

What Is the Soul?



The below is excerpted from [here](#) and provides some good insights:

What is the soul? What is that place deep within me that is so vital and important in my spiritual journey? Yet, that place within you that is the soul is difficult to discern and difficult to understand, for the faculties that you are using to understand these aspects of yourself are not of soul. They are of the mind. The mind's perception of reality, of truth, of your own internal make-up is woefully inadequate in its ability to know the wonderment of the soul.

The soul does not have physicality, although soul has presence and soul has a position within your body, commonly understood as where your solar plexus is located.

Your individual experience of soul will be unique. The recognition of soul in a conscious way will be determined by many factors and aspects of your own unique being including the capacities of your mind and ways of viewing the world that will determine this experience.

In time, you will come to recognize the location of your soul within your consciousness and your being. It will feel and be recognized as a singular place within you that is, in truth, the very core of your being. When you are able to put aside all of those biases and ideas of the mind, the material mind, when you are able to go deep with prayer and communion with God, then the soul becomes evident to your consciousness.

Because you exist, you are alive, you are a unique individual, this is evidence enough of your soul. For without the presence of your soul within you, you cannot have or be or experience life. It is the most vital component of your being and it is activating all the other elements of your being.

When you open your eyes and look around, you are seeing and recognizing and experiencing life because you possess a soul. It is evidence of soul. Because of those elements within you, those aspects of your mind which tend to formulate your reality, it does not mean that the soul is inactive and non-present. It merely means that your consciousness has not been highly attuned to this subtle but powerful place within you.

Many of you seek to have a healthy body, to activate all the potentials of your body that they function together in harmony. Seeking the soul is no different. It requires your efforts and attention. Just the approach is different. It is not a physically active thing. It is a spiritually focused effort. So, all of these parts of you, the mind, the body, that are part of your physicality, require that you set aside this consciousness that is so common in your experience and allow something else, that of the soul, to come forward. This comes in prayer. This comes in quiet contemplation. At times, it comes with song and music, or the feeling of upliftment that comes when you are with your brothers and sisters.

There are many avenues the soul may take to come to your consciousness but my beloved, beloved friends, the deepest experience of the soul comes in your relationship with the Creator, knowing God, being with God in the stillness of your own being, and feeling and knowing this deep connection, this communion between your soul and God's Soul. It is God's desire and your greatest soul desire, to forge this relationship and connection with God. In this, all these things that I speak of, these awakenings of the soul will come and will come reflexively and responsively with your efforts and prayers, with the stillness and the grace of God's Touch upon your soul.

Without this relationship with God, the soul is barely active. For many things within the soul that maybe activated requires this relationship, this opening of your soul.

For more information see the [complete text](#) as well as [What is Soul?](#) and the related articles on this website.

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