# Module 5 Study

## Study 5.5 Soul’s Desires

Soul’s desires. This is Arathi Ma. What is a soul. The reality of soul is one of great mystery. Often we say soul or spirit, and often the same is indicated. It took me a long time to understand what soul really is so let's first look at what is a soul. In the Eastern teaching soul is not talked about as much as in the West. For example, in Buddhism soul is not really existent. Many teachings only address and talk about the Self in the East and the focus is on the ultimate reality; which is very different here in the Western world. Yet soul is what makes human life possible; otherwise there would not be the experience of being human, or the longing for enlightenment and the longing to love and to be loved. The absolute can only experience itself through the faculty of the soul. Interestingly, soul has the paradox function of neither belonging fully to the human life nor to the absolute. She is her own reality. I like to compare the soul to a coin with two sides. One side is the physical world of body, mind, emotion, in which we can only recognize her presence. But we can’t see soul in the physical, we can sense her; soul also does not belong to the absolute, because once she merges with the absolute, the whole concept of soul becomes obsolete. A human being with fully awakened soul can be here and not here simultaneously. By being a soul we can be in the world but not of it; then we are like a doorway to either world: we are the Self and the human at the same time. Soul has a dual function: it rests as the Self on one side of the coin and is in motion when relating to the inner space as psyche and body. Just think of who is aware of your inner state during meditation. It is the intuitive thinking capacity of the soul experiencing itself. An unawakened human is only in motion, only psyche and body and does not experience a state of rest, recognized as pure awareness of presence from which pain arises. The closest way we can describe soul is the sense of an intimate ‘me’, which is a very different experience than the impersonal ‘I am’, of which Ramana Maharshi talks when he asks: who am I? The answer there is the impersonal energy center in the center of the head, which is the intelligent aspect of the soul, but aside from using the thinking capacity soul also projects itself into the body and has a feeling in the heart. Soul is also the human personality. Even the ego is a result of the soul. When soul is unconscious, she casts a shadow, which is the ego; when she awakens to its own thinking capacity she ceases to cast a shadow and begins to explore her own existence. In my understanding and experience, we can awaken to pure presence. That's a vertical awakening, and we can also awaken in a horizontal way through the heart, which is the exploration of the soul and becoming conscious of ‘me’ in context of presence in the universe. So soul is an angle of perception through which the self recognizes itself. Soul is pure innocence and with that forever the child of its source, which becomes the beloved. So the sense of ‘me’ is very personal, close, intimate, innocent. Soul relates to its source in a personal way. From here stems the understanding of a personal God, the source of soul. We’ll get into the ability of soul’s relating in the moment. Let's talk about the innocence: innocence is born when all knowledge consumes itself; the understanding of awakening is no longer self-conscious and the need to understand has submitted itself to the unknown. Then one encounters life as if seeing it for the first time, like a child. One is completely soul. The soul is this innocent pure reality, that is one with the beloved, its own source, but cannot comprehend it and has no need to comprehend it as it's consumed with love and loving. It exists in pure devotion and longing to the union of its source. And what is soul in the context of presence and being? Presence is the impersonal experience of ‘I am’, we said. When one is in presence, there is no unique identification with anything. It has no flavor. One exists. The merging into the universal ‘I am’ is for the soul the going beyond herself. The merging into the ocean, but a human being will then still know his name, his house, recognizes another person in front of himself, herself, and this personal experience is only possible because of soul, who reaches from the universal into the individual body of a person like a projection. It isn’t incarnate, but rather is the power which animates. At that point, the experience of individual essence can be put aside and one might say: ‘I am the absolute and the all’, but the capacity for devotion remains as long as there is a body. Physical existence is not fully absorbed into the absolute or oneness. Many teachers in the Ramana Maharshi tradition talk about the impersonal experience of presence, and at the same time, like Poonjaji, he remained deeply devotional to the God Krishna. As he puts it: in the moment of devotion, you go away; you become one with God. The question is: who is devotional and the feeling of love, whose is it? It is you as a soul. As soul becomes grounded in being, she puts down roots into her own ground of existence through the hara point, the point in the belly. There is less movement that comes then in the mind. The mind becomes more still because it is deeply rooted in the absolute and because of the stillness the soul can begin to awaken to herself through a heart feeling. And what is soul in the context of the ego or identity? The ego is a shadow of me. When ‘me’ translates her existence in the mind, then ego is born. It's only a shadow; soul is not really feeling herself as she exists in the heart as a feeling recognition. When we feel ourselves in the heart, who is feeling this; is it this ‘me’? It's not a thought in the mind. Let's talk about what are soul desires. Are they different from the egoic desires. Where do all those desires stem from? The egoic desires are unconscious desires. They are from the shadow. They are the attractions and aversions that arise when there's confusion and misidentification with the forms