

SLIDE 1

Two Realms of Wholeness

(borrowed/adapted from Cynthia Bourgeault; *Eye of the Heart*)

Concrete Realm (“earth”)

Linear

Sequential

dualistic

corporeal

nucleated

Imaginal Realm (“heaven”)

radial/spatial

synchronous

non-dual

fluid and permeable

holographic

## FOUR VOICES

Concrete Realm (“earth”)

*Nafs*

*Soul*

PLUS

Imaginal Realm (“heaven”)

*Heart*

*Spirit*

## SLIDE 2

### *“Nafs”*

the Sufi word for “the lower [egoic] passionate soul.” It pretty much equates to what Thomas Keating calls “the false self,” but I’ve never really cared for that term because the false self is— well, empirically true, an authentic voice in the discernment process. And like it or not, it has the final say. Unless you get it onside, nothing you decide is going to stay put.

## SLIDE 3

### *Soul*

that core sense of my own identity generated through the use of the “faculties,” as St. Thomas Aquinas called them: memory, reason, emotion, and will. Soul is the keeper of my meta-narrative, that collection of experiences, preferences, and core yearnings that go to make me “me.” (*Soul is what “I” look like when I construct myself from the outside, using my faculties to “take a picture” of myself and project it into time and space*).

## SLIDE 4

### *Spirit*

that deeply interiorized voice of my own highest spiritual reality. A bit impersonal [“detached”], it often feels as if it’s coming from *above* me rather than within me. But it sure does know the highest possible outcome in any given situation and what it takes to get there. [just not tied to my will to do that—for that heart needs to come in].

## SLIDE 5

### *Heart*

has a considerable overlap with Soul but there is an entirely different “sound” to it: intimate and personal, yet spacious and fiercely grounded. And it’s nearly always surprising. *Heart’s voice is what “I” sound like when I am expressing myself from the center of my essential beingness [my deep self; connects heaven and earth!]*—in contrast to *Soul, which is what “I” look like when I construct myself from the outside, using my faculties to “take a picture” of myself and project it into time and space [my homemade self]*.

## SLIDE 6

### Returning to Galilee

Step 1: **REMEMBER** experience of all four voices speaking in harmony

Step 2: **NOTICE** any disharmony; stand steadfast against negative voices/pervasive pull into autopilot

Step 3: **SORT** out voices of *naf*, *soul* and *spirit*—lay them out before heart

Step 4: **RELAX**

Do not seek resolution; simply allow bigger picture to emerge