

"Soulshaping does an EXCELLENT job of demonstrating how we can listen to and follow our soul's guidance in the midst of life."  
Ram Dass, Spiritual Teacher, Best-selling author of BE HERE NOW



# SOULSHAPING

A Journey of Self-Creation

by Jeff Brown

## The SoulShaper

Dear Soulshaper Jeff Brown,

I want to welcome you to the second edition of **The Soulshaper** -our regular SoulShaping newsletter. This edition corresponds with the bookstore release of the new edition of Soulshaping: A Journey of Self-Creation, on Tuesday August 25, 2009. It is a very exciting and hopeful moment.



## SoulShaping Dictionary

### TERMS OF THE MONTH

**ENREALMENT:** The idea that a more 'heightened' consciousness is not all about the light (as enlightenment implies) but is about becoming more real, more genuinely here in all respects -shadow and light, earth and sky, grocery list and unity consciousness. It is about living in all aspects of reality simultaneously rather than only those realms that feel the most comfortable. Be *real* now.

**(THE) SOULULAR PHONE:** Your pipeline to divinity, the soulular phone connects your individual path to Universal Consciousness. When it rings, be sure to answer it. It is the Divine Mother calling to remind you of the next step on your journey. The more inner work you have done to clear the lines, the clearer the connection.

**WEASTERN CONSCIOUSNESS:** An inclusive consciousness that integrates the wisdom of the east with that of the west. We

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"I often refer to the dictionary at the end of Jeff Brown's wonderful book, Soulshaping, to put new words to sacred experiences, fleeting understandings, and the bigger mysteries that seekers have been pondering throughout history. The words are like bridges between my little self and my vaster consciousness that is free from fear and open to peace."

**Elizabeth Lesser**, Author, *BROKEN OPEN: How Difficult Times Can Help Us Grow*. Cofounder, Omega Institute

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"SoulShaping does an EXCELLENT job of demonstrating how we can listen to and follow our soul's guidance in the midst of life."

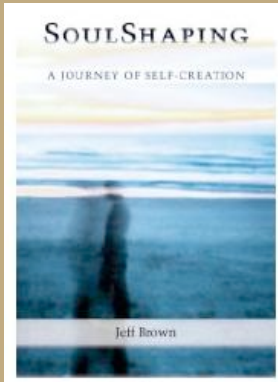
**Ram Dass**, Spiritual Teacher, Best selling Author of *BE HERE NOW*, *STILL HERE*, *COMPASSION IN ACTION* etc.

### Follow-up Links

[SoulShaping Website](#)

bridge the eastern quest for the eternal with the western quest for groundedness and emotional health. Alexander Lowen meets Neem Karoli Baba, Localized lens meets Archetypal Wave, Unity Consciousness meets Healthy Self-Concept on a bridge across forever. A soul-ego bridge, if you will.

## The Soulshaping Revolution has begun!



It is an emotional and remarkable moment in the life of this Soulshaper. The new edition of Soulshaping is beginning its bookstore journey tomorrow, exactly 8 years to the day after I first sat down to write it, in a little garden in downtown Toronto. Divine timing.

At the heart of the writing journey was a need that has threaded through my entire life- the need to identify and embody my unique soul-scriptures, a palpable longing for true-path. My uncoated essence. At an early age, I identified another path living inside of me- not the path I was told to walk, not the most practical or sensible path- but the path that was true to form, or true to soulshape as I now understand it. When I ignored the push to true-path, I felt imprisoned in my own skin. When I honored it, my inner lens transformed. If my journey has taught me one thing, it is that TRUTH IS THE GATEWAY TO THE MOMENT. The farther we walk down true-path, the more authentic is our experience of the now. The work we do to separate false-path from true-path is not just spiritually beneficial, it is our best and only hope.

