

Gylden Briefing: All about souls ©

Not that long ago, a friend posted a beautiful quote from Rumi on Facebook (it might have been on the Waverley Healing Wheel) and I noticed that another friend had re-posted it today. Rumi (Jalāl ad-Dīn Muhammad Rūmī, also known as Jalāl ad-Dīn Muhammad Balkhī, Mevlânâ/Mawlānā, Mevlevî/Mawlawī) lived in 13th century Persia; he was a Sunni Muslim poet, Islamic scholar, theologian and Sufi mystic. The quote from Rumi's runs thus:

"There is a voice that doesn't use words. Listen."

Think about that for a while and you may reflect on its truth. The voice is the voice of your soul – it may not make rational sense, logic and it won't use words, but your inner voice will speak to the real you. For example, you'll want to live somewhere or do a task, not for reasons of peer pressure, but because the inner voice says that is the right choice.

The inner voice cannot be justified in the same way as career choices or domestic jobs have to be logically worked out. We're not talking sensible options here. As a witch, one of the most obvious examples is when I choose a crystal. Factors like size, shape, price, rough versus tumbled and whether I really need the stone are all secondary against whether the crystal speaks to me. Some of you know what I mean – when you pass your hand over a basket of stones and feel reciprocal energy from some of them. A stone that gives good magickal energy to me usually ends up in my basket and that's an inner choice, not rational at all. I bought a rough piece of black calcite earlier in the year, on this basis.

Listening to your inner voice means that if you are making a choice that you can only feel good about when you back it up with a list of logical reasons, then you're not really listening to your soul. Rumi's quote speaks to me, because I rely a lot on sentience and intuition when reading people. The best truths in life come from losing or (even) learning to let go of the logical reasons and that is when you start listening to the voice that doesn't use words.

Soul loss

So, the first thing to ask here is what we mean by soul loss. It is comparatively new to our society, but not to indigenous cultures, who have known about soul loss for millennia. It's difficult to try a definition, but it's a condition where a soul is broken or injured, as a result of a traumatic experience, an intense shock to mind and body or dissociation. We're not talking Lord Voldemort and his many horcruxes here, but a real psychological and spiritual problem. In this context, **the soul** means our consciousness, inner voice or an intense core of energy within us.

A soul loss means that part of our soul splits away or hides so that we become less than a whole person, eg a trauma may become hidden or repressed within our psyche. Sometimes, this imbalance may persist for years and can only be resolved via therapy or soul healing. And the **first indications** that we're suffering from soul loss might manifest as fatigue, depression, anxiety, unexplained aches or pains and weakness.

Let's take an example of soul loss. A young child is molested or abused at home. In order to cope with this horrible experience, the child escapes by dissociating or detaching him or her from the intense trauma. During this protective process, the child creates various different personalities within themselves as a defence mechanism. This defence is known as *dissociative identity disorder*, but could be seen as soul loss in tribal cultures too. However, there are other general dis-eases of soul loss:

- Addictions
- Eating disorders
- Identity disorders
- PTSD
- Depression
- Narcissism
- Low self-esteem
- Adjustment disorders.

Sometimes, you may hear the phrase that a person is a *lost soul*, ie the trauma or cause has become so destructive that the person has a toxic effect on those around them. So, what are the key, **common symptoms** of soul loss?

- i. Memories and parts of your life have been blocked out.
- ii. You experience strong periods of depression.
- iii. Parts within you feel missing or broken.
- iv. You experience a general numbness to life.
- v. You are beset with constant feelings of fear or anxiety.
- vi. You experience long periods of insomnia.
- vii. You feel lost or incomplete.
- viii. Your personality changes after a shock or trauma.
- ix. You feel stuck or incapable of overcoming a certain life event.
- x. You feel disappointed with life, ie no purpose/meaning.
- xi. You feel as though there are multiple selves within you.
- xii. You try to escape by using alcohol, smoking or drugs.
- xiii. You try to escape by excessive gaming or television.
- xiv. You develop alter egos via cosplay or virtual realities.
- xv. You indulge in binges of sex, films or overwork.
- xvi. You feel unworthy of being loved.
- xvii. You constantly feel mentally/physically fatigued.
- xviii. You long for wholeness and a sense of belonging.

