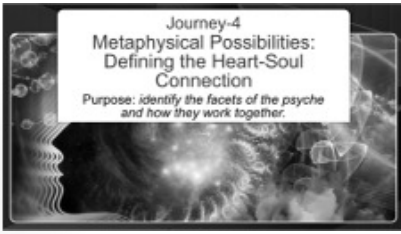


OLLI
at **SOU**

Journey-4
**Metaphysical Possibilities:
 Defining the Heart-Soul
 Connection**
 Purpose: identify the facets of the psyche
 and how they work together.



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at **SOU**

Class Agenda - "Metaphysical Realities of Life" Along the Journey

1. Opening Warm-ups
 - Questions or comments from previous sessions
 - Short Discussion on Jung's "4 Stages of Life"
 - Looking at the possibilities as to "What is the Soul?"
2. Basic Metaphysical Concepts
 - OAR Model: Observer – Action – Results
 - Layers of Human Frequencies
 - Clearing Communication Between the Heart and Soul
 - Kabbalistic Tree of Life Mysteries – Sefirot Triads
3. The Metaphysical Heart-Center/God-Soul Connection

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Short Discussion Jung's 4 Stages of Life

1. The Athlete Stage ... Identity Through Physicality
2. The Warrior Stage ... Ego-Driven Identity
3. The Statement Stage ... Wisdom and Purpose
4. The Spirit Stage ... Transcendence and Self-Realization

- Class comments: "Moving back and forth between Stage 3 and Stage 4 of Life"
- A buffer or neutral zone between all stages
- Some neutral zones are narrow, and some are wide, unique to each individual

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Thoughts About the Soul

- **DICTIONARY:** The principle of life, feeling, thought, and action in humans, is regarded as a distinct entity separate from the body, and commonly held to be separable in existence from the body; the spiritual part of humans is distinct from the physical part.
- **SOCRATES:** For the ancient Greek philosopher Socrates, the soul lives in the ideal realm, as it is eternal and survives the death of the body.
- **95 YO FRIEND:** My soul is my moral compass to living my life in peace.
- **EINSTEIN:** We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music
- **WAYNE DYER:** As I unclutter my life, I free myself to answer the callings of my soul.
- **BRENE BROWN:** Creativity is the way I share my soul with the world.


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What might these 2 thoughts mean to you?

1. *"When our soul awakens ... Everything we thought we knew, becomes irrelevant."*
2. *"Listen to the Wisdom of your Soul"*

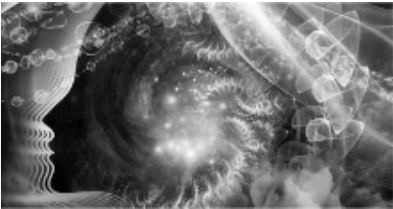


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Opening Your Awareness to Basic Metaphysical Concepts

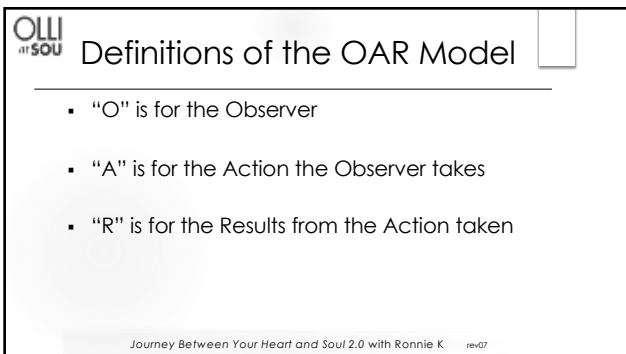


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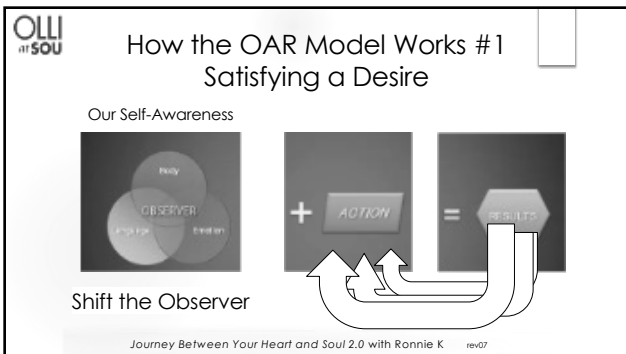
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How the OAR Model w/Shift

