



Expressing Your Soul Essence

Express Your Soul's Voice is a body of work that seeks to connect each of us with our own Soul Essence. The closer we live to our true values – that is, that which feels right, true and important to the truth of who we are, the happier, more peaceful and balanced we feel and hence the healthier we are or can become.

You could say this is a spiritual path, a non denominational spiritual path. One that has two distinct aspects to it, **Soul** and **Spirit**, each as important as the other; where both need to be honored and given attention, to make up a whole and healthy life path.

To generalize, you could say that **Spirit** is our connection to the oneness, the divine, what ever name you use; and **Soul** is that unique aspect of spirit that resides in each of us.... like a snow flake in the snow fall or a drop of water in the ocean. It is our core humanness... or essence. In their attempt to connect spiritually, many people jump over this all important aspect of the spiritual path and hence many human issues can get in the way of their desire for peace, happiness and deepest connection to life.

There are many different paths to spirit, each one right for each person. Express your Soul's Voice honors all of them and in no way does this work conflict with your spiritual or religious path of choice. Express Your Soul's Voice more specifically **focuses on the soul** aspect of the spiritual path, that is, clearing the way for you to connect more deeply with your Soul's Essence, and thus authentic self, so that you can be more fully present here on earth, doing what you love and feeling the joy that is possible.

The following are more detailed definitions of each of these as seen by EYSV.

Soul — the vital and mysterious core of our individual selves, an essence that is unique to each person; the core and enduring qualities that define the essence of our personhood, the “real me”, the “true self”; that which is most wild within us and most natural about us. Soul is found in layers of the self much deeper than personality - Our core humanness. The soul speaks to us in images and feelings (visual, auditory, or kinesthetic), in symbols, and in metaphors — for example, through dreams, visions, revelations, poetry and music. Following our inner callings leads us to live a life of soul, one in which we can share our natural gifts with the world.

Spirit — the great and eternal mystery that permeates and animates everything in the universe and yet transcends all: God, Allah, Buddha, Christ, Great Mystery, the Absolute, the Divine, the Tao, the One. What all people, all things, have in common—our shared membership in a single cosmos, each of us a facet or part of the One Being that contains all.

Spirit both transcends all things and is part of all things. Ultimately, each soul exists as an agent for spirit and thus both sides of the path are important. This way of honoring both sides has been practiced in indigenous cultures for centuries.

Spirituality – that sphere of experience that lies beyond the limited world of our everyday lives and that opens our awareness to the ultimate and core realities of existence. There are two realms of spirituality: those of soul and spirit. They are distinct and complementary. Together they form a whole. Either alone is incomplete.

Ultimately our chosen form of spirituality, if it is a pure form (as opposed to religious dogma) brings meaning and purpose, as well as a sense of peace and healthy balance to our lives.