

PSYCHOBIOLOGY OF SOUL LESSONS

Counseling Skills:
Listening for the 9 key Soul Lessons

Part 3 of 3



SOUL LESSONS: SOME MUSINGS

- Once again, the concept of soul lessons assumes there's a hidden architecture to life, a higher perspective, a bigger picture, and a greater destiny for each one of us that's not always easily noticed
- For many people with eating challenges and health concerns, the place where movement & healing happens is in our "soul curriculum"
- Postulation: NOT living in alignment with our soul's code will cause stress in our system, which naturally can lead to unwanted behaviors, thoughts and symptoms
- Tuning into your client's soul lessons is all about listening, deepening, intuiting and practice...



PSYCHOBIOLOGY OF SOUL LESSONS

SOUL LESSON 5: RECLAIMING THE HIGHER MASCULINE



RECLAIMING THE MASCULINE

- We live in a world of ever changing definitions of gender, the roles of women, the roles of men, changing beliefs around sexuality and more...
- With all this change, there's often a collective confusion around what it means to be a woman, a man, a boy, a girl...
- As a consequence, there are many people in suffering and pain when it comes to food and body and life - and it's directly tied to the uncertainty and confusion around the masculine and feminine archetypes
- It's time to have a deeper, honest and real conversation around masculine and feminine energies/archetypes and how they operate within us

RECLAIMING THE MASCULINE

- Many men have exiled a part of their masculine archetype as a way to comply with trying to be “more equal” and “sensitive” to women
- Observationally, many men have been taught to **overemphasize** their feminine polarity
- The result can look like men who don’t have a sense of purpose, a sense of presence, men who are not directive, confident, effective, and who fear commitment and responsibility
- From this place, unwanted symptom, behaviors and eating challenges can easily arise