I am ever aware that this is no easy task in this mad world. The world is still a very care-less place. Heartfelt glimpses of the God within are discarded as corny and impractical (pray to schmaltz!). Brief crack-opens get glued over for fear that everything that holds us together will come unglued (let it unglue!). Interactions with like-spirited others that hint of the deeper ocean get misplaced, buried below the weight of distraction (rise from the shallows!). But we have to try. We have to try to expand this dance of sacred imagination beyond our habitual range of (e)motion. We have to continue to believe in our highest

[Jeff's Schedule](#)

[Free Audio Podcasts](#)

[Homelessness Challenge Video Part 1](#)

[Homelessness Challenge Video Part 2](#)

[Soulshaping Facebook Group](#)

[International Year of the Woman Facebook Group](#)

"This book is role call for the soul. Jeff Brown is the kind of writer that invites you to swim in gasoline and then provides a match. This is no self-help book. THIS IS A SUMMONS FROM THE MOUNTAIN TOP AND FROM THE TRENCHES. I am so grateful for Jeff Brown's journey, his absolute genius in writing, and the journey we are all on at this time."

**Tama J. Kieves.,** Best-Selling Author of THIS TIME I DANCE! Creating the Work You Love (How One Harvard Lawyer Left It All to Have It All!)

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"This is a book about one mans journey of awakening and healing, lit with epiphanies and hard-won psychospiritual savvy not just for himself, but for all of us. Jeff has faced his dragons, and has emerged from the flames not only with some significant treasure, but also with a soul-centered, refreshingly raw travelogue thats as readable as it is instructive.

Not only is Soulshaping rivetingly personal, but it is also inspiringly universal. Jeffs gritty, ever-deepening odyssey is that of a vulnerable warrior, turning again and again toward his pain and entering it,

possibilities. We have to work to close the gap between the world as it is and the world as it ought to be. This is the work of all spiritual warriors- to clear the path of debris, to infuse the path with so much light that others can find their way home.

As a kid, I used to wonder where to find my comic book heroes. Now I know- WE are my comic book heroes, overcoming seemingly insurmountable challenges and odds, waking up to fight for a little bit of truth every single day. And we are getting somewhere, a little closer every day to the world as it ought to be.

Lately, I have been imagining an international holiday called "True-Path Day." We have holidays to celebrate our battles for outer freedom, but few that acknowledge our fight for inner freedom. On True-Path Day, we would celebrate every effort we have made to excavate and embody the soul-scriptures that live at the core of our being. Every calling that was explored and every essential lesson that we learned would be held and seen in its highest light. The ramifications of such a day would be profound, particularly for the younger soulshapers. Instead of being conditioned to play it safe, they would be encouraged to live in truth as a way of being. Later in life, when 'the little voice that knows' pipes up in their inner world, they would happily raise it to the rafters of consciousness.

## International Year of the Woman

I also want to give you a soul's up about a new group I recently started on Facebook. Named *The International year of the Woman*, the idea originated in my relationship with my Grandmother, who endured all manner of difficulty in her life but continued to model an open hearted way of being. The group is an invitation to all the men on the planet to devote a year, perhaps 2013, to a deep acknowledgment and appreciation of the women who have carried the torch of the open heart on this planet since time immemorial. This is an invitation to acknowledge the suffering some men have caused- the violence, the neglect, the egoic and power driven abuses- without excuses and distractions. Healing begins with accountability. Although we have often been on opposite sides of the sacred battleground, I am certain that the only way home is hand in hand on the Gender bridge, in heartfelt recognition that we are in this life thing together. We are *this*, together. How can it be any other way?

regardless of the consequences.

A brave book this is, a book that serves our own journey of awakening and healing, simply by being so unswervingly and nakedly human. This is not just another book about soul, but a book saturated WITH soul. Don't just read it; plunge into it, letting it carry you to where you are broken enough to be whole, no longer separating body and soul."

**Robert Augustus Masters, Ph.D.**, Author of *Divine Dynamite, Transformation Through Intimacy & Meeting the Dragon*.

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"Soulshaping is a beautiful story of one man's spiritual journey that reveals the inspiring, yet often humbling, path of growth and self-transformation. Jeff offers us a raw, honest and humorous glimpse into the exploration of self, while also imploring us to celebrate the opening of the heart and the awakening of the soul- no matter where we are directed, what is revealed, or who shows up. I HIGHLY recommend this book."

**Seane Corn**, International Yoga Instructor and Spiritual Activist

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"If you don't have a gut reaction to this book, then you may be dead! My heart completely opened up as I felt each page come alive with emotion. It's a must read book for anyone on a spiritual path as we identify and discover our powerful and majestic self."

