

Spaceforsoul Quotes about soul

David Elkins American psychologist and psychotherapist

We live in a culture that has forgotten the soul... We hunger for something we cannot name and go up and down the earth searching for something we cannot find, never realizing that what we are really looking for is the soul that lies at the core of our being.

The soul resists our Western need for abstract, operational definitions...the soul can be felt, touched, and known, but never defined. She will slip through the net of every conceptual system and elude every scientific expedition that goes in search of her... each of us must seek to know the soul personally and experientially.

As the soul has to do with depth, we are not likely to encounter her if we move in the horizontal dimension, skimming the surface of life... Rather we must go down into the depths of our being, into the depths of our relationships, down into the depths of life itself.

The soul works in the medium of imagination; she knows herself, creates herself, and reveals herself through images.

I think of the soul as that part of us, whether we are male or female, that is relational, intuitive, mystical, imaginative, artistic, creative, emotional, flowing, and right-brained.

The soul is always calling, singing her gentle song of homecoming. But we continue going up and down the earth doing what we feel we must, hanging back, buying time. Destiny waits, endlessly patient yet increasingly insistent, until one day we finally give up, give in, and go home to the only place we were ever meant to be - the place of personal destiny which James Joyce described as near to the wild heart of life.

John O'Donohue Irish poet, author, priest and philosopher

Once the soul awakens the search begins and you can never go back. From then on, you are inflamed with a special longing that will never again let you linger in the lowlands of complacency and partial fulfillment.

Beauty is the illumination of your soul.

All through your life your soul takes care of you... your soul is alive and awakened, gathering, sheltering and guiding your ways and days in the world. In effect, your soul is your secret shelter.

Your soul knows the geography of your destiny. Your soul alone has the map of your future, therefore you can trust this indirect, oblique side of yourself. If you do, it will take you where you need to go, but more important it will teach you a kindness of rhythm in your journey.

Real intimacy is a sacred experience. It never exposes its secret trust and belonging to the voyeuristic eye of a neon culture. Real intimacy is of the soul, and the soul is reserved.

All you can ever achieve is a sense of your soul. You gain little glimpses of its light, colors, and contours. You feel the inspiration of its possibilities and the wonder of its mysteries.

Your body is your clay home; your body is the only home that you have in this universe. It is in and through your body that your soul becomes visible and real for you. Your body is the home of your soul on earth.

When you come to accept yourself and like yourself, you learn not to be afraid of your own nature. At that moment, you come into rhythm with your soul, and then you are on your own ground.

Jalal al-Din Rumi 13th century Sufi mystic

I am not this hair, I am not this skin, I am the soul that lives within.

The desire to know your own soul will end all other desires.

When you do things from your soul, you feel a river moving in you, a joy.

What matters is how quickly you do what your soul directs.

Beyond the rightness or wrongness of things there is a field, I'll meet you there. When the soul lies down in that grass the world is too full to talk about.

Only the soul knows what love is.

Love is the soul's light.

The soul has been given its own ears to hear things the mind does not understand.

There is a candle in your heart, ready to be kindled. There is a void in your soul, ready to be filled.

Other miscellaneous quotes

James Hillman in 'Revisioning Psychology'

... the dimension of soul is depth and the direction of soul travel is downward.

Thomas Moore in 'Care of the Soul'

'Soul' is not a thing, but a quality or dimension of experiencing life and ourselves. It has to do with depth, value, relatedness, heart, and personal substance.

Many of us spend time and energy trying to be something we are not. But this is a move against soul, because individuality rises out of the soul as water rises out of the depth of the earth.

Kaitlyn Steele in 'Sacred Space'

I have come to view the soul as the essence of my being, as my true, authentic self. It is the deepest, innermost core of me – what I might call my 'core self' – and the source of my individuality. It is what makes me uniquely me. It is what comes to light when I am able to let down my defences, take off the masks I wear and risk being more fully myself. At the same time, it is also for me the sacred core or centre of my being, the place deep within me where the ultimate Source and Ground of my being has taken root and can be encountered.

Marianne Williamson

The soul is the truth of who we are.