

Near-Death Experiences

Study of religions

Christian spiritual tradition

Neuroscience

Human psychology

Personal Experience

Grounded Soul

We are all *Grounded Souls*....

- We're eternal, temporarily incarnated souls.
- Our souls are sourced in a reality “beyond the temporal,” which is literally what *eternal* means.
- Knowing that we're souls incarnated in human bodies is foundational to the spiritual life.
- We're souls grounded in human existence with a purpose for why we're here—a purpose discovered as we live life.
- We're here for a reason.



We are all *Grounded Souls*....

- Our core being is our soul, but that doesn't mean that the body is merely a vessel for the soul, nor does it mean that all that matters is the soul.
- *We're grounded souls* embodied in the material world.
- Our soul and our body together are who we are in this existence. We can't separate the two, even if they're not the same.
- *Our soul-ness keeps us tethered to the eternal, but our body-ness is our genetic, physical, social, familial, national, and lived incarnation.*



Peter Panagore, *Heaven Is Beautiful*

- *I had thought that I was body and soul. Suddenly, I knew that this was not the case. I was only soul. My body was simply where I had dwelled. I suddenly, fully, completely knew that what I was, what I am, who I am, and what I will be forever and eternally is soul. Soul was me. Soul is me. My body was not me. It never had been me. My body housed my soul, and when I was plucked from my flesh, I was still me.*



STAR TREK
DEEP SPACE NINE
GAZOMG TREK ART



We are all *Grounded Souls*....

- The struggle is that we live in a materialist world that generally only emphasizes our earthly reality without embracing our soul-ness.
- It's so easy to ignore our soul-ness when all we're willing to see is the human, the earthly.
- The *materialist* worldview disrupts the soul/body/mind integration, leading to a domination of the animal over the spiritual.