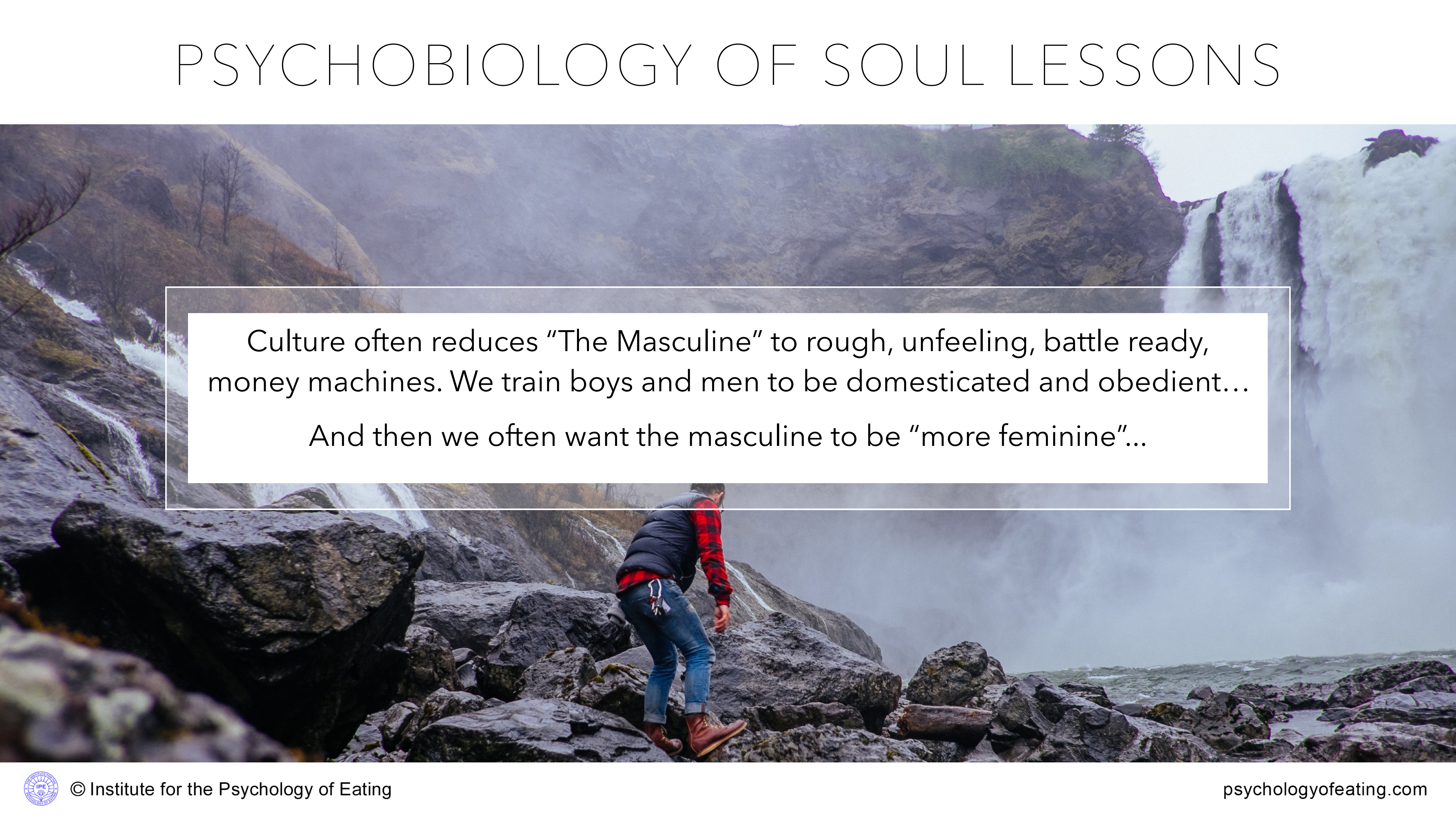


QUALITIES OF THE MASCULINE ARCHETYPE

Stewardship of the earth, guided purpose, directive, the courage of truth, connection to spirit and mission, strength, the right use of mind and will, good kings and good princes, clear goals, commitment to life, mentorship, ability to regulate emotions, alignment with higher values



PSYCHOBIOLOGY OF SOUL LESSONS

A person wearing a red and black plaid shirt, a dark vest, blue jeans, and brown boots is climbing a dark, wet, and mossy rocky cliff. In the background, a powerful waterfall cascades down a steep, rocky mountain face. The sky is overcast and grey.

Culture often reduces “The Masculine” to rough, unfeeling, battle ready, money machines. We train boys and men to be domesticated and obedient...
And then we often want the masculine to be “more feminine”...

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For men, reclaiming the masculine means allowing men to find their true purpose, explore their freedom, feel their rage, feel their feminine, and discover their masculine heart.

(very difficult these days...)



RECLAIMING THE MASCULINE

- Observe your male client
- Listen into their life stage, their story, their history
- Listen to their primary complaint - their reason for seeing you
- Are they in alignment with a sense of mission and purpose? Are they apathetic and shrinking from being here, being present, and being in the drivers seat of their own life? Are they feeling victimized by life, rather than taking responsibility?
- If so, their soul lesson, their life direction may be to consciously and deliberately and thoughtfully begin to embrace the Masculine...

PSYCHOBIOLOGY OF SOUL LESSONS

SOUL LESSON 6: EMBRACING A POSITIVE SPIRITUALITY



EMBRACING A POSITIVE SPIRITUALITY

- For many people, their soul lesson is to find a healthy relationship to a higher power. To find a way to relate with a greater wisdom that feels “right”, that feels rejuvenating and that helps them navigate life in a good way
- If we have a “religion” that results in a sense of shame, guilt, aloneness, confusion, doubt, suffering or isolation, then eating challenges, symptoms and unwanted behaviors are predictable
- This is a vastly underrated and unexamined aspect of psychology, and of life
- It’s time to take spirituality and religion off of the “don’t go there list” and be willing to have honest and open conversations with our clients



EMBRACING A POSITIVE SPIRITUALITY

- Many people are living with an experience of “toxic religion” - meaning the religious system they were brought up in somehow left them feeling traumatized, angry or hurt
- In such cases, we often throw out the baby with the bathwater and give up on a belief in a higher power altogether
- Living in a world that has no meaning, no purpose, that’s a random creation of impersonal random evolutionary forces that leaves us alone and helpless and without hope is inherently stressful

