

SOUL LIGHT - Eleven

THE BOUNDLESS SELF (part 1)

Many of us have, at one time or another, seen our bodies as the sum of our Self.

We reason that if we can see it, touch it, move it or feel it then it must be us.

Our skin becomes our boundary.

With experience we later come to recognize that we're more than our body parts – we seem to also be our emotions and our thoughts.

These become our personal trinity – the physical, the emotional and the mental.

Life becomes the art of managing all these parts.

Our boundary remains skin-sized although we find more within to explore.

Sometimes we 'get it all together' and a temporary sense of fulfilment may envelop us.

At other times we "lose it" and may well feel disconnected from our supposedly true selves.

That's often when we seek for other seemingly 'missing' parts – and we undertake journeys of spiritual discovery.

Through discovery, three becomes four – and we realize we have another aspect of Self we call soul as well.

Life then becomes a challenge to incorporate soul into a life already crammed full with material needs, emotional baggage and mental overload.

Many traditions tell us to withdraw from the physical, offload the emotional and nullify the mental in order to make space for the spiritual.

The results of this are self-evident both in the emptiness of people's lives – and in the estrangement of humanity with the world of nature all around us. We withdraw more deeply into ourself.

Some come to view possessions as evil, feelings as improper and thoughts as an enemy.

As a society we draw completely away from any meaningful relationship with nature, any joyful expression of passion and any rightful mastery of thought.

To right such dysfunction requires that we recognise ourselves as trustees of everything we find – the physical, the emotional, the mental and the spiritual.

This is trusteeship from within, rather than arm's length mastery.

We become trustees of all things – personal and planetary - and treat them all and always with respect.

We become trustees of our passions and treat them as the delightful expressions of the divine they are, too.

We become trustees of our thoughts and treat them as the tools of being they were always meant to be.

We become trustees of our souls and treat them as the ultimate gifts of life itself.

We become trustees for our boundless self, recognizing that nothing is ours to own and yet everything is ours to experience.

To access this Boundless Self we must first reconnect with the many aspects of our Self which we have disowned.

We shall commence next week with a consideration of our forgotten rites of passage into a deep and rich relationship with that part of our Boundless Self we call Nature.....

Love and Blessings,

Les