



Come, gather in the tent together...

Welcome to our first offering of 2017. We have exciting news of our one day conference in March near Chichester. We think this will be a fascinating day so please come if you are able. Pam Douglas Smith gives us practical advice on following our passion in the new year and Ingeborg Borst relates another absorbing case study from her practice.

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Discovering Your Soul Journey **Soul Voyagers' Day Conference, Sunday 26 March 2017**

Our family of Soul Voyagers extends far beyond geographical boundaries, thanks to our online website through which we are able to connect with like-minded friends and companions in all parts of the UK and the wider world. In addition, many of us value the opportunity to gather at the annual weekend retreat, which offers us precious time together to benefit from a sharing of ideas and mutual support. However, it is not always convenient or practical for everyone to attend the October weekend, and for this reason we are proposing to develop an additional programme of regional one-day events, for those who would like to meet together nearer home.

The first of these days is planned for Sunday 26 March, which we hope will appeal to members living in the south and south-east of England. The theme for the day will be Discovering Your Soul Journey, and our main speakers will be Jen Kershaw and Ingeborg Borst, who will lead a workshop on discovering your soul journey and your mission in life.

This event will be held in Hamblin Hall at Bosham House, near Chichester, which is a lovely venue in wooded surroundings on the edge of Chichester Harbour (www.thehamblintrust.org.uk). There is easy access to the venue from the A3 and M27/A27 for those travelling by car, and it is within easy walking distance of Bosham mainline station (trains from London Victoria or Waterloo). In the grounds are three retreat lodges which can each be shared by 2 people, and these are available for weekend bookings, (www.boshamretreats.co.uk) for those who would like to stay a little longer. There are also various hotels and b&bs in the area, for overnight stays.

We plan to gather from 10.00 am for a 10.30 start, and end at 5.00 pm. Refreshments will be provided, and we invite people bring contributions towards a shared lunch. We wish to make the event as financially accessible as possible and, thanks to members of the steering group who are giving generously of their time, the cost has been kept to £35 for the day. As space is limited, it is advisable to book your place in

advance. Please visit the website for further details. Postal bookings to Carol Duncan, Walnut Tree Cottage, Bosham Lane, Bosham, Chichester, PO18 8HL, enclosing cheque for £35 made out to Soul-Voyagers Network.

As well as welcoming existing members, we are hoping that this one-day event will also open up the work of the Network to a wider range of people, and provide networking opportunities on a regional basis. If you are interested in hosting a Soul-Voyagers day event in your own area, do let us know by contacting a member of the steering group, or by emailing contact@soulvoyagers.net.

Carol Duncan
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A Year of Passionate Living.

Rev. Pam Douglas-Smith

When you hear the word ‘passion,’ what images come to mind? Romantic passion between two lovers? The Passion of sacrifice in religious traditions? The spark of passion that stirs individuals from mundane existence into new adventures and creative possibilities? The primal energy of the universe that calls us all out to play in this amazing world as we share our gifts of presence? Perhaps a blend of all. Love, commitment, risk and joy.

One of our great cultural heroes recently departed the planet leaving behind a rich array of creative expressions. Maya Angelou spoke of living with energy and consciousness amid all of life’s challenges and blessings. She embodied what she described as her mission in life . . . “not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” What a great example for us to follow as we encounter what crosses our paths.

If you want to reconnect with your own inner passion, simply return to your childhood and notice what you truly loved to do. Perhaps the action of physical



sports or the journeys found in reading books or the joy of gazing at the night sky on a starry night or the exhilaration of singing and dancing to the tunes you loved or taking crayons and paints to color outside the box. Each of us was gifted with special talents and interests and those are the source of our true love of life . . . of our passion.

To re-inspire the flame of your inner passion in the here and now, review how these childhood loves are playing out in your life right now. Notice it's not about 'working out' but rather 'playing out.' What are you doing in this moment that makes your heart sing? How are you filling the gift of time and life that is uniquely yours? Are you filling your own inner well? Are you sharing it with others around you?

Perhaps you are blessed to have blended your work with your passion. Perhaps your work supports your deepest passion. Perhaps that true passion has been buried under too many "shoulds, musts, oughts and can'ts." It's time to free that passion into further expression. Where can you reclaim what you love with passion, compassion, humor and style?

