution. You are evolving, you are becoming. And you are using your relationship with everything to decide what you are becoming. This is the job you came here to do.

Doing is the function of the body. Being is the function of the soul.

Your soul doesn't care what you do for a living... and when your life is over neither will you. Your soul cares only about what you are being while you are doing what-ever you are doing.

Walsch's Question: What is the soul seeking to be?

God speaking...

Me

Walsch's Question: You?

God speaking...

Yes, Me. Your soul is me and it knows it. What it is doing, is trying to experience that.

Right now, in this moment, your soul has again created opportunity for you to be, do and have what it takes to know Who You Really Are.

Your soul has brought you to the words you are reading right now - as it has brought you to words of wisdom and truth before.

What will you do now? What will you choose to be?

As mentioned, your soul is a part of God and, as such, is incredibly powerful. Ancient mystical wisdom and newly channeled information share the same theme about one of the soul's unique abilities: The power to fragment itself and lead many existences, in different dimensions, at the same time. You are one of your soul's fragments.

Dr. Eugene Jussek, a psychiatrist, published a book called, *Reaching for the Oversoul*. He describes how he learned about soul fragmentation while talking to the spiritual teacher of a patient he was regressing when delving into the patient's past lives. Here is what the teacher had to say...

Dr. Jussek: If a single soul is composed of different aspects (fragments), could not these aspects separate and inhabit different bodies on this plane at the same time?

"Teacher": Yes, as we have said before, if you would look upon yourself this evening you would see part of the whole. The encompassing wholeness, the complete soul, once spiritual evolution on this planet has taken place, comes to be by the joining of its dissected (fragmented) parts. Each such part being an individual entity in itself which also goes forth to learn and grow.

One part of soul, with its own individual personality, can reach a level of spiritual evolution far exceeding that which its counterpart is able to reach. One might be a very spiritual being while the other might be embedded in the worldly sphere (planet).

The evolved part might then leave and continue its evolutionary process in other spheres of learning. In time, through communicating with each other while in transitory state, and, during times of stillness,

each soul learns where the other resides, and the God force within one can speak to the God force in the other.

Only when all soul parts have mastered their difficult tasks can the soul complete its mission on this planet, and go on to other levels of learning. Let us just say: totally different ways of life and rates of growth may be experienced by counterparts of the same soul, yet ultimately the soul will be united.

Although not mentioned specifically by the teacher, the concept of twin souls and soul mates is suggested within his explanations. He describes soul mates as being different souls. Counterparts of the same soul can be taken to mean a number of male or female fragments originating within the same soul. You are one of your soul's counterparts.

When one of the soul fragments is of the male energy, and the other fragment is of the female energy, and both vibrate at the same frequency, then that specific pair would be twin souls. This is explained in more detail in the [soul mate](#) and [twin soul](#) section of this web site.

Dr. Jussek: Are there ways to recognize counterparts of one's soul? Surely it must be easy to be misled by emotion. Is there a certain technique?

"Teacher": As an individual achieves a certain level of development, it becomes possible that a counterpart (twin) be brought into its life pattern on this plane. Recognition would take place, though, yet on a spirit and soul level. It would be subconscious contact with much love and understanding between the individuals involved.

Dr. Jussek: Would you distinguish please, between the counterpart (twin) of one's soul, and a soulmate?

"Teacher": Certainly. Soulmates are not parts of one's own soul. Souls who have traveled through many, many periods of time have gone through similar circumstances in the life experience and have become very, very close are soulmates.

Dr. Jussek: So, you say that parts of the same soul will join together one day after they have worked out all their karma - how long will that take?

"Teacher": Countless lifetimes are necessary for this, and much depends upon the swiftness of spiritual evolution within each part of the soul before it can be unified. At one time, there might be twelve parts of your soul all experiencing living, learning. Ultimately these forms of your soul are brought together in total balance.

Information about the soul really touches a very deep part of me. I hope it has made you think and wonder a bit about who you really are and how you are

intimately connected to your soul in a most sacred way. It's a wise thing to do because that relationship will go on for eternity.

Finally, there is a lot of excitement among people of all ages today as they consider the extraordinary concepts of soul mates and twin souls. These kinds of cosmic relationships can be very powerful and fulfilling when looked at from the level of soul.

I often wonder how many of us who dream about and yearn for soul mate or twin soul relationships know something about our own souls. After all, how can we have these kinds of sacred partnerships without an understanding of our soul and what it is up to during its profound, cosmic journey?

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