**Soul**

**As a deer longs for flowing streams,**

**so my soul longs for you, O God.**

***(Psalm 42:1)***

**Bless the Lord, O my soul, and forget not all his benefits. *(Psalm 103:2)***

**I will greatly rejoice in the Lord  
and my soul shall be joyful in my God.  
(Isaiah 61:10)**

**The story of Halloween goes back over 2000 years to the ancient Celts. Druidic priests regarded the day as the end of the year. Not only was it their day for celebrating the year's harvest, but October 31 itself was also the day of Samhain, a festival for honoring the dead. In order to appease the wandering spirits they believed roamed at night, the Celtic priests made fires in which they burned sacrifices, made charms, and cast spells. Portions of the Celtic holiday of the dead eventually passed into Christian culture after the Romans conquered the Celts and tried to bring the Celts into the “Christian fold." It eventually became apparent to the church leaders that the Celts, in spite of their conformation to some aspects of Christian culture, were stubbornly sticking with elements of their old religion. So, in the 7th century A.D., the church moved its All Saints' Day, a holiday for honoring early Christian martyrs, from a day in May to November 1, thus associating it with the old Druid death rituals of October 31. By the 10th century A.D., the Catholic Church had added a new holiday, All Souls' Day. This day was set aside to honor all of the dead, not just the early Christian Saints. Celebration of Halloween came to America with early Irish and Scottish immigrants. By then, though, it had already started to lose its mysterious overtones and was becoming merely a harvest celebration: a night of bobbing for apples, eating popcorn, and telling ghost stories around a bonfire. It was already changing into the holiday for children with which we in the 20th century are so familiar. *(Judy Mackenzie & David Milster, in LakeCrestPark Messenger)***

**The essential American soul is hard, isolate, stoic, and a killer. It has never yet melted. *(D. H. Lawrence)***

**No one should approach the temple of science with the soul of a money changer. *(Thomas Browne)***

**Don't be eye candy. Be soul food. *(Submitted by Guideposts reader Karen Lorimer)***

**A beautiful soul has no other merit than its own existence. *(Friedrich von Schiller, German poet)***

**It's always a buyer's market when it comes to souls. *(Jo Nesbo, novelist)***

**The object of a new year is not that we should have a new year. It is that we should have a new soul. *(G. K. Chesterton)***

**Fear is powerful, but your soul is unafraid. Find your soul and it will dissolve your suffering. *(Deepak Chopra)***

**My father, Winston Churchill, said to me that we had to a large extent succeeded in the civilized world in erasing the lion and the tiger from the human soul. But we had not succeeded in removing the donkey. *(Sarah Churchill: Keep on Dancing, edited by Paul Medlicott)***

****A room without books is like a body without a soul. *(Cicero, Roman philosopher)*****

**That people crave something to love is clear. Less is said about the craving for something to hate. The claim is we are happiest when we have both -- a cause to fight for and a cause to fight against. Inspirational leaders always have given followers hate targets. Your assignment is to list groups sometimes used to fill the need. You can end with those shy solitary souls who want to live alone up in the mountains. *(L. M. Boyd)***

**Dance is the hidden language of the soul. *(Martha Graham)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Just as steel is tempered by plunging it red hot into cold water, once we emerge from a dark night of the soul experience, we are immeasurably strengthened. Or as Nietsche put it, “What doesn't kill me makes me stronger." (Douglas Bloch, in New Thought magazine)**

**This state of nothingness is often called “the dark night of the soul.” Every saint has known it and has had the courage to survive it. It is called a “dark night” because suddenly one is “just sitting there,” and something vast and empty opens up. You become vulnerable. When that space opens up, we get scared, so we try to close it down again. Another way we avoid this space is to talk fast, move fast, and stay high -- an experience for which we have an affinity in our culture. I was hooked on being high. (Rev. Carol Ruth Knox, in The Incredible Journey, p. 64)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Up to about a hundred years ago the custom of “sin-eating" was widespread in England and in the Highlands of Scotland. When someone died, the official village sin-eater was notified. He went at once to the house of the deceased, sat on a stool near the door, and consumed a groat, a crust of bread, and a bowl of ale. When finished he would rise and announce the peace of the departed soul, for whom he thus had just traded his own soul. For some people I can think of, it would take a lot more than a groat and a crust of bread! (Bernie Smith, in The Joy of Trivia, p. 7)**

**Never be formal with God. He cares no more for forms and ceremonies than do the principles of mathematics for fine figures or elaborate blackboards. You cannot use God too often. He loves to be used, and the more you use Him the more easily you use Him and the more pleasant His help becomes. If you want a dress, a car, a house, or if you are thinking of driving a sharp bargain with your neighbor, going on a journey, giving a friend a present, running for office, or reforming a nation, ask God for guidance, in a moment of silent soul desire. *(Charles Fillmore)***

**Intellectual understanding comes first in the soul’s development, then a deeper understanding of principles follows, until the whole man ripens into wisdom. *(Charles Fillmore, in The Twelve Powers of Man, p. 84)***

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**The soul has more diseases than the body. *(Henry Wheeler Shaw, “Josh Billings”, American author)***

**All man’s diseases are of the soul, or psyche. In treating we are not concerned with the organ as such. We remember that man is a spiritual being. We know that he is the manifestation of God Who is Spirit. So we are interested in man as a spiritual being, and not in his physical or outer expression. We turn to the Invisible, to the Divine, to the Inner Nature of Man. *(H. B. Jeffrey)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Harboring unforgiveness and resentment in our hearts does not hurt others. It hurts us. It eats away at the soul, filling it with bitterness and blocking the free flow of God’s love, which is the essence of our true nature. *(Richard & Mary-Alice Jafolla, in The Quest, p. 249)***