There are ways to cure soul loss and finding wholeness again, eg by encouraging self-belief, balance and self-love. Recognising and discarding some of the escape mechanisms are also vital to the recovery process. Here are some [good recovery measures](#).

1. Soul loss cannot be resolved by electronic gadgets or computer gaming (ie escaping to alternate realities).
2. Some of the effects can be decreased via changes to diet, exercise and nutrition.
3. Some magickal remedies may be available via seeking your soul mate (see below) or finding a guardian angel.
4. Meditation or spirit journeying (under supervision, if not done before) to ask for help in restoring your soul to full vitality.

Soul mates

Before examining this topic, I should say that I have a spell that serves to attract a soul mate. That said, it is a very powerful magick and is a binding spell and so, for those reasons, I'm not going to set it down here. However, there are a few experienced witches in the Gylden River area who may be able to help you, if you have any other questions on this matter – just send us a query.

What then is a soul mate? Well, the first thing to say is that a soul mate is not the same person as your life partner, ie marriage or live-in partner. The American writer, Richard Bach, described a soul mate as *"someone who has locks that fit our keys, and keys to fit our locks. When we feel safe enough to open the locks, our truest selves step out and we can be completely and honestly who we are."*

A soul mate is someone who can truly open your locks, not in a sexual sense, but in a spiritual sense. A life partner fits with you on a physical, moral and sensible level. That person is here with you for this life-time as a supporter and companion, but there's an integral problem, as he or she doesn't speak to your soul.

Only your soul mate makes you feel entirely complete and enriched, outside of sexual, family, domestic or other areas of your life. Many people opt to stay in life partner relationships, because society demands sensible (normal) behaviour of families, careers, etc or because most people are afraid of living their lives alone. With a soul mate, you are never alone, because he or she knows what you want and, almost with a low-grade telepathy, when you need some reassurance.

Many **marriage guidance counsellors or psychologists** see this dilemma, ie from couples who married their childhood loves to retired people who struggle with commitment. Most of us fall somewhere between these two extremes: we experience several relationships before finding the person we believe to be our perfect pairing. Doesn't matter if you're currently married, in a relationship or thinking about entering a relationship with a new love interest, it is crucial that you know what role this person will play in your life.

After all, there's no avoiding the inevitable, uncomfortable question we must ask ourselves: is this the person I was bound by destiny to share my life with? Or did I settle too quickly into a relationship with someone who can never complete me on the spiritual level? The list shows some of the **characteristics of a bond** between soul mates.

1. If someone is your soul mate, chances are that he or she has been present in **your past life-times**. You might suddenly and briefly experience flashbacks of your soul mate. You might even feel an odd sense of déjà vu, as if the moment in time has already taken place, perhaps a long time ago, perhaps in a different setting – at first, though, there will be an instant of recognition between your souls.

2. Both of you are on the **same wavelength**. You're able to finish each other's sentences, have the same ideas at the same time and pick up loads of info on the non-verbal plane. Soul mates often have a mental connection, similar to twins. They might pick up the phone (or Facebook) to call each other at the exact same time. Though life may keep you apart at times, your minds will always be in tune if you are soul mates.
3. You can accept each other's flaws much easier. Everyone has grumpy days or moments, but the bond between is tough to break. Soul mates learn to **love each other's imperfections** and a relationship is more likely to be a soul mate match if you both love each other exactly as you each are in reality.
4. Soul mates often see their relationship as **us against the world**. They feel so linked together that they're ready and willing to take on any feat of life, so long as they have their soul mate by their side. Soul mate relationships are founded on compromise and unity above all else.
5. Notwithstanding the gender of your partner, he or she should always make you feel **secure and protected**. This means that if you're a man, yes, your woman should make you feel protected, too! Your soul mate will make you feel like you have a guardian angel by your side. A person who plays on your insecurities, whether consciously or subconsciously, is not your soul mate, eg someone who tells you are useless or not capable of doing something.
6. A soul mate is not someone you can walk away from that easily. It is someone you **can't imagine being without**, a person you believe is worth sticking with and fighting for. And, in the end, that is what counts.