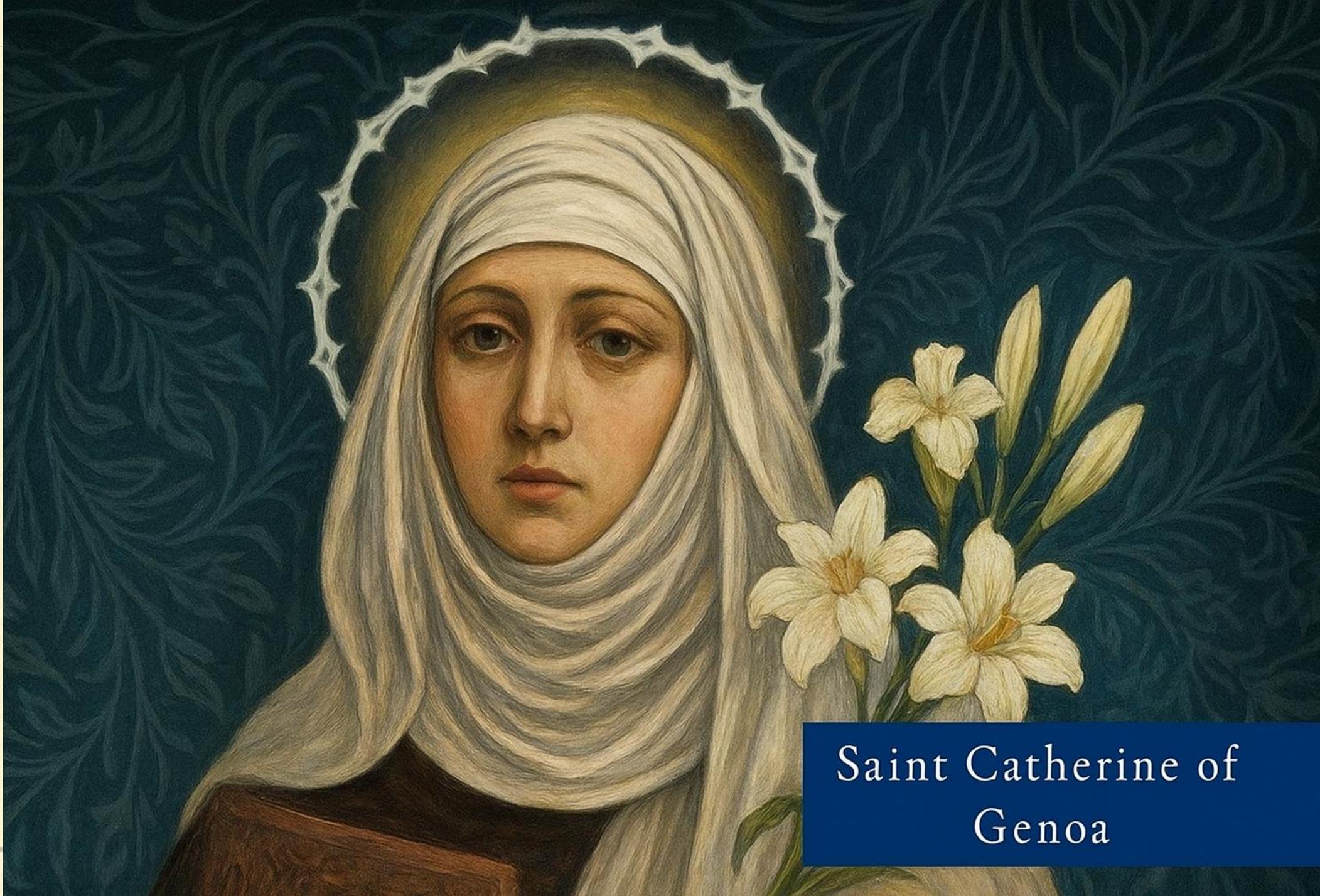


CS Lewis, *The Screwtape Letters*

Humans are amphibians—half spirit and half animal... As spirits they belong to the eternal world, but as animals they inhabit time. This means that while their spirit can be directed to an eternal object, their bodies, passions, and imaginations are in continual change, for to be in time means change.



**The
Soul/Body
Conflict**



Saint Catherine of
Genoa

Catherine of Genoa, *The Spiritual Dialogue*

I saw the Body and Soul conversing and arguing with one another. And the Soul said: God made me to love and be happy. I should like, then, to start out on a voyage to discover what I am drawn to. Come willingly with me, for you too will share my joy. We shall travel throughout the world together; if I find what pleases me I shall enjoy it. You will do the same; and he who finds more will be most happy.



Catherine of Genoa, *The Spiritual Dialogue*

Both Body and Soul, therefore, were in distress. The Soul because its instinct for infinite joy was hampered by being forced into a vase that was so small that it easily overflowed. The Body, for its part, acted as if creation itself were not big enough to satisfy its appetites. It smarted under the protests of the Soul; and the more it strained to satiate itself, the less it succeeded...

Do you see how badly off we both are? In having me yield to your appetites you have made me quite sick... And how do you fare? What should we do?



