

PSYCHOBIOLOGY OF SOUL LESSONS

Counseling Skills:
Listening for the 9 Key Soul Lessons

Part 1 of 3



SOUL LESSONS

- One of the great ways to work with our clients is to be able to look at the big picture of their life's journey
- Indeed, we don't always include the soul or spiritual dimensions when it comes to looking at our food, body and health concerns
- It's time to change that
- It's time to acknowledge that we are multi-dimensional beings, and that our biology is impacted by all of who we are
- Looking at and working with "Soul Lessons" can be extremely powerful, effective, and productive work
- In fact, it's often the place where the real action is, and where true healing wants to happen



PSYCHOBIOLOGY OF SOUL LESSONS

SOUL LESSONS - A DEFINITION

Lifelong learnings that are profound, powerful, epic, and worthy of our achievement. Learning these lessons are a victory on a higher plane, and transcend all other earthly lessons...

SOUL LESSONS

- Health is a “long game”
- Personal growth is a “long game”
- Personal Power = Metabolic Power
- Postulation: the more we are in alignment with what we are here to learn, and how we are here to grow, the greater is the probability that we can reach our metabolic potential
- Stated another way, the more we resist what we are here to learn, the more we hide from the imperative to grow personally and spiritually, the greater the likelihood of unwanted symptoms and habits



SOUL LESSONS

- This concept assumes a higher power, a greater intelligence, and a deeper wisdom that guides our destiny and unfoldment
- For atheists, please consider these as “deeper lessons” or “larger life lessons” or “significant lifelong lessons”...
- So use the kind of language that works for you, and for your client



PSYCHOBIOLOGY OF SOUL LESSONS

Summary - 9 Key Soul Lessons

1. Agreeing to Be Here
2. Forgiveness
3. Slowing Down
4. Reclaiming the Deeper Feminine
5. Reclaiming the Deeper Masculine
6. Embracing a Positive Spirituality
7. Speaking the Truth
8. Healing Our Sexuality
9. Claiming our Power



PSYCHOBIOLOGY OF SOUL LESSONS

Are you willing to tune into a higher dimension with your clients? With yourself? Are you open to letting the soul or spiritual realms speak to you?



SOUL LESSONS

- The coaching and counseling fields, in general, have been devoid of the spiritual or soul or religious dimensions
- This has been an understandable professional omission
- And, we live in a time when it's imperative that we use **everything** at our disposal as professionals to help people move forward
- Consider getting more comfortable with including the soul/spiritual/religious realms in your practice
- Introduce this to your client in an easygoing, inquisitive, and inspired manner



SOUL LESSONS

- "I'm wondering where you stand in your spiritual or religious life. How would you describe yourself here? Do you believe in something greater?"
- "I ask because I really love exploring the distinction called soul lessons, and I think it could be very useful here in helping you with your concerns around XXXXX."
- For atheists: "I'd love to talk to you about soul lessons because I think it could be very helpful for you. Think of these as deeper or larger life lessons that far surpass others in their power and importance."

PSYCHOBIOLOGY OF SOUL LESSONS

Our Soul Lessons are asking us to heal deeply,
which also means to grow & evolve more fully.



PSYCHOBIOLOGY OF SOUL LESSONS

Evolving Spiritually = Evolving Metabolically



PSYCHOBIOLOGY OF SOUL LESSONS

Amazingly enough, many of our Soul Lessons have powerful, direct and distinct connections with our concerns around food and our nutrition linked symptoms



HOW MIGHT SOUL LESSONS IMPACT THE BODY?

- Via stress and relaxation physiology
- Via “emotional metabolism”
- Via the innate wisdom of symptoms
- Via post traumatic stress
- Through traditional mind-body connections pathways - hormonal signals, direct nerve pathways, immune system, digestive system, and other chemical pathways

PSYCHOBIOLOGY OF SOUL LESSONS

SOUL LESSON 1: AGREEING TO BE HERE



AGREEING TO BE HERE

- This is likely the most profound and far reaching soul lesson
- It's also one of the most overlooked and under-recognized psycho-spiritual human challenges
- It's a fundamental soul lesson that very few people ever consciously and intentionally grapple with and address head-on
- For many people, embracing and recognizing this soul lesson is a huge game changer
- Your job is to "try on" this soul lesson for yourself, get curious about it, and begin to notice its power...



