

*Dreams reveal
Soul and guide
your journey.*

What Is Soul?

Soul is the dynamic energy of life and of the cosmos, and all of creation expresses the power of Soul. A psychology with Soul embodies a “religious” perspective, but not in terms of a particular religion. It is a modern orientation that sees the creation of consciousness as the new frontier.

Soul is your innate totality. As your wholeness, it is the dynamic play of opposing forces, such as your greatness and littleness, your dark and light, your feminine and masculine, your strength and weakness, your intelligence and ignorance. Soul unites your mind, body, heart and spirit in relatedness to life. The vital tension between these energies is Soul’s life giving power.

Familiar yet mysterious, Soul is near yet always out of reach. It is the story of the cosmos coursing through the river of time. Soul’s unfolding and self-transformation is hidden within the process of evolution itself. Soul—or Psyche—is both an ancient truth, and a current psychological reality. C. G. Jung named it the collective unconscious and saw it as a powerful realm, invisible yet as real as the ground on which we walk. Like the Tao, the invisible foundation of all that is. As medieval philosophers knew, “the greater part of the Soul is outside the body,” Jung also came to know that, “The psyche is not in us, but we are in the psyche.”

Soul is your world, your history, your culture, your relationships—it is your connection to all. Your life purpose is to discover and live Soul’s intention for you, for you yourself are an intention of Soul. Once you grasp that the universe is not a meaningless random collection of atoms bouncing off each other, you may begin to experience your life and world filled with intentions that cross your path continually. You yourself are an intention of Soul, and you will experience meaning and happiness by learning to live your life as such.

As a part of Soul you are an unfolding story that contains light and dark. The darkness appears as depression, anxiety, substance abuse, sexual compulsions, grief and loss, relationship conflicts, emptiness and despair, misery, being stuck and aimlessness. Soul’s light appears as healing, as purpose and meaning, as story and journey, as hope and promise. Soul’s wholeness contains the dynamic energy of your emotions, negative and positive, such as fear, anger, grief, envy, jealousy, dread, happiness, joy, and exhilaration. Every emotion contains a meaning and an image it wants you to know, often through dreams. Dreams reveal Soul and guide your journey.