Embodying and allowing expression are essential. Too often we align our souls, heads and hearts but forget to include our bodies. They are the vessels of our soul and the chalices of the outpouring of our gifts. Encountering the diversity of life all around is the perfect way to attune to your deeper nature and restore an honoring of your physical self. Exploring nearby woods, walking on beaches or lakesides, and entering the peace of a garden are ideal. This embodied reconnection with nature allows our souls to open wide, our minds to welcome new perceptions, and our hearts to receive rich remembrances of life's beauty.

Creating our lives is an organic and dedicated process that begins with setting an intention. The more passionate you are about any intention, the more energy will be present to manifest your vision. An alchemy of blending head, heart and body with soul calling. An enchanting of what you already have to allow that which you desire to emerge.

There is a wonderful transformative question that can invite you to explore and rediscover your passion. Instead of making the usual "things to do" list or taking life so seriously that the fun all but disappears, consider this question around how to live your passion. Instead of "I must" or "I will" why not shift into something more inviting? Imagine your passion in its next expression with "Wouldn't it be nice if . . .?" No more musts, guilt or rigidity . . . instead the open-eyed wonder that we all had as children. Life as invitation rather than duty.

Mary Mannin Morrissey in Living Your Field of Dreams offers five essential questions to consider when setting a passion centered intention called a dream.

1. Does this dream, this possibility enliven you? So much of our lives demand our energy without the much needed replenishment. Be sure this intention makes you look forward to life, engages you energetically, and feeds your soul.

2. Does it align with your core values? When we are in integrity with our essential ethics, then an inner wellspring will arise to nourish us. Also, support from kindred souls will manifest in a unity of purpose and we don't walk alone.
3. Do you need a Higher Source of Inspiration to make it happen? If what you are visioning is something you can do easily alone, then it isn't big enough. To really embrace passion, one also embraces the risk of great possibilities.
4. Will it require me to be more my True Self? This is the welcoming of your truest expression of the gifts with which you were born. To truly be who you've been sent to be is the most essential purpose for your presence on earth.
5. Will it ultimately bless others as well? When we seek Highest and Best for All, the energies of life uplift us. When we remember that our contributions effect the entire world, this unselfishness unleashes hope, grace, and soul energy par excellence.

In answering these questions, our passion quest begins. Where it leads will be a wondrous and magical encounter as well as a practical expression of who we are. When we follow our deepest passions, we create not only a more interesting world for ourselves but also a far richer world for others. In exploring our creative possibilities, in finding new ways to express them, and in sharing what we discover ~ the world is made more enchanting. Our passions ignite us . . . our passions invite us forward . . . our passions nourish us along the way . . . our passions engage us with the world in an alchemical way that transforms all.

***“By pursuing your allurements, you help bind the universe together.
The unity of the world rests on the pursuit of passion.”***

(Brian Swimme, [The Universe is a Green Dragon](#))



SOUL PRACTICE

Ingeborg Borst

During our last retreat in Charney Manor when I gave the Workshop about Shamanism, a few case studies were mentioned using Shamanistic techniques in Psychotherapy.

Since I finished my study as a Shaman, I have made many journeys to help clients when they were stuck and the usual psychotherapy did not have the result they wanted.

Many of you requested to learn more about cases where I used Shamanic Journeys as intervention.

Background information.

Today I want to tell you about a Journey I made for 42 year old Joe M. who had lived for many years in Holland, but was originally a refugee from Iran. He told me that after the journey. He is a musician (guitar) in a band and he is suffering from severe headaches and depression. Physically he is in a very bad condition and he has problems with food. He cannot keep it inside. He had already taken a lot of medication, but he did not notice any improvement.

Journey.

I have done a long distance, physical rebalancing treatment and brought back 5 soul pieces.

Physical rebalancing.

I saw his body and at the top of his head, on top of the crown chakra was a kind of dark disk, like a lid. The rest of his head as far as his shoulders was bright, as if all his energy was stuck there. The rest of his body was covered with a thick, sticky layer of tough dark fabric. Like a rubber suit, that divers wear.

My guide started to remove the lid from his crown chakra so his energy was able to flow again and afterwards started to remove the dark layer. It was a very heavy job. It seemed to be very old. Under the fabric, his body came through, slightly pink and healthy. It was as if the outer skin layer was already dead, but the new pink skin started to breath and slowly revived. His feet were dark red. It could indicate an infection, or painful spot. It also indicates problems with grounding.

After the removal of the old sticky layer, his body was filled with emerald green, turning into turquoise. It is harmonising and also disinfecting and calming for the whole energetic system.

The next step was to seal the body with sparkling golden thread, like a cocoon, to protect him. Now the healing process could start.