Shifted Observer
New Self-Awareness

New Set of Actions

New Possible Results

With a Shifted Observer

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Layers of Human Frequencies

Layers of Human Frequency

1. Physical Dimension
Intellectual, Memory, Body
2. Emotional Dimension
Loving Kindness, Purpose/Meaning,
3. Spiritual Dimension
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Connecting Your Heart and Soul Finding the Natural Sweet Spot

Recognize the sweet spot/vibrational frequency to connect the Heart with the Soul in the following:

- Praying
- Meditating
- Drinking, Drugs
- Sex
- Other

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at **SOU**

Actions to Opening Heart & Soul Connection

- If you want the best chance for an open path between your HeartCenter and GodSoul – communicate with a “pure” Heart ... with Love
- To communicate with a “pure” heart, you must continue to be self-aware of the evolving you.
- It begins with a SilentKnowing of “*the-who*” you have become ... and acceptance of it all.

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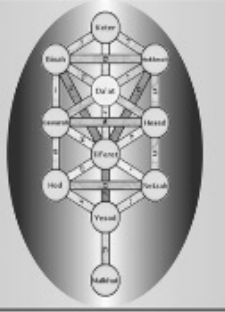


Please consider

Connecting to the energy of
“Peace, Joy and Love” ...
It is sourced from
*Your Personal Journey
between your Heart and Soul
with Purpose and Meaning.*

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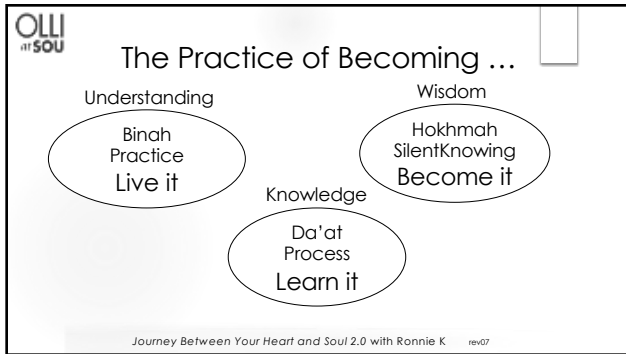


The Tree of Life

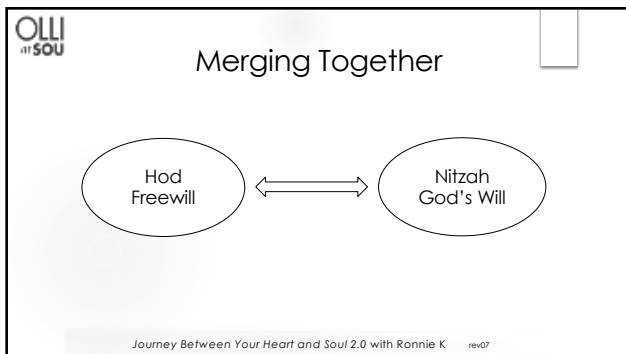
Kabbalistic Mystical Belief:
The 10 sefirot are the emanations or illuminations of God's infinite light as it manifests in creation.

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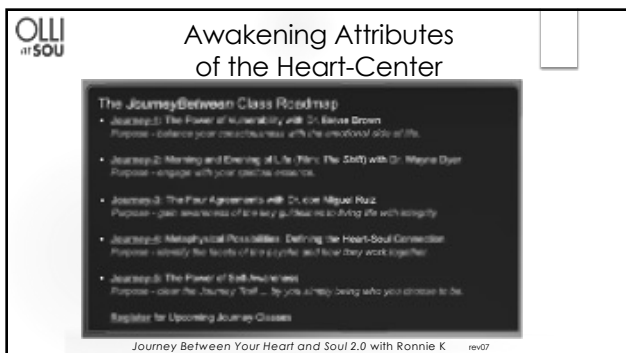
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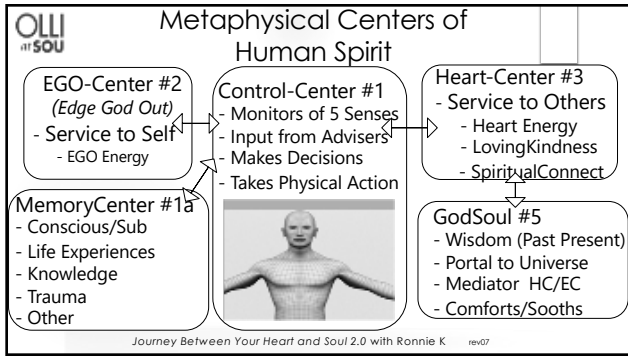
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- Class Review and Discussion**
- Opening Warm-ups
 - Discussion on Jung's 4 Stages
 - Thoughts about the Soul
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