

# Soul -Talk

Soul language is slippery. “My soul is a strange country” (Randolph Stow) and is impossible to define. It bears out what Erasmus said: that “every definition is a misfortune”.

*I am trying to keep a soul alive in times not hospitable to the soul.*

J.M. Coetzee

*No-one can know God that has not first known himself. Go to the depths of the soul, the secret place...to the roots, and to the heights, for all that God can do is focused there.*

Meister Eckhart

***You need chaos in your soul  
to give birth to a dancing star.***

Friedrich Nietzsche

Remember what God-as-Spirit does- hovering over the face of the waters at the creation of the world- bringing cosmos out of chaos.

We too often fear chaos, when we need to accept it and embrace it. The chaos is fertile, primal, energetic creativity, the building blocks of life itself.

*The day came when to risk to remain tight in a bud was  
more painful than the risk it took to blossom.*

Anais Nin

Care of the soul is not self-improvement. It is not an escape or release from the troubles and pain of human existence. Our way of being in the world (our spirituality) needs soul, or soul-fullness, which includes a deep intelligence, a sensitivity to the symbolic, imaginative life, genuine community, and commitment to the world. Soul-work means pain and waiting, self-knowledge and self-acceptance. Soul craves time and room for reflection, and seeks opportunities for it to reveal itself.

To the soul (Thomas Moore says):

***Memory is more important than planning  
art more compelling than reason  
and love more fulfilling than understanding.***

As you think about soul, “the strange country of your soul”, trust your imagination. It is a source of knowledge. It speaks the language of transcendence, and reveals a new level of reality to us. In tapping into this “hidden” language, the images that arise release emotions and move us to action. The language of the imagination evokes rather than explains.

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