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WHY

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## CHAPTER I

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# The Fight for our Soul

*In peace nothing so becomes a man as modest stillness and humility; but when the blast of war blows in our ears, then imitate the action of the tiger; stiffen the sinews, disguise fair nature with hard favour'd rage...<sup>1</sup>*

WILLIAM SHAKESPEARE

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## TAKING BACK OUR LOST GROUND

Make no mistake about it, there is a battle going on, it's a major war that cannot be won on the fields of fame or fortune. Victory can only be found in the Soul's domain, which is where we must claim our future. We all want peace. To quote from the film *First Knight*<sup>2</sup> "There is a peace that can only be found on the other side of war." The war that I am referring to has been the most consistent of all wars throughout the ages: the war for our Soul. This war is pre-eminent because whether it is an individual or a nation we cannot continue when we have lost it. We may have riches and a long life but without Soul it is empty and pointless. Imagine the glorious nations without Soul: Africa without its song, France without its romance, Japan without its resilience and the United States without its freedom. And what about you and I? Our homes without laughter, our children without hope, our intimate moments without love and knowledge without caring. This is why Soul is so important.

The Soul of a nation and the individuals within that nation can come under attack from so many sources. It will not always involve weapons and direct attacks from a foreign enemy. The attacks on our Soul are often more subtle. When our families break down, when the confidence and self-esteem of our youth has been shattered, when the pursuit of profit above everything else undermines the faith in free enterprise, then the safety and security of our communities is jeopardized by a sense that law and order is on the decline and genuine relationships are replaced by convenient “take what you can get” choices in life.

We can all potentially lose our way and the meaning for why we live. Individuals and organisations rather than being focused on transforming beliefs that will carry them into new frontiers with Optimised results, they are being driven by fear; fear of the future, fear of the past, fear of what others are doing or not doing, fear of failure or even fear of increased scrutiny because of technology. These fears are happening regardless of whether times are good or times are tough.

The pursuit of material gain or success is good when it is in its right place. It is when we make the mistake of thinking that it is all about material gain that we could be losing our Soul. Conversely, a “failure-mentality” can take hold of us, when we experience failures in the normal routine of life we conclude that we are the failure. This allows thoughts that breed anger and despondency to become so potent that the voice of our Soul is lost beneath the weight of self-rejection or commercial irrelevance. Success or failure can drive a wedge between our minds and our Soul.

The honest Soul can never be tricked into thinking that money or profit will satisfy its eternal longing. Perhaps we have chosen to dismiss the importance of the Soul, having been previously turned off by the myriad of institutions that have consciously or unconsciously abused the true message of our Soul.

We should fight for our Soul and the worth it brings to everything we do. Whether you study civilisations or whether you visit the training session of a national sporting team, when the value of our Soul is lost, the courage and the richness of the true meaning in life can be affected to the point of despair.

One of the critical measures for our world losing Soul is when we stop giving. When any individual or group is only interested in what they can get or demanding their own rights without the thought of what that might do to others, then Soul is no longer pre-eminent.

Whenever we become more focused on just having an occupation rather than on creating something beautiful in everything we do, we become less giving. In the big picture, we create a Soul-culture as we bring our set of beliefs into the mix.

The Soul culture of any group can be judged by looking at what it brings to the greater world stage. How many orphanages are built because of it? How many Nobel Prize winners does that belief system contribute to literature, for medical breakthroughs or for music? How generous are they to people in need who are outside of their own set of beliefs? Our generosity defines us to ourselves, and to others; we don't just give to those who agree with us. Because every Soul is valuable, we give. One of the beautiful benefits of giving is that we ourselves are nourished.

*"All that is necessary for the triumph of evil is that good men do nothing."*<sup>3</sup>

EDMUND BURKE

It's not always going to be catastrophic headlines in a major newspaper to warn us "now is the time to fight for the Soul of the nation!" More often it is fought in the little things that happen everyday. Every time we choose to do nothing we take another step towards diminishing the Soul.

We must "Change Our **DNA**" for the Soul of the world to be healed and to prosper. What we need is a body of persons organized to advance a cause.