PREFRONTAL CORTEX: Thinking

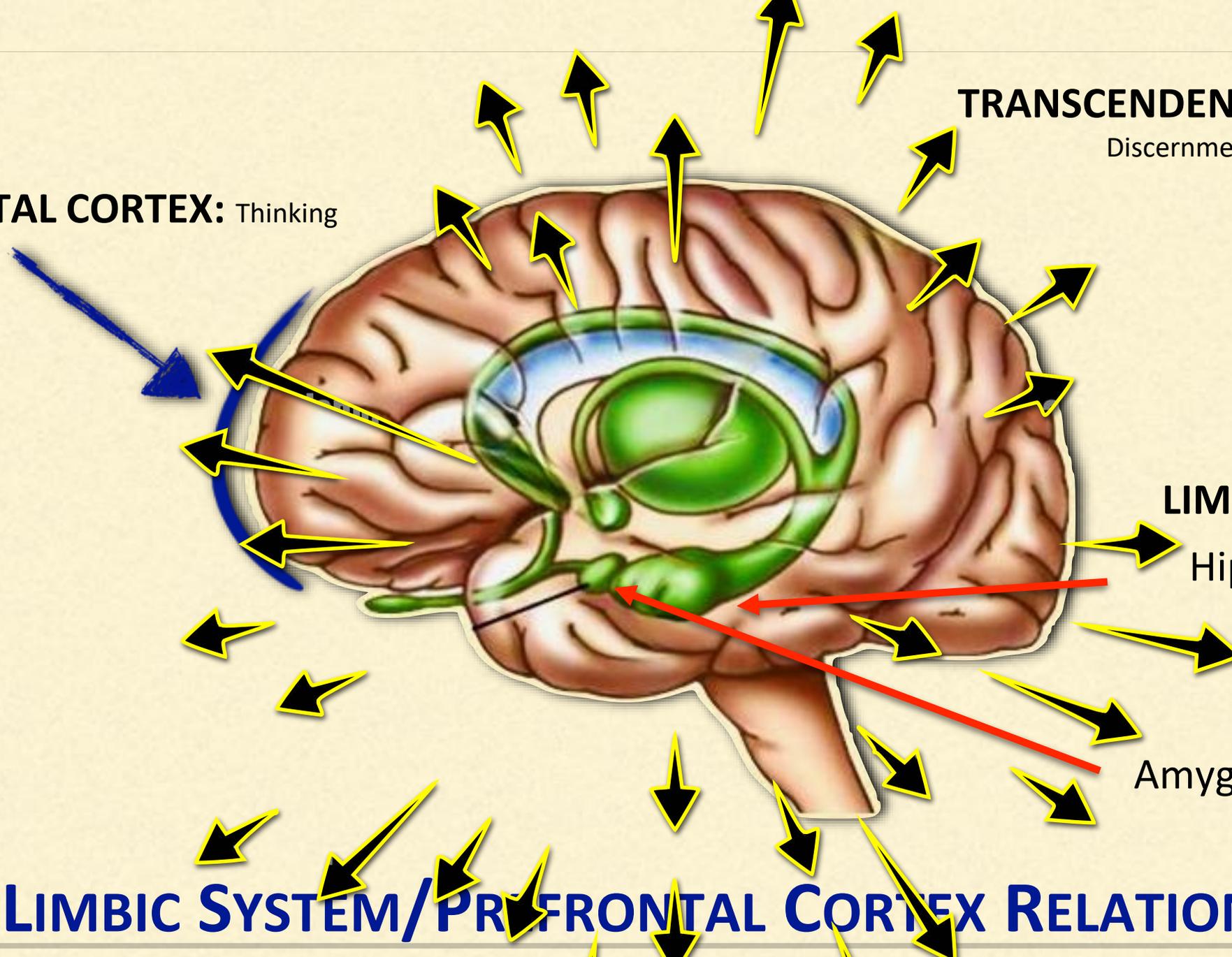
TRANSCENDENT BRAIN:
Discernment

LIMBIC SYSTEM

Hippocampus:
Memory

Amygdala: Emotions

THE LIMBIC SYSTEM/PREFRONTAL CORTEX RELATIONSHIP



THE GROUNDED SOUL IS REFLECTED IN JOHN'S GOSPEL

John 14:8-10, 19-20—“Philip said to him, ‘Lord, show us the Father, and we will be satisfied.’ Jesus said to him, ‘Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, “Show us the Father”? **Do you not believe that I am in the Father and the Father is in me?** The words that I say to you I do not speak on my own; but the Father who dwells in me does his works... I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that **I am in my Father, and you in me, and I in you.**”

JOHN 15:1-6

“I am the true vine, and my Father is the vine-grower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you. **Abide in me as I abide in you.** Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. **Those who abide in me and I in them bear much fruit,** because apart from me you can do nothing.