After this treatment my guide told me to journey for some lost soul pieces.

First Piece; Real World

Real World means something that happened in this life.

I was in a room with 2 young men about 18/20 years old. They were lying on a low bench and were wearing army trousers and T-shirts. One of the boys, dark blond hair, was very confused. I think it was Joe. The other boy had more blond hair. (I had to check that later because I never met Joe in person, we only had a telephone call).

In front of him stood a light being. Probably he lost a soul piece there at that moment because he wanted to be with the light being and not here in the reality. From that moment on Joe did not want to live here anymore. He wanted to join him in the light. The light being gave me a golden heart for Joe and gave the message that everything is love. There is no difference between here and there because we are all one. He simply had to remember that.

I thanked the light being and gave him a clear crystal in return.

Second Piece; Real World

I see a woman walking through the street with high, grey houses on both sides. It looks a European city. I think it is Joe's mother. She drags a little boy along on his arm. He is definitely resisting her. She goes to a high, severe and dark building. It looks like a school or department office. The boy seems to be about 6 years old. He does not want to go there. He screams and begs her not to go there, but she ignores him.

Joe lost a soul piece there, because he felt betrayed by his mother. He could not trust her anymore.

She gives me a letter for Joe. A kind of permit or licence and says that she had no other choice. It was an obligation. The permit gives you the freedom to make your own choices now. I give her in return a flowering, red rose.

Third Piece; Real World

I see Joe, about 8/9 years old. He is totally in love with a little girl. She is really cute. White lovely dress, light blond curly hair. She is surrounded by a beautiful bright light. She has to leave you and says goodbye. Joe is very sad and suffering the loss.

She gives me for Joe a white rose. In return I give her a crystal heart.

(I had to check if there was a girlfriend or sister who past away. It seemed to me that she was leaving for the Spirit World.)

Fourth Piece; Real World

A darkish room in an old house. The furniture is a bit old fashioned. An old man, very skinny, walks carefully to a chair at the window. He looks very ill too. He wears glasses. Outside is a sunny clear day. The man does not notice. He is locked up in his own world and does not communicate. Joe is standing in the room at a distance. He tried everything to make contact and to comfort him, but did not succeed in changing his state of mind. It made him very sad and gave him a feeling of hopelessness.

The old man gives me his spectacle case and said.

“My son meant a lot to me. He was like my eyes and let me see things in a different

way. I did not tell him often how much I loved him and how grateful I was.”
In return I give him a pipe to smoke. He likes it and laughs. (It can also be symbolic, a token of peace).

Fifth Piece; Real World

I see again Joe at the age of 19/20 years old. An army place, a barrack-square. A group of young soldiers are standing together, laughing, smoking and having fun. Joe stands there and is an outsider, looking at them. He does not want to join them because he does not agree with something they want him to do. He feels like an outcast, alone and ignored.

I ask the group to give back his soul piece. They give me a white flag (symbolic) and Joe is very happy and gives them a hug.

After collecting the pieces I bring them back to Joe, blew them into his Heart and Crown Chakra and protected him by putting a sparkling, golden cocoon around him.

Conclusion

I had only contact with Joe by telephone. I always prefer to know nothing about the past of my clients before I make the journey. It means that I am not influenced by any knowledge they have given me. Only the complaints or questions are important to me, as well as their real name, birth of date and any medication they are using. After sending the report by email, I want them to contact me by phone and tell me what their reaction is, how they feel and at the same time it is the opportunity to check the details from the journey.

Joe told me that his family escaped from Iran and went to Europe. As a child he had difficulties integrating. The little girl was a neighbour and he loved her. She died and he missed her very much. Later he joined the army but he hated it. His father had dementia, was almost totally blind and Joe was so happy with his message because he always felt guilty that he could not do enough.

After the integration of the soul pieces and the physically treatment, I keep contact with the client for about 3 months. I want them to call me or send me emails to let me know if there is change and progress.

I also advised Joe a homeopathic remedy to support the healing process.

It gave Joe a lot of insight and enlightenment. His health slowly improved. And he was able to travel through Europe with the band and compose music.

**Mi Takuye Yasin
Wakinyan Hotun,**

(we are all related)

New on the website.

ROGER WOOLGER ON JUNG.

Read Roger Woolger's fascinating series of articles on Jung's Red Book on the Scientific and Medical Network Website. Follow the link on the website

New Year Journey/Meditation - Opening to a new gateway.

Kay Cook has kindly shared a Mind Journey/meditation in which you are guided into your own well of wisdom and insight.

