

## Part IV: Spiritual Wellbeing

*Ring the bells that still can ring  
Forget your perfect offering  
There is a crack, a crack in everything  
That's how the light gets in.*

from Anthem, by Leonard Cohen

### Chapter 1: Discovering and Revealing Your Soul

Introduction  
Adopting Values  
Shedding our Skin  
Living in the Light  
The Trap of False Promise  
    Remembering versus Feeling  
    Feeling Special  
    Destiny  
Living in the Timeless Moment  
The Power of the Human Mind  
Conclusion

#### Introduction

We cannot have physical, mental and emotional wellbeing without involuntarily revealing our souls to ourselves and others, and finding a natural spirituality. The reverse is also true: we cannot have spiritual wellbeing without first having physical, mental and emotional wellbeing.

The other three parts of this book (Physical, Mental and Emotional) require that you do something. Eating well and exercising in Parts I and II, and shadow work in Part III. In this part of the book, the process of discovering your soul is focused on letting the deeper part of yourself reveal itself to

you and the world. I truly believe, nay know, that the gift of following the guidelines described in this book leads to a natural and fulfilling spiritual life. Note that spiritual does not mean “religious” in the terms of organized religion.

It is actually very difficult to define a spiritual life without slipping into the platitudes of traditional religions or the allegories of the poet. Let me first say, that when living a spiritual life, your soul shines through every pore of your being like a light in the darkness. In this state you are living a life of virtue, of humility, which is not to mean pious. You see how difficult it becomes. I am struggling with the most efficacious way to describe what I experience. Ah! It has just come to me how best to describe it. When Inge and I got married, as part of the ceremony we wrote a pledge to each other. It was a set of guidelines, a *modus operandi* if you like, for our ongoing relationship. One paragraph in it is as follows:

Every moment of my life is imbued with the 15 virtues: love, compassion, patience, courtesy, courage, discernment, inclusiveness, honor, understanding, equanimity, faithfulness, selflessness, truthfulness, trust and humility. I see the face of God in everything and everywhere, even when I look into the mirror.

This is probably as close as words will come to describing the qualities inherent in a spiritual life. Traditionally, there are usually twelve virtues but we needed three more thus the fifteen. You can replace the word God by any of the following to suite your preference: Divine Intelligence, The Divine, Lord, Spirit, Great Teacher, Buddha, The One, The Source, Higher Self, the Ancestors, the Mother, the Father, etc. Of course we all fall from grace from time to time, nevertheless this definition is as good a one as I can come up with to describe the place we all aspire to, whether we know it or not. Even when we reach it, we keep falling from it again and again, and each time slowly climbing back up.

The proverbial question is “How do we get there from here?”

## Adopting Values

I used to think I was not a spiritual being. My partner in one very important relationship was my first real teacher. I was in awe of her spiritual knowledge and awareness. She is a gifted empathetic healer. Around the time we first met she was using her natural psychic abilities to read palms as a party trick. She was amazingly good at it and I found it fascinating. She had the ability to tune into the deeper realities of her being and, being extremely well read, she was able to make sense of things and give spiritual language to much that was happening inside and outside her.