AGREEING TO BE HERE

- Many of us are here, we're alive, and we're doing life. But we haven't fully agreed to be here
- We walk through this life in silent resistance and protest
- We might be mildly depressed, apathetic, partially here, partially in our body. But we're not fully **here**
- We aren't suicidal, we have no intentions to kill ourselves, but we're sleepwalking through life to some degree because we don't quite like it, enjoy it, or agree to it

AGREEING TO BE HERE

- “Agreeing to be here” means we accept that **this** is my life, my body, my circumstances, my age, my sex, my income, these are my parents, my children, this was my past, these are the dramas I’ve lived through, the challenges I’ve faced, the craziness I’ve had to deal with, the pain, the joys, the ups and downs...
- It does **not** mean you need to approve of all these, or love them, it doesn’t mean that you sanction the betrayals or harms that have been committed against you -
- It just means that we simply agree that this indeed has been my journey, and is my journey - simply because it is so
- So instead of living in silent protest of “my life” - we begin to embrace the fullness of our journey

AGREEING TO BE HERE

- Agreeing to be here means we look at the world for what it is and agree that as long as we are alive, we will participate to the best of our abilities, despite the challenges and the harshness of the world
- We choose to agree that there is indeed suffering, harm, war, poverty, injustice, unfairness - simply because there is
- We choose to agree to the body we are in, and the life we've already lived. If not, we are in a deep and primal negation of self, and of our very existence
- If we don't **consciously** agree to be here, we might constantly feel like we self sabotage, we may be deeply driven by apathy, loneliness, we may feel lost, confused, not at peace, and always wanting to "fix" ourselves or change our body as a way to feel better about being here

AGREEING TO BE HERE

- By not agreeing to be here, we are wide open to unwanted symptoms, unwanted thoughts, and unwanted eating challenges
- Our eating challenges are often the soul's way, the psyche's way of raising its hand and letting us know that something is off, something deeper needs our attention
- If we don't consciously agree to be here, we will never quite feel here, we will feel as if we don't belong, or we don't deserve, to that we somehow just never tap into our potential
- Agreeing to be here is a huge action, it's a spiritual choice and experience, it's a powerful form of character development, and it confronts us with the the deepest parts of who we are and why we are here



PSYCHOBIOLOGY OF SOUL LESSONS

- Has your client agreed to be fully here & alive?
- Without agreement, poor health habits and unwanted behaviors are predictable
- This is about you, the practitioner, learning to listen more deeply to your client



AGREEING TO BE HERE

- If we haven't agreed to be here, then why practice healthy habits
- If we haven't agreed to be here, then why waste time taking care of ourselves with good food and nourishment
- If we haven't agreed to be here, then why work hard on our unwanted eating challenges - let's just wait for a quick and easy fix
- If we haven't agreed to be here, then why fully show up and express who we truly are, and what we truly think and feel

CASE STORY

- Sally, age 44, librarian, 55 pounds “overweight” - wants to lose the weight, has tried every diet since her 20s. Lives alone, small social circle, tends to isolate, very intelligent, sarcastic sense of humor, loves to complain and has a lot of them, hypothyroid, dislikes exercise, tired of diets, resents that she “has to eat healthy”, really wants a fix - the magic diet, wants to get married, seldom dates, convinced she’ll never find a man if she can’t shed the pounds, admits she’s given up on taking good care of herself and would love the easy way out...

PSYCHOBIOLOGY OF SOUL LESSONS

SALLY - THE BOTTOM LINE

- “The Ugly Duckling” of 5 sisters
- Very jealous, feels ripped off
- Never has had a loving relationship
- Was both shocked and enlightened when I suggested that the real problem was “You don’t want to be here”