EMBRACING A POSITIVE SPIRITUALITY

- The stress of a random existence, or of a toxic experience of religion can leave us with all the unwanted features of a constant low level physiologic stress response - increased cortisol and insulin, inability to lose weight, decreased fat burning, decreased muscle building, decreased calorie burning capacity, deregulated appetite, digestive distress, mood fluctuations, increased inflammation, and more...
- It makes perfect sense that we might turn to food, and to perfectionism about the body as our “substitute religion” and as a way to medicate a hopeless and confusing existence...
- Sometimes, we need to help our client remember and practice their own well accepted religious and spiritual beliefs *

ASK YOUR CLIENT:

- What do you believe about the universe?
- Is your religion or non-religion well-examined?
- Is your religion positive and life affirming?
- Who and what does it exclude or judge?
- Is it time for you to update and explore a new relationship with a higher power...



PSYCHOBIOLOGY OF SOUL LESSONS



Creating a Positive Spirituality is a
tremendous soul victory

PSYCHOBIOLOGY OF SOUL LESSONS

SOUL LESSON 7: SPEAKING THE TRUTH



SPEAKING THE TRUTH

- Many people are conditioned to not show their true self, their real feelings, their honest desires, their actual personality, their authentic self, or sharing the words and thoughts and stories that they truly wish to speak
- We often hide our authentic self from the world in fear of the imagined consequences
- We often hold back from saying what we really want to say
- Many humans can live a lifetime in this stressful state
- And once again, think of the metabolic consequences of the intense stressor called “not being the real me, not speaking what really wants to come out, not being my authentic self, and pretending to be someone else”

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- The truth truly sets us free - really
- Truth has hidden power
- Authenticity = Metabolic Power
- “The truth is not the truth unless there’s love in it...”



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EXAMPLE:

Kay, 28, graduate student, photographer, speaks 5 languages, well traveled, active, sincere, grounded, good family and social bonds, strong sense of self, 5'4", and has gained 7 pounds around her belly. Very disturbing for her, never had a weight issue, and dieting does nothing. At the same time, she also developed ongoing digestive discomfort after meals, and binge eating at night...



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KAY - THE BOTTOM LINE

- Weight gain, binge eating and digestive issues happened one year ago
- Living with her boyfriend for 2 ½ years
- Confided in me that she has felt “done” with him for over a year
- Loves him, doesn’t want to hurt him, she feels trapped



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KAY - THE WORK

- Speaking a painful truth
- Maturing into authenticity
- Stopped binge eating when boyfriend moved out
- Digestive complaints subsided as she spent less time with him
- Lost all her extra when they finally broke up 4 months later



SPEAKING THE TRUTH

- Listen for where your client is holding back in their life. Where are they not being real, honest, up front...
- What are the secrets they are carrying that may be a burden to them
- What are their “undelivered communications”
- What are they afraid to speak and to whom
- Giving voice to that which we withhold, yet we must speak, is a powerful soul lesson that can yield very literal metabolic benefits...

PSYCHOBIOLOGY OF SOUL LESSONS

SOUL LESSON 8: HEALING OUR SEXUALITY



HEALING OUR SEXUALITY

- For many people, our relationship with sexuality is a key place for learning, growth and healing
- Sexuality is a highly unexplored and unacknowledged domain when it comes to working with our food and body concerns
- Our fears, past hurts, wounds, confusions, upsets, abuses, or unexpressed energy when it comes to sex and sexuality can have a profound impact on our relationship with food, body image, weight, and our unwanted behaviors with eating
- In the research, a past history of sexual abuse or trauma correlates directly with eating disorders, weight gain, digestive disorders, mood disorders, and more...