The human task is to choose to live out of our souls through our thoughts, bodies, behaviors, and relationships

- *How do we do this?*

- *Scripture*

- *Church*

- *Practices*

- *Prayer*

- *Intentions*

- *Relationships*

- *Beliefs*

- *Theologies*

- *Ideologies*

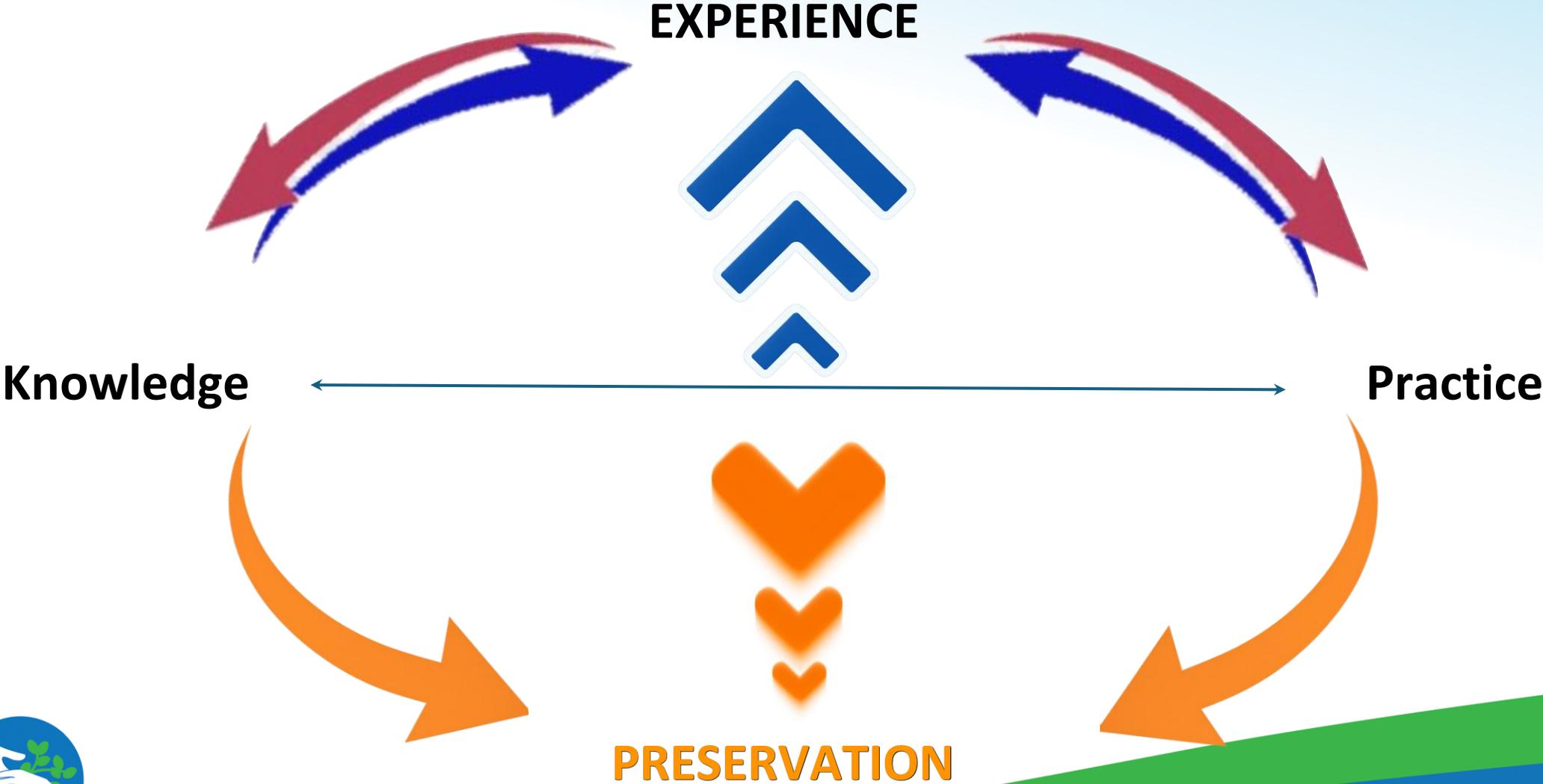
- *Lifestyle*

- *Generosity*

- *???*



UNDERSTANDING RELIGION, RITUALS, PRACTICES FROM A SOUL PERSPECTIVE



**What does this say about the role of church,
scripture, rituals, sacraments, practices...?**