**Jewels Johnson**, Host of Law of Attraction Talk Radio

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At first, this group was simply a vision of the possible, but something has happened recently. There is a burgeoning consciousness movement all around the world, and the group has begun to gain momentum. Suddenly, it's not just a little seed we plant, but instead, a potential REAL EVENT, an internationally recognized year of the Woman in 2013. I am going to devote more energy to it and I invite your participation as this continues to unfold.

[CLICK HERE FOR 'INTERNATIONAL YEAR OF THE WOMAN' FB GROUP](#)

## Radio Shows and Other Events

I want to also provide the links to two radio shows I did in the past few weeks on Blog Talk Radio that really captured the essence of the Soulshaping journey. Where before I have often been a talking head in my interviews, I took the opportunity to drop into my heart and speak from it -a talking heart. And we covered many of the key concepts in the Soulshaping Dictionary...

[CLICK HERE FOR 'GRACE GRIT AND GRATITUDE' RADIO INTERVIEW](#)

[CLICK HERE FOR 'WALKING A SPIRITUAL PATH' RADIO INTERVIEW](#)

And below is a link to my schedule for the coming months. I will be doing my first Soulshaping talk at Yoga Space in Toronto on the evening of October 3rd. Tickets are \$20.00 (\$15.00 for students, free for those who are economically challenged at the moment) and can be ordered by contacting soulshaping@hotmail.com. In addition, I am in the process of organizing my first Soulshaping mini-tour from January 17-February 22, 2010. I will be traveling to Maui, California, Oregon, Washington, and then coming across Canada from West to East. The dates, times and locations for all book signings, talks and workshops will be posted on the website schedule in the coming weeks. I will also be doing private sessions with individuals who are struggling on their Soulshaping journeys. Those can be booked through Tarini at soulshaping@hotmail.com

[Jeff's Soulshaping Schedule](#)

"Jeff Brown takes us on an intimate, compelling, enlivening and often quite humorous set of adventures with many of today's leading consciousness teachers on his journey to uncovering the deep truths that live at the heart of all spiritual paths."

**Robert Gass**, Ed.D Workshop Leader, Spiritual Activist, Composer, Performer and Recording Artist

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"Jeff Brown takes the reader on a journey seeking to find his inner self. It is a search for self fulfillment, a field guide for life and a quest for the meaning of life."

**Eddie Greenspan**, Q.C. Famous Canadian Criminal Lawyer, Earnest defender of the Presumption of Innocence.

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"If I were to use "words" to describe my inner most feeling after reading "SOULSHAPING," I would use two: True Inspiration. I believe this book will be used as somewhat of a "bible" to those who truly need a guide for their journey. Your life's journey will truly inspire those who have started, and then stopped...those who have a knowing, but don't know where to begin...those who have despised their life, due to some traumatic experience, at some point in time, and realize by reading this book, THEY can go on! You will be a guide to many, an inspiration, a Creation...of a better world to live in. TEN stars for you, my dear man! I will highly recommend your guidance to all! EVEN the "strangers" that come to me, on their quest of answers, while "spinning."

**Laura Annicharico**

I want to thank you all for your support. Most everyone on this email list has supported my work in one form or another, and for that, I am eternally grateful. As *Soulshaping* enters the world more fully in the coming years, I hope to stay connected to the clarity of purpose and benevolent intentionality that sourced its writing. I don't want it to be a hype movement. I want to deliver something that genuinely elevates people's lives and that is transparent and genuine. I invite your presence.

### **Blessings,**



Jeff Brown

Soulshaping can be ordered from any neighborhood bookstore, internet bookseller such as [www.amazon.com](http://www.amazon.com), or directly from [www.soulshaping.com](http://www.soulshaping.com)

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"Jeff Brown's SoulShaping was the most valuable, engaging and hard to put down book I read this year. This book goes way beyond the rote of 'how to' presented in so many spiritual books and offers a sincere and true life story of what it is really like to journey into the inner world of self-creation and listen, truly listen to that tiny voice inside. Jeff Brown is the real deal and he shows with heartfelt honesty that there is no 'arrived' when it comes to the quest of the spirit. Thank you Jeff.

**Dr. Melissa West**, International Radio Show Host with Contact Talk Radio

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Spiritual erotica! Jeff lays down his soul on these pages for us to see ourselves. In so doing, he demonstrates a rare vulnerability, a wicked sense of humor and a deeply personal insight into the human condition.

**Kathryn Beet**, Master Practitioner and Owner of Yoga Space (Toronto)