

# Soul Perspective

by Rabbi Shefa Gold

אֵלֶיךָ יְהוָה נַפְשִׁי אֲשָׂא

Elecha Yah nafshi esa (Psalm 25:1)

To You God I lift up my soul.

Sometimes it feels like I am a human who is in search of the expanse of my soul... yet in my clearer moments I know that I am that expansive soul, enjoying and learning from the experience of being human. This practice of Soul Perspective, lifts me up into that clarity. In difficult circumstances that don't make sense from my human perspective, I use my holy imagination to access the soul contract. For example, when I am involved in a serious conflict with someone... I imagine our two souls hanging out before birth, making a loving agreement. "Let's meet when we're in our 20's, OK? And we'll have this amazing attraction, and then we'll gradually find out how different we are and begin learning from those differences. I'll help you heal that old rigidity that you've been carrying so many lifetimes, and you can help me get rid of my fantasies about love so that I can eventually open to real Love."

This chant helps me to remember that, when I open to the Soul Perspective, even the most difficult encounters can be transformed into opportunities for Soul growth. After chanting this, you might try writing an imaginary dialogue

between from the soul perspective between yourself and someone who triggers you. Let it begin from a premise that as souls, we come to love and serve each other, but that love and service often take forms that are difficult and troubling as forces of awakening.