## THE SOUL ARMY

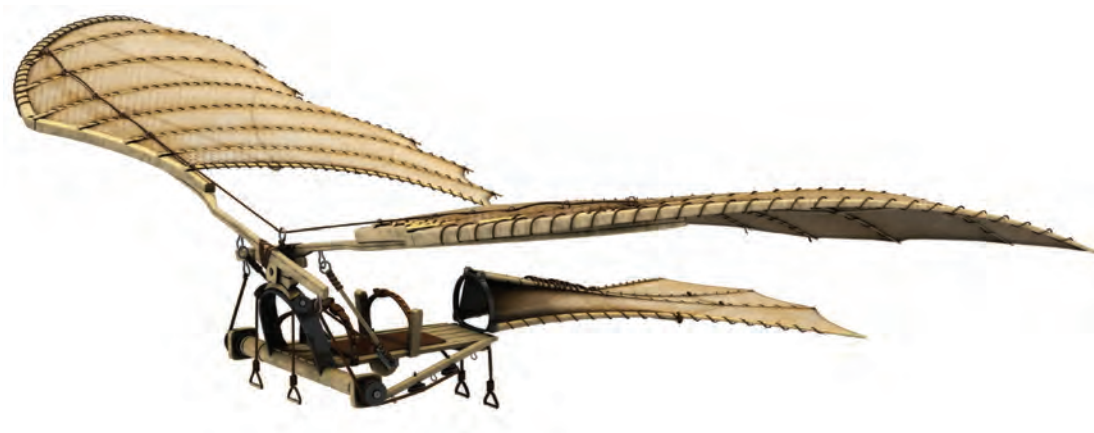
Martin Luther is one of my greatest heroes when it comes to matters of the Soul. I love seeing what happens in such times, as when Martin Luther said, "the just shall live by faith". The 16th Century Reformation freed the Soul out of fearful religion and re-invigorated true religion, music and art as the world took another step towards enlightenment. Having been raised in a religious system he struggled for years as he dealt with the rules of men. The simple message he discovered within the Gospels of the Holy Bible forced everyone interested in anything to do with one's Soul to re-examine themselves. Luther's message even forced the Catholic Church to reinvent itself. We need to fight for a world that makes Soul-matter and help it to be alive and free.

Down through history there are men and women who have fought for matters of the Soul so we might not be plunged once more into the dark ages where the Soul of humanity could be lost again. More than that, these men and women contributed to where we are heading today.

Below is a list of some favourite inspirational people from history who fought the battle I am talking about in their own way, but have nonetheless lived their lives laying down the foundation for us all:

### SOUL HALL OF FAME<sup>4</sup>

- Martin Luther King inspired people around the world; that having a dream backed up by diligent effort is something worth living and dying for. His passion and Enthusiasm for the things he believed touched us all, black or white. He did it all without violence.
- Mikhail Gorbachev could be said to have made one of the most resolute stands in history. Taking on the power of communism, standing up for democracy and for the right of every human being to be free. Gorbachev made me believe that any wall can come down. His stand even though he was Russian inspired the world and we eventually saw the Berlin Wall fall.
- William Wilberforce had such an impact on my core beliefs. He fought for the freedom of others even when it was not economically acceptable by many of his own peers. He would not give in to the comforts of going with popular opinion even when it was his own friends. His fight made justice heard amongst the slave traders.
- Nelson Mandela spent 20 years in jail for his love and belief for how he saw his beloved South Africa and the future he dreamed of. He lived out the words of Jesus “love your enemies” and lived them without ever giving a sermon.<sup>1</sup>
- Albert Einstein’s genius knew no boundaries. He was not blinded by other people’s paradigms but believed he could use his Creative Intelligence in whatever he applied himself. From physics to human rights, to things of an eternal nature, Einstein proved whatever we set our minds to believe we can achieve.
- Thomas Jefferson, who helped draft the Declaration of Independence, had a belief for freedom of speech and was one of the biggest contributors to the modern world when it comes to tolerance and religious freedom.



- Mother Teresa chose to live a life of poverty to help others who were in poverty. In doing so she sent a message that we can make a difference by giving one small act of kindness, repeated every day that will send a ripple that can speak to the entire world.
- Abraham Lincoln suffered so many setbacks and failures from political defeats to tragic deaths within his immediate family, yet he became one of the greatest leaders who ever held public office. Abolishing slavery when it was economically unpopular.
- Leonardo Da Vinci believed he could take his Enthusiasm into anatomy, astronomy, physics, science and many other areas. Even whilst he was working hard in all these disciplines he was able to pour part of his Soul into what is undoubtedly one of the most famous pieces of art in the world, The Mona Lisa.
- Joan of Arc, her life was inspirational, about believing in a cause. Even though her belief saw her burned at the stake for heresy, her Soul lived on as her nation came to unification after her physical death.
- Gandhi. His belief in non-violent change is still one of the most referred to belief systems for public and political strength, even today. What a long shadow his beliefs have cast in our world.
- Florence Nightingale, I still have the picture of her in one of my old books, carrying her lamp from bedside to bedside caring for the wounded and dying. The amazing impact she had is reflected in her timeless pledge:

I solemnly pledge myself before God and presence of this assembly: To pass my life in purity and to practise my profession faithfully. I will abstain from whatever is deleterious and mischievous and will not take or knowingly

administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession and will hold in confidence all personal matters committed to my keeping and family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare of those committed to my care.<sup>5</sup>

- Winston Churchill. The interest in what statesmen like Churchill believed is more than just historical: The Nazi belief system through war was overtaking Europe and Churchill believed enough to lead us all into standing in Hitler's way. Thank God he did. My life was deeply affected by my late Great Uncle Bill's WWII sacrifice as mentioned previously in this book.
- Socrates. I love his belief in teaching and learning by asking questions rather than just forcing memorisation onto his students. In a small way I have tried to follow in his footsteps with my children, students and clients for the last 35 years. There is little doubt that Socrates belief in self-enquiry laid the foundations for Western Philosophic thought.
- Michelangelo. Humbly referred to himself as "God's own artist," when one considers works like The Sistine Chapel and the Statue of David you could argue that his "belief" was well justified. Michaelangelo delivered on his beliefs, possibly like no other artist ever has.
- William Shakespeare. He said, "creativity begins with imitation". The basis of many of his plays and poetry can be found in earlier playwrights but William Shakespeare put the mark of his own Soul into everything he did, and his works are still undoubtedly remembered as a cornerstone to English literature.
- Sir Isaac Newton. Showed us all that through the simple mechanics of life we could discover some of the most important laws that govern our world. Who can forget that picture of young Newton sitting under the apple tree and as the apple dropped so his belief was charged, which led him to develop his thoughts on the Law of Gravity.
- Jesse Owens. Competed in the 1936 Olympics also often referred to as Hitler's Olympics. Owens won four gold medals in Berlin creating one of the great sporting moments and helped to destroy the Nazi belief of Aryan supremacy by competing as an African American in a highly racist environment. It was a Soul-destroying belief that needed courage and belief to stop.

- C.S. Lewis. Was an author who contributed more to today's beliefs than many realise. Annemarie and I, together with our four children, had great delight reading the *Chronicles of Narnia*. Lewis was also a marvellous debater and for many years inspiring and challenging many beliefs when it came to things eternal.
- Mozart. Who could deny I love music and Mozart was someone Dad had me listen to (Dad was in amateur opera). I was much more into the four-bar version of music at the time. However who could deny the contribution that Mozart's music has made to all music. Even one of my other musical heroes Sir Paul McCartney would agree with me I am sure. Perhaps melodies like "Yesterday" could have even inspired Wolfgang Amadeus!

We are the inheritors of the future they helped create and with their inspiration we can join them in continuing the Soul revolution. Don't let false beliefs and philosophies pollute our vision any longer. A constant stream of misinformation may be destroying our fundamental belief in the reality of our own Soul's existence. The Soul is enduring, no matter how seriously it has been negated.

## WE ARE THE PRESENT AND THE FUTURE

Each day offers us the potential of a clean slate and we must choose what we make of it. We must not bury our day and our mind in "old movies" of the past especially if those movies have us starring as a failure. We need to put our focus on restoring our own Souls and preparing the way for others. The challenge is that our minds may not know the difference between what is real and what is imagined.<sup>6</sup> We need to inform our minds that we are heading into the future with one aim firmly fixed; our Soul is to be engaged in everything we do from the bedroom to the boardroom.

Our unique individuality resides within our Soul. I see it like our own fingerprint that distinguishes us from every other human being. It is the light of our personality. As we reclaim our Soul we bring into our life the creativity, love and joy that is uniquely ours to give. If we do journey from this life to an eternal one, it is our Soul and not our bank account that will make that journey.

Impure religion is humanity's invention developed while trying to understand and explain God and things eternal. It resulted in the drawing up of many rules and regulations that often end up keeping some people in fear, while others just simply turn away. Ever



since impure religion was invented, it has sprung up in hundreds of guises and has attempted to ruin the simple truth that the human Soul is more of who we are than anything else. It can be nurtured without the entrapment of unnecessary legalism.

