

Soul-Link, Inc.

“ . . . fostering an awareness of and response to the sacred in nature, human nature, and events of every day life.”

Volume III Issue 1
Winter 2005

SOUL LINK RETREAT

CPR for the Soul:

Surviving and Thriving in Trying Times

Just as our bodies need to be revived from time to time, so do our souls. The same problems and pressures that make us vulnerable to somatic disease can cause us to lose touch with the deep spiritual core of our selves. When this occurs we become susceptible to illness of every sort. Because we live in trying times, times when we are tempted to lose hope, we need to stay close to our souls. Our retreat will offer insight into the reality of our souls, and present ways to attend to them.

Date: February 12, 2005

Place: First Congregational Church (Tejon & St. Vrain)

Time: 8:30 (registration), 9:00 - 2:30 (retreat)

Cost: \$20 pre-registration, \$25 at the door. Lunch included.

Information: 776-2672

Self and Soul

Carl Jung has said that the meaning of life is to re-locate the center of gravity of the personality from the ego to the Self. In this brief statement Jung names the problem that is the cause of much of humanity's restlessness and unhappiness; namely, that our center of gravity, our sense of who we are, is connected not to our essential self, but to who we are in the give and take of our roles and responsibilities. In this way of thinking I am what I do, what I have, how I look, what I believe, etc. My sense of identity and my worth as a person is determined by my socioeconomic status, my ethnicity, my religious beliefs and affiliations. When my sense of who I am is situated in the ego, I compare myself with others, and find myself either better or worse, more or less intelligent, wealthy, beautiful, and so on. This identification with the individual or collective ego sets us at odds with those who are different from us, or who we happen not to like or agree with.

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SOUL LINK
Together on the Spiritual Path

Soul-Link Board

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Jim Francek
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But Jung's statement names not only the problem that afflicts us, it also indicates a solution to the problem; namely, waking up to the realization that there is a Self within (and beyond) our self. There is a deeper dimension that is the personality's true home.

When we relocate our sense of self to this "place," this way of understanding who we are, we continue to be unique, but we also tap into the common denominator that unites all people – the soul. At the surface of ourselves we are like ocean waves – no one like another. But beneath the surface appearance it is obvious that each wave (person) emerges from the same source, the soulful ocean depths (Spirit).

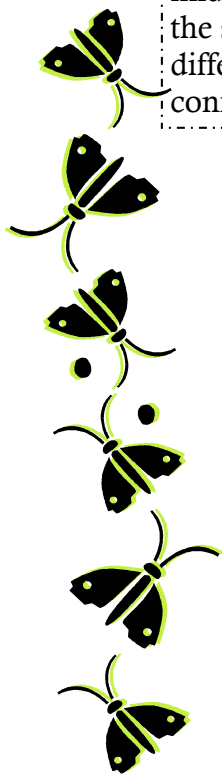
When we claim the soul as the source of our Self, it is possible to be at peace in the midst of turmoil, and at one with others despite our differences. When we live from the sense of ourselves that comes with being connected to our soul, we live differently, with more compassion and less competition, with more peace and less conflict, with more courage and less fear.

Buddhist Psychology

David Gardiner, a professor in the Department of Religion at Colorado College, will be the presenter at two gatherings co-sponsored by Soul Link. On Friday evening, January 28, from 7:00 till 8:30 he will speak at First Congregational Church (Tejon & St. Vrain) about Buddhism and its insight into the psychological make-up of our human nature.

The next day, at First Congregational's "The Dwelling Place" (508 N. Tejon), David will facilitate a workshop for those engaged in the helping professions (psychologists, counselors, social workers, clergy, etc.). These sessions (9-12 and 1:30 –3:30) will focus on aspects of Buddhist psychology, mindfulness, and meditation as they apply to the helping/healing process.

The Friday evening session is open to the general public, and is free of charge. The cost for Saturday is \$20 (covers both sessions). Call Rory Wolfe (389-6636) to register.



Quote Corner

"I arise in the morning torn between the desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day." *E.B. White*

"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate trouble, but to live in the present moment wisely and earnestly." *Buddha*

"In times of change, learners inherit the earth while the learned find themselves beautifully equipped to deal with a world that no longer exists." *Eric Hoffer*

Books, Books, Books

A Path With Heart: A Guide Through the Perils and Promises of the Spiritual Life

by Jack Kornfield, Bantam Books, 1993

In undertaking a spiritual life, we must make certain that our path is connected with our heart. Kornfield has been teaching westerners how to integrate Eastern teachings into their daily lives since 1974. Through generous storytelling and unmitigated warmth, he offers this excellent guidebook on living with attentiveness, meditation, and full-tilt compassion.

Letting Go of the Person You Used To Be

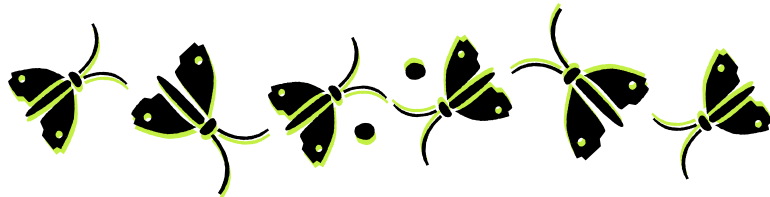
by Lama Surya Das, Broadway Books, 2003

Change, whether on a large or small scale, provides our best opportunity for learning about ourselves and the nature of reality. From this essential insight, Surya Das has crafted a fulfilling and important path to understanding and healing ourselves, and finding peace.

A Hidden Wholeness

by Parker J. Palmer, Jossey-Bass, 2004

Mapping an inner journey that we take in solitude and in the company of others, Palmer describes a form of community that fits the limits of our active lives. This book weaves together four themes that its author has pursued for forty years: the shape of an integral life, the meaning of community, teaching and learning for transformation, and nonviolent social change.



Coming Events

Jan. 10, Feb 14, Mar.14: Potluck discussion (S.L. House, 6:30)

Jan. 14: Concert (First Congregational Church, 7:00)

Jan. 16: Film Group—Babette's Feast (Soul Link House 2:00)

Jan 19: Board Meeting (Soul Link House, 5:30)

Jan 28: Buddhist Psychology (First Congregational Church)

Jan. 29: Buddhist Psychology ("The Dwelling Place")

Feb. 12: Retreat (First Congregational Church, 8:30 – 2:30)

In Concert

Joe Uveges and Steve Hoke will entertain us with many soulful and spirited songs on Friday night, January 14, at 7pm at First Congregational Church (Tejon and St. Vrain). The cost of this concert is a mere \$10. Come one, come all. . .



