

## **Don't Fight Your Soul**

**by Stewart Blackburn**

One of the many hidden influences in our daily experience is that of the subtle urges, impulses, inspirations, or promptings that seem to be steering us in certain directions. Where they come from may seem mysterious, but they are a natural part of our existence. These impulses are our Soul helping us navigate our world.

Your Soul, or Higher Self, Inner Self, or whatever you call your deeper consciousness, is always on your side and it knows what it's doing. It is always immediately present and is working with your conscious mind continuously for your benefit. But it may be urging you to do things and think things that you have chosen to accept as wrong, bad, or suspect. Many of the ideas in modern culture have supported the notion that the impulses and urges that arise within you are dangerous or "evil." Quite the contrary, they are the impulses of life.

You have a natural drive to grow, expand, learn, explore, and create. It is an existential mandate to develop and flourish. When this is sufficiently thwarted, you die. And this drive is not just a function of being human, it seems to be an essential part of everything. Your soul has its own needs, desires, and motivations. You, as spirit in body, have a role to play in this. You are a big part of the soul accomplishing its expansion and exploration. And it directs you through impulses.

These impulses stimulate your personal expressions of life in this magnificent adventure from birth to death. They provide specific details, meanings, definitions and methods of articulating your unique being. They coax the physical body and the conscious mind to act in ways that further the growth of the Soul.

It is impulses like trying something different, learning something new, experimenting with our sexuality, and opening to new ideas that lead us into new territory and ways of being. These impulses can arise unprompted and unconnected to anything else going on. They show up unbidden and often with a power that is overwhelming.

But it is only through using this system and trusting the spontaneous impulses that one can sensibly choose the most favorable options from all the myriad possibilities available. The conscious mind tries to “figure it all out” without the wisdom and perspective of the Soul. Impulses provide our guidance system.

Questioning these impulses and evaluating their value is natural and important. Like the old saying - follow your heart, but take your mind with you – you want to check the context and perspective of whatever you’re being prompted to do or say. To reject them outright out of fear and mistrust is to void the help you need.

We need to first be aware of these impulses, whether they are big as in love at first sight or tiny as in wanting a chocolate cookie. By acknowledging their existence, we can then allow ourselves to be shown our true nature. We were never meant to be followers. We need to go places and feel things that we never suspected existed. We have a free will for a reason. It is there to allow us to experiment and learn what works for us and what doesn’t.

We’re talking here about trusting our Soul. But can we genuinely trust the powerful forces that lie just beneath our conscious minds? When we do venture into that realm, the intensity of the experience is often frightening. Not just the experience itself, but the *intensity* of it. Many very strong emotions are found in the Soul. For some people the powerful sexual energy that is a vital part of the inner self is dangerous or shameful. I define shame here as the *choice* to disapprove of some aspect of oneself. In many ways all fear is about being afraid of oneself and for many people this covers most everything that they know about themselves. So, to choose to trust oneself, to have faith that the great, sometimes wild, forces within are benevolent can be a difficult step for some.

Trust involves a kind of surrender; it is a submission to forces we are not in control of. It is an acceptance of our vulnerability and the letting go of resistance. It exposes us to the will of another consciousness. Our impulses require us to accept the help and guidance of our Soul and fighting that help and assistance only leads to misery.

If we are not comfortable with who we are, the intensity of our feelings and thoughts can be frightening. But by intentionally not fighting our Soul and willingly exploring the impulses that arise, we can become much happier and more powerful beings!

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