that arise and there are deeper desires that the soul has once we awaken to the soul. There's a deeper desire, a more true desire maybe you can say, and one of her strongest desires of the soul is to awaken to herself and to do this fully. She wants to know herself and her true nature. The individual knowledge is of being divine, being the divine child. The soul wants to mature and fully realize its source. She first grows as a body, then a brain, to use intelligence and think, and then have feelings and there is a constant process of learning maturation that happens. The soul develops an ego, which is the conscious mind in conjunction with the feeling body. We can see in children that the ego doesn't arise right away; it happens when they get a little older. The soul learns then to be in the world to go out, to do things, to protect herself, and become good at acting in the outer world. We meditate, we go within, we inquire, we pray. So these are ways to find out: who are we, who is the soul, who are you as a soul? The soul also wants to be happy. All people want to be happy. She tries to be positive and do good things in life for herself and others. How to go about that is to continue working on going beyond negativity, finding happiness in life through what we’re doing and how we relate to other people and things, meditate. And the other desire the soul has, is that all people want to live forever and that is the soul talking. She has become so conditioned with the outer sensory perceptual function that the happiness is not complete. When we are caught as ego, as shadow, we are completely stuck in the sensory perception of the mind and an unhappiness is constantly present. The soul has identified with the world of separation at that point and a fear exists because the soul does not want to die. It somehow knows it cannot. Therefore, we do not want to die. The fear of dying came from watching the body change and disappear and having transferred this observation onto the sense of ‘me’, the one being that. The way out for soul is to discover its internal motionless existence which is contrary to the observational forms where everything moves and changes. It begins with finding the center in the mind. There she experiences herself as presence and she will begin to use the mind to serve herself. You know, that when you are present, you can also think. Somebody is aware of being present. That is you as a soul. In order to become good at that, the solution would be to meditate. The soul also wants to experience her unmoving non-dynamic reality; we all want peace and rest. That's why we sleep. We cannot be in a action forever, but we can only experience rest unconsciously during sleep. At some point gravity will pull attention downward into being, and soul begins to experience his own motionless environment, which is beyond the world of experience and is experienced through and beyond the body. That's when she begins to recognize that she's not the body, and in this stillness soul discovers its most intimate center in the heart. The feeling sense of ‘me’. This process is very subtle and needs profound sensitivity. This can only happen through practicing being deeply rooted in the absolute, down the core line and being present of course, and having that merged very well, be very still and then allowing the heart center to open and meditating on the sense of ‘me’. The soul also wants to express itself in the world of form while being rooted in her own source. After the discovery of herself as pure stillness, then there's the discovery of the awakened soul in motion. This divine drop wants to know and express itself now in time and space, and each one has a unique blueprint of expressing oneself as a fully awakened soul in time and space and this is why true creativity comes into this world. How to go about that is to meditate and then take inspired actions. The inspiration that comes through the meditations that then moves outward and then going about in doing those things. Soul experience itself is a mix of joy and sadness. She wants to share her deep feeling experiences with someone. In the state of presence, this kind of sharing happens effortlessly and naturally, but as long as we’re not present, we try to connect with others indirectly through our senses. When we feel successful, we talk about having connected with someone. This joining in union with others and sharing the complexities of life, the feelings, wanting to be felt, wanting to experience if somebody else can feel us, is the way of joining in union in the heart center and the feeling center. So this is something that soul also needs to experience if the human experience is to be fulfilled in that area. Also, I think our need to truly love and be loved stems from there. Soul ultimately wants to be loved by the beloved and wants to love the beloved. Prayer is born from the unique understanding that one is the child of the beloved and that somehow one is connected and loved by someone and this love wants to be reciprocated as well. To practice that is to do prayer. So soul is a very complex process that initially we begin to not put too much attention to, in order to have very good clarity; we want to first root ourselves in presence and be deeply grounded in the absolute, and from there than in the safety of that and that clarity of that and standing in the truth of presence of the ‘I am’ presence that one is, then the heart can open and not only having experiences but also expressing one's unique blueprint from that place, is really what completely fulfills the human being and has to be transversed and experienced and matured into through many lifetimes. So continue to sit in your meditations and allow your attention to go to the place of where you would say the word ‘me’ and just sit there for a few minutes and feel that and throughout the day, return there. Just be yourself, notice how it is way deeper than emotions or thoughts, that is perfect and that you do not worry nor fear nor anger nor grieve in that place that that's who you are, allowing yourself to rest in this beautiful place that is you as a soul.