HEALING OUR SEXUALITY

- Healing our sexuality means:
- Understanding our lifelong journey around our sexuality, exploring it, being curious about it, embracing the places where we feel hurt, confused, ashamed, lonely, unexpressed, desirous, and locked in an untapped potential
- It means that we begin to turn our relationship to our sexuality into something positive - whatever that may be
- It means our sexuality becomes more “embodied” and lived, rather than a mask or an act that we put on for the world

PSYCHOBIOLOGY OF SOUL LESSONS

**UNEXPRESSED SEXUAL ENERGY
AS WELL AS EMOTIONAL/
PHYSICAL/SEXUAL ABUSE, CAN
LIVE IN THE BODY AS:**

- Symptom
- Disease
- Weight
- Unwanted eating challenges



THE SOUL LESSON OF SEXUALITY

- For many people, food becomes a substitute for sex, for sensuality, for physical intimacy
- For many people, the “right or perfect body” means we will be more sexually desirable. Being sexually desired is often equated with “I will be loved and wanted and taken care of.” And if we don’t have such a perfect body, then we can control that via diet and exercise
- Until we “decouple” food and sex, we will continue to see an epidemic in body hate, dieting, perfectionism, self rejection and attack, and lack of self worth...

SOME BIGGER QUESTIONS

- Who are we as sexual beings?
- What's up on planet earth around sex?
- Why all the pain and suffering?
- Why so much shame, judgment, fear, unconsciousness
- Have we explored the mysteries of our sexuality?
- Have we even made it okay to be in curiosity and conversation around this powerful energy of existence?



PSYCHOBIOLOGY OF SOUL LESSONS

A close-up, high-angle shot of a breakfast table. A person's arm, wearing a red and blue plaid shirt, is pouring bright orange juice from a glass pitcher into a clear glass. The table is set with several items: a white plate with a pancake topped with white cream, blueberries, and strawberries; a white bowl filled with fresh strawberries; another white bowl containing granola, strawberries, and blueberries; and a small round pie or cookie with a lattice crust. The background is dark and out of focus, emphasizing the food and the action of pouring juice.

The way we relate with sexuality is
often the way we relate with food

PSYCHOBIOLOGY OF SOUL LESSONS

When sexual energy flows, metabolism glows...



SOME PRACTICAL TIPS

- It's time to start getting comfortable with this topic in your own life
- It's fine to enquire of your client about their sex life and ask curiosity questions. Or not...
- For many people, you may be the first or only person who has really cared to ask and explore here
- This is not about fixing anything. It's you learning about your client, and being in the "best friend" archetype
- Consider having your client write their "Sexual Autobiography"

PSYCHOBIOLOGY OF SOUL LESSONS

SOUL LESSON 9: CLAIMING OUR POWER



CLAIMING OUR POWER

- Many people spend a lifetime trying to “fix” their unwanted eating concern. Trying to make their body look different so they can feel better about themselves
- We are trained and conditioned to handle our problems by focusing on our problems - which makes perfect sense
- **And**, it’s extremely helpful to include a different approach - to focus on finding and unleashing our strengths, our hopes, our talents, our passions, our potential
- Oftentimes, this is the most effective remedy for our long term food and body challenges
- The “personal growth universe” tends to overlook this simple yet powerful distinction



PSYCHOBIOLOGY OF SOUL LESSONS

So often, our work is not to fix a symptom, but to simply acknowledge it, process it, and promptly discover our power, our gift. From there, symptoms tend to relax...



CLAIMING OUR POWER

- Oftentimes, our eating issues are the stimuli to help us find our **gold**
- Living a life where we are **not** stepping into our passion, power and potential can be inherently stressful. Think, “physiologic stress response” and all its attendant long and short term metabolic disadvantages
- Conversely, discovering and claiming our gifts, powers and passions and living them more into the world allows us to relax. Think “physiologic relaxation response” and all its attendant long and short term metabolic advantages



PSYCHOBIOLOGY OF SOUL LESSONS



The more we claim our inherent gifts and powers, the more we embody
Personal Power = Metabolic Power



PSYCHOBIOLOGY OF SOUL LESSONS

CLAIMING OUR POWER

- Can you see the contents of your client's acorn?
- Can you focus on your client's highest aspirations?
- Can you point your client away from their weaknesses, and onto their destined strengths?
- Where is Life calling your client?



PSYCHOBIOLOGY OF SOUL LESSONS

THIS IS THE COMPLETION OF
Foundational Concepts & Principles

