

## **Spirit and Soul**

Years ago, I met a special woman. She asked me the following question:

“If you had to take an animal, a force of nature, and a mythical reference:  
How would you write a sentence to describe yourself?”

I answered:

“A breeze wrapped around a dragon who is a cat sleeping in the sun.”

After looking at the answer, I discovered many aspects which were true and informative about my nature. Since then, I often ask this of other people. So I ask you now as the reader to spend some time and try it out. It might take a day or two. Mythical references could be anything: I have known people who were only unicorn horns, or various aspects of a myth such the eternal slumber of an enchantment. It’s beautiful how creative people can be.

Write it out below after figuring out something you like.

I also discovered people are surprisingly honest in the answers given. Look closely at your answer: it reveals quite a bit about your ego, spirit and soul. This leads into the next question.

What is the difference between soul and spirit?

Heart of the matter  
Essence of a question  
Uncover, Discover, Recover  
Ego, Soul, Spirit  
Let eyes wander to the skies  
Revealing  
Dragonfly, Butterfly, Fireflies

Before reading the rest of the section, try to answer this question. Again, as before, take several days even. Come back at a later time. Be aware that the definition of soul and spirit varies quite a bit between cultures. In fact these two words are overloaded with countless meanings, making it harder to tease out a personal answer.

What is the difference between soul and spirit?

***Soul is what we are***

Connection of mind, heart, body  
Reflection showing echoes of nature: our nature  
Amidst Mother Nature  
Everything has a soul  
The nature of being something: to be as it is...  
is the soul  
Soul is simply one's nature.

Soul silently proclaims, always openly revealing  
hidden truths  
stars in the palm  
rock steady  
looking up and back  
Soul stands out clearly to be seen  
not noticed  
amid  
Explosions of life  
colors, growth, egos, movements, distractions  
Consciousness ever distracted  
by beauty, by motion, by fire, by life  
Soul the centering of what we are

***Spirit is Soul in motion***

Feel the beat instead  
touch the heat  
Feel  
Fire in the belly  
Fire

Worlds are ever changing, always blurring,  
blurring... burning  
Life ever fleeting by very nature  
Life is change, We are life  
This is Life  
Fire in the Belly

Embracing movement of expression  
Spirit touches -ever brushes- passing as  
consciousness -- faith -- acceptance  
of oneself within the fire  
the fire in the belly  
that tides to life

As a mathematician, on one level I think of spirit as the integral of the soul.

I discovered something interesting when asking myself the question: “Ego” kept bouncing its way into my answers. So this left me with the problem of also answering what ego was all about.

***Ego is the sheepdog of the spirit, keeping our form.***

Pulling “You” back down is Ego  
 An ever dancing trickster  
 Ego always checking the math, bottling fireflies,  
 pinning the butterfly  
 Asking what is a noun, verb or adjective  
 Ego is all about  
 Resisting, throwing confusion to the e-y-I-y-e's  
 Impishly ego devilishly tries to control your soul  
 Its trick lies in YOUR nature  
 feel ego's ploy  
 A rope of pronouns  
 lashes of colorful self deception

Ego is a very small part of our overall nature, yet it seems to command an overly large presence.

Why does Ego try to steal the show?

Ego is the herding dog, the trickster, the ringmaster keeping us together. Without ego, it would be simple to just accept ourselves as part of the larger universe and fade back into being one with the universe. Yet ego steps in, keeping a person together, an individual's static cling to the spirit, binding it all together just long enough to form an expression of our individual self.

Dragonfly: Ego always fights to make you more.  
 Fireflies: Spirit burning ever so to proclaim: *alive*  
 Butterflies: Soul of our nature

All flickering flirting, flitting  
 Weaving together  
 different view points of our form  
 into a single expression  
 of self

===== Thoughts =====

As a child I was taught  
To be as rock  
I am not  
- I am fire, which is life -  
To be myself  
Means cracking rock apart to spark

Sisyphus discovered immortality has a price  
but not all rock is made of stone  
When defying the gods  
Burdens of life become our own.

In time all rock wears away  
But the spark, life itself, is an everlasting fountain of flame  
Leaping from peak to peak to burn on  
Against the storms  
To defiantly burn - brightly - is "My" burden

Gods come and go,  
It's the nature of creation.

But "My" nature is to live, move on, burn burn brightly

My nature is to Be Fire of Life.



Open windows within life  
Discover  
Your soul