



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Giving Voice to your Soul

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Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



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A person in silhouette is standing on the left side of the frame, looking out over a vast ocean. The sky is filled with soft, colorful clouds, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

*The soul always knows
what to do to heal itself.
The challenge is to
silence the mind*

Caroline Myss

When someone comes to me for therapy, I'm always listening at a very deep level, because I want to know what their soul is hungry for. I listen to their stories and look for where they are getting in the way of their soul's unfolding.

(Thomas Moore, 2014)

*‘Behold a sacred voice is calling you;
All over the Sky, A scared voice is
calling’*

Black Elk (Oglala Sioux)


Rationale:

When therapists' own wounds have led them to search the depths of their own souls, they often intuitively understand the path the client must take to fill a self that feels hollow, thus revitalizing the client's *self-love*. This intuitive understanding may be the first meeting of the soul of the therapist with the soul of the client, even without therapists ever speaking a word of their own wounding. Such deep knowing can spark feelings of kinship and heartfelt compassion in the therapist, igniting a sense of commitment and containment that no doubt the client senses. This is part of the necessary crucible for healing. And if self-love is the goal of therapy, then it's hard to imagine transformation and healing occurring without the therapist's love and soul somehow in the mix. (Laura Kerr 2015)

*The authentic
self is the
soul made
visible.*

The Soul Bird by Michal Snunit

Introduction



Deep within us lies the soul, and in the soul lives a special bird. The bird opens and closes the doors of our soul, in which lie all our feelings, There is a drawer for jealousy, one for happiness, one for love, one for every human emotion. Only the soul bird keeps the keys to these drawers and opens them when we ask it to. Sometimes the bird is contrary and opens the wrong drawer – instead of silence, there is speech; when we most want to be patient and calm there is anger. How can we hear the bird's message and find out more about our true selves?



The Story

Deep down,
inside our bodies,
lives the soul.

No one has ever seen it,
but we all know it's there.
Not only do we know it's there,
we know what's in it, too.

Inside the soul,
right in the very middle of it,
there is a bird standing on one foot.
This is the soul bird.
It feels everything we feel.

When someone hurts our feelings,
the soul bird runs round and round in pain

When someone loves us,
it hops and skips
up and down
backwards and forwards

When someone calls our name,
it listens carefully
to hear what kind of call it is.

When someone is angry with us,
it curls itself into a ball
and is silent and sad.

And when someone hugs us,
the soul bird, deep down inside,
grows and grows
until it almost fills us.
That's how good it feels when someone
hugs us.



http://commons.wikimedia.org/wiki/File:Bird_in_flight.jpg

Deep down, inside, lives the soul.
No one has ever seen it,
but we all know it's there.
Never, never has a person been born..
who didn't have a soul.
It sparks the moment we are born
and never leaves us-
not even once-
for as long as we live.
It's like the air that people breathe
from the moment they are born
until the time they die.

Do you want to know what the soul bird is made of?
Well, it's really quite simple:
it's made of drawers.
These drawers can't be opened just like that-
because each is locked with its own special key!
Only the soul bird can open its drawers.
How?
Ah, that's quite simple too:
with its other foot.

The soul bird stands one one foot,
and with its other foot..
(tucked under its wing when it's resting)
it turns the key to the drawer it wants to open,
pulls the handle, and lets everything inside- out!

Because there is a drawer for everything we feel,
the soul bird has many, many drawers:
one for being happy and one for being sad;
one for being jealous and one for being content;
one for being hopeful and one for being hopeless;
one for being patient and one for being impatient.
There is also one for hating and for being loved.
There is even a drawer for being lazy and one for being vain.
And there is a special drawer for your deepest secret -
which is hardly ever opened.
There are other drawers too -
whatever drawers you dream of.

Sometimes you can tell the bird..
which keys to turn and which drawers to open.
Sometimes the bird will choose especially for you.
Like, when you want to be silent
and order the soul bird to open the silence drawers.

But the bird decides all by itself
to open the talking drawer
and you talk and talk
without even wanting to.
You want to listen patiently,
but the soul bird opens his impatience drawer
and you become impatient.

Sometimes you get jealous without meaning to.
And sometimes you get in the way when you only want
to help.
The soul bird does not always do what it is told
and gets things in a mess.

By now you've understood that everyone is different
because there's a different soul bird deep inside.
The bird opens the happiness drawer each day
pours happiness into your body
and you will be happy.

But if the bird opens the anger drawer
he will be angry
until the bird closes the drawer behind
him.

A bird who feels bad
will open up the drawers
which make you feel bad.

A bird who feels good
will open up the drawers
which make you feel good.

Most important is to listen to the soul
bird,
because sometimes it calls us and we don't
hear it.
This is a shame- it wants to tell us about
ourselves.
It wants to tell us about the feelings
that are locked up inside its drawers.





Some of us hear it all the time.
Some almost never.
And some of us hear it
only once in a lifetime.

That's why it's a good idea -
maybe late at night when everything is quiet -
to listen to the soul bird
deep down inside us.

THE END

Ruth's Soul Bird



In the quiet space deep within, I hear a mournful and soulful “wooo-oo-oo-oo” sound. A familiar sound, a longing sound, and a belonging sound that brings me home. This meditative sound calls me into relationship with my God, myself and ultimately into relationship with others. It is my Soul Bird – The Mourning Dove, who reminds me that I am safe and to hold hope for what is yet to become. It emerges deep within reminding me to once again take flight.

Cath's Soul Bird



As I shut my eyes and open my mind to what emerges, I become aware of the colour yellow. Not a solid yellow but one that is suffused with light – warm but in some way delicate, vulnerable. I perceive the light as being in a dark place and as I perceive this I see a small yellow canary. As I visualise my bird, I am reminded of learning about this little songbird in school, many years ago. The memory resonates in my being, of the small yellow canary sent down into the coal mines of Wales to alert miners to the presence of toxic gases. As long as the bird sang, they would know it was safe. There is something about holding the song for clients in places they fear to tread, but in this moment, leading the personal development group in meditative contemplation of their soul birds, it felt as if my soul bird were saying ‘it’s ok, I have been here first, you can breathe here’.

References

Kerr, L., (2015) *Live within your window of tolerance*.
http://www.laurakerr.com/wp-content/uploads/2016/05/LauraKerr_WOT_Guide.pdf

Snunit, M., (2010) *The Soul Bird*. London: Constable & Robinson Ltd.