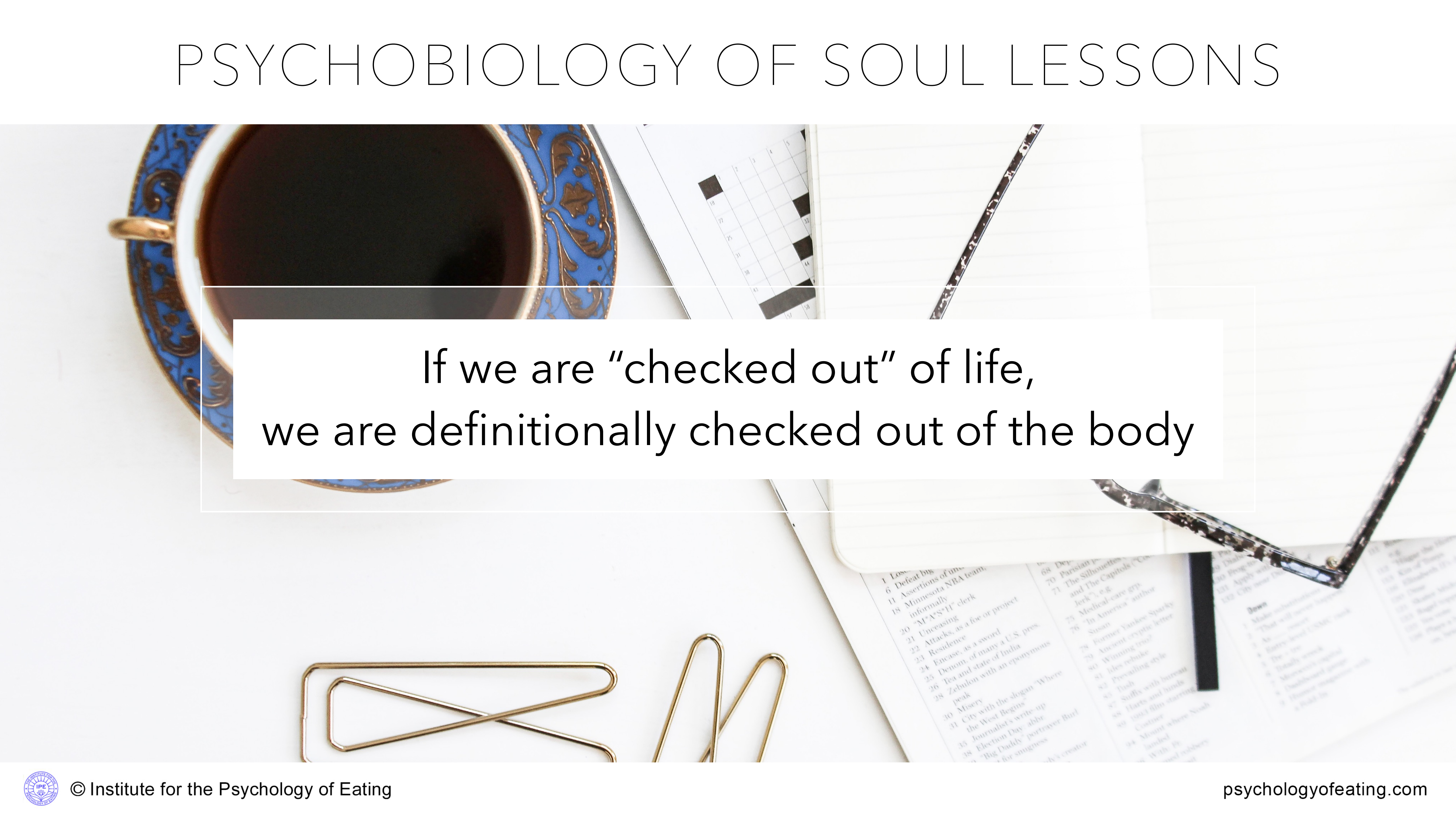
PSYCHOBIOLOGY OF SOUL LESSONS

SALLY - THE WORK

- She was actually relieved to know why she had self-sabotaged for years. She was in deep protest of her own existence
- She honestly wasn't sure she could "agree to be here"
- She understood better her attraction to a newly found Buddhist path
- She realized her work was not dietary, but spiritual



PSYCHOBIOLOGY OF SOUL LESSONS



If we are “checked out” of life,
we are definitionally checked out of the body

PSYCHOBIOLOGY OF SOUL LESSONS

Presence = Metabolism



AGREEING TO BE HERE

- Many men who have no sense of purpose or mission, are stuck in unhealthy eating patterns and poor self care - they don't have a reason to be here, and hence go on automatic pilot
- Many people, especially women, are in protest of the body they live in, the looks/weight/shape that they have - and on a deeper level, they are refusing to truly be here
- Many teenagers are in a natural reaction to the world, they are learning where they fit in, and this journey is hard
- We don't fully agree to be here for **vey very good reasons**
- Life is challenging, and we've all had good reasons to not want to be here

AGREEING TO BE HERE

- This is not something we necessarily do overnight - but is surely can be
- It is, at the very least, an ongoing agreement and commitment
- It's a **practice**
- It's something we return to again and again
- It's a question we continuously propose to ourselves - "Am I agreeing to be here, alive on Earth, with all that this means? Do I agree to participate in and live this life as best as I can? Am I willing to embrace the reality of my past, to choose the journey I've already lived, to make my story okay, to accept the hand I have been dealt?"
- Do I choose life?
- Do I choose me?

AGREEING TO BE HERE

- Affirm to your client that they have a good reason for not wanting to be here. It's fully understandable and okay. And it's time to revisit things and move forward in a new way
- You can have them journal - what would it be like for me to agree to be here? What would that look like? How would my inner world change? How would my outer world change? How would my day look different? What is it that I **don't** agree to? How can I begin to accept what is, and what has been?
- This is about making your life **right** - no matter what went wrong
- It's the deepest form of self approval

AGREEING TO BE HERE

- This is the kind of conversation that's best had after you have established some rapport and trust with your client - so not in a first session
- Again, there is no cookie cutter way to "agree to be here"
- You can have your client write/journal an "agreement to be here contract" - ask them to write an inspired, creative agreement to themselves about how and why they are choosing to be here, what complaints they are leaving behind, and how they will use this agreement to be here to create for themselves a life that's worth living

PSYCHOBIOLOGY OF SOUL LESSONS

THIS IS THE END OF
Psychobiology of Soul Lessons - Part 1

PLEASE GO TO
Psychobiology of Soul Lessons - Part 2