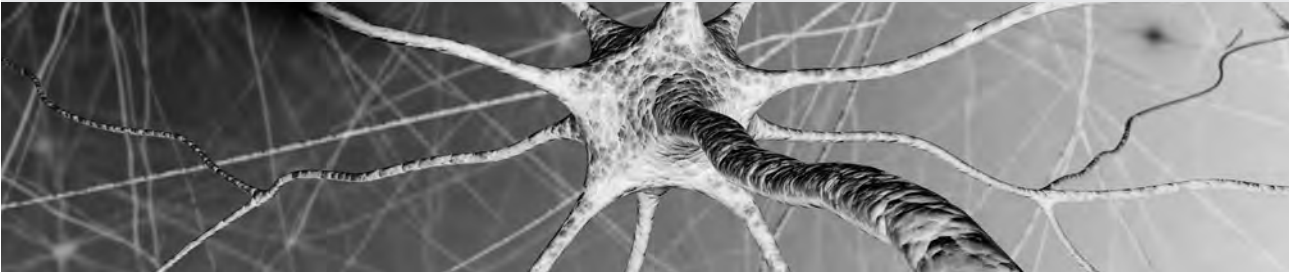
Ultimately our Soul cannot be described in academic or religious terms. Our Soul is the “real thing” that leaves its impression in our human body when we are conceived in our mother’s womb. Like the hand-print we may have made as a baby in a plaster cast, that wonderful and unique representation is a physical likeness of who we are at the core of our being.

There is a classic expression dating back to 1512 about “don’t throw the baby out with the bath water”. Many want to dismiss talking about the Soul because they think it is a religious discussion: However throwing the baby out with the bathwater suggests an avoidable decision to eliminate something good when trying to get rid of something bad.

A slightly different explanation suggests that this flexible catchphrase has to do with discarding the essential while retaining the superfluous because of excessive zeal. In other words, the idiom is applicable not only when it’s a matter of throwing out the baby with the bath water, but also when someone might throw out the baby and keep the bath water.<sup>7</sup>

When it comes to the value of the human Soul could this be happening on a major scale throughout the world, possibly even in our own backyard?

Every one of us whether we realise it right now or not, want to be part of something bigger than ourselves. This need can only be fulfilled by being part of a cause that is aimed at bringing life to the world and not death. If you and I make putting “our Soul” back into the picture of everything we do, then every worthwhile cause will be the beneficiary.



## SOUL SCIENCE:

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*Having peace does not mean being in a place where there is no noise, trouble, hard work or the need to fight. It means to be in the midst of those things and still be calm in your Soul. Fear is the root of stress. When fear enters the mind as a thought, we experience physiological changes that occur all the way down to the cellular level.<sup>8</sup> This allows stress to cause negative and damaging alterations to our cells. We have a biochemical-hormonal pathway through which stress begins to drain our body of its life force. Overwhelming anxiety eventually creates volcanic build up in our body. Internalising wounded emotions allows a seething mix of anger, hostility and resentment to build up. For that reason, hostility, rage and anger are at the top of the list of toxic emotions that can produce serious mental and physical illness.<sup>9</sup> If we understand something, we control it, instead of allowing it to control us. Knowledge and understanding of how the Soul works gives us the tools to begin a Transformation. As we learn to repeat this process it becomes natural to us, it becomes a habit and we begin to change our **DNA**.*



## *Endnotes*

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1. William Shakespeare. History of Henry V Act III Scene 1.
  2. First Night (1995). Columbia Pictures Corporation. Lorne Cameron (story) & David Hoselton (story) and William Nicholson (story) William Nicholson (screenplay).
  3. [www.goodreads.com/author/quotes/17142.Edmund\\_Burke](http://www.goodreads.com/author/quotes/17142.Edmund_Burke)
  4. The majority of this section is sourced from: [www.biographyonline.net/](http://www.biographyonline.net/) accessed September 2011.
  5. Bishop, W. J., & Goldie, S. (1962). A bio-bibliography of Florence Nightingale. Dawsons of Pall Mall for the International Council of Nurses.
  6. Maltz, Maxwell. (1989). Psycho-cybernetics. Pocket, 1989.
  7. Nichols, James. (1995). Assessment Case Studies: Common Issues in Implementation with Various Campus Approaches to Resolution. New York: Agathon Press.
  8. Leaf, C. (2009). Who switched off my brain. Controlling toxic thoughts and emotions. p53. Thomas Nelson Publishers.
  9. Leaf, C. (2009). Who switched off my brain. Controlling toxic thoughts and emotions. p57. Thomas Nelson Publishers.
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