**Belief consists in accepting the affirmations of the soul; unbelief, in denying them. (Ralph Waldo Emerson)**

**Soul is “an entity which is regarded as being the immortal or spiritual part of the person and, though having no material or physical reality, is credited with the functions of thinking and willing, and hence determining all behavior. *(Webster’s Dictionary)***

**The soul is the fingerprint of God. (*Iyanla Vanzant, author and life coach)***

**Learn a new language and get a new soul. *(Czech proverb)***

**James Brown, the Godfather of Soul, was born May 3, 1933, in a one-room shack in Barnwell, S.C. As he would later tell it, midwives thought he was stillborn, but his body stayed warm, and he was revived. When his parents separated four years later, he was left in the care of his Aunt Honey, who ran a brothel in Augusta. As a boy he earned pennies buck-dancing for soldiers; he also picked cotton and shined shoes. He was dismissed from school because his clothes were too ragged. *(Rocky Mountain News)***

**Practice any art, no matter how well or badly, not to get money and fame but to experience becoming, to find out what's inside you, to make your soul grow. *(Kurt Vonnegut)***

**Nothing cleanses your soul like getting the hell kicked out of you. *(Woody Hayes, football coach)***

**Take a music bath once or twice a week, and you will find that it is to the soul what the water bath is to the body. *(Oliver Wendell Holmes)***

**Usually grace begins by illuminating the soul with a deep awareness, with its own light. *(Diodicus, in Spiritual Perfection)***

**You are aware that any changes in your life (your relationships, your finances, your health, and so forth) will be a result of any changes you have made on the inside, in your soul. Inner change is the only way to improve your life. The work is done on yourself only. *(Richard & Mary-Alice Jafolla, in The Quest, p. 226)***

**Invest in the human soul. Who knows, it might be a diamond in the rough. *(Mary McLeod Bethune)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The soul is here for its own joy. *(Rumi, in Someone Digging in the Ground)***

**The world is extremely interesting to a joyful soul. *(Alexandra Stoddard, in Gracious Living in a New World)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Sometimes, when it's hardest to laugh is the time when we need laughter the most. Laughter is a medicine for the soul. (Dr. Charles Dickson, in New Realities magazine)**

**On January 1, 1863, Abraham Lincoln spent the entire morning meeting dignitaries, shaking their hands, and spreading goodwill. Exhausted by his nonstop morning, Lincoln finally returned to his office at noon. With a deep sigh, he settled in his chair, only to be interrupted by William Seward, the secretary of state. Lincoln was presented with the final draft of the Emancipation Proclamation for his signature. Twice the president picked up his pen to sign it, but his hand shook so badly that he finally put his pen down. He turned to Seward and said, “I've had an exhausting morning. In fact, I've been shaking hands since nine this morning, and my right arm almost feels paralyzed. I don't want to sign this document until my hand is more steady. If my name ever goes into history, it will be for this act, and I want you to know that my whole soul is in it. So you see, if my hand trembles when I sign the proclamation, all who examine it thereafter will say, ‘He hesitated -- look at his handwriting.’” A short time afterward, the president took up his pen with a strong and steady hand and firmly wrote, “Abraham Lincoln.” That historic act endeared Lincoln to the world as the Great Emancipator. (Glenn Van Ekeren, in The Speaker's Sourcebook , p. 119)**

**The soul, like the body, lives by what it feeds on. *(Joshua Gilbert Holland)***

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**Love makes your soul crawl out from its hiding place. (Zora Neale Hurston)**

**Until one has loved an animal, a part of one’s soul remains unawakened. (Anatole France)**

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**There can be no keener revelation of a society's soul than the way in which it treats its children. (Nelson Mandela)**

**So . . . what to do. First, I've found that letting go of the desperation about meeting that perfect man/woman does wonders for drawing healthy people into one's life. We need first to recognize that we are whole and complete alone, and that God is our ultimate soulmate, rather than operating from need. (John Heckers)**

**Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward, and we want to sit in their radius. When we are listened to, it creates us, makes us unfold and expand. I discovered this a few years ago. Before that, when I went to a party I would think anxiously: “Now try hard, be lively.” But now I tell myself to listen with affection to anyone who talks to me. This person is showing me his soul. It is a little dry and meager and full of grinding talk just now, but soon he will begin to think. He will show his true self; will be wonderfully alive.” *(Dr. Karl Menninger)***

**Hollywood is a place where they’ll pay you a thousand dollars for a kiss and 50 cents for your soul. *(Marilyn Monroe)***

**Words are the pen of the heart, but music is the pen of the soul. *(Shneur Zalman)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The soul needs a physical body here, else it would not have evolved one; but, when by reason of disease, decay or accident, the physical body is no longer an adequate instrument through which the soul may function, it lays it aside and continues to function through a more subtle one. (Jim Ockley)**

**Edward Durell Stone is often spoken of as the successor to Frank Lloyd Wright, the world’s outstanding architect. His design of the U.S. Embassy in New Delhi, India, was praised by Wright as one of the finest buildings in the last one hundred years. He is a dynamic personality, yet with an air of calmness about him. Not that he is at all complacent for he knows that he will never be able to get done all that his mind tells him could be done. Still, at heart he is an easy-going Arkansas boy. “Don’t work too hard,” he says. “If you find that you do not have enough ideas in an eight-hour day, the chances are that your soul needs therapy.” (*William R. Buttendorp, in Church Herald)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**A new soul is not created with every physical birth. A physical birth simply means that a soul is taking on another body. *(Charles Fillmore)***

**Humans come in a wide variety of bodies, but one size soul fits all. *(Ashleigh Brilliant, in Pot-Shots)***

**The soul would have no rainbow had the eyes no tears. *(John Vance Cheney)***

**Sentiment without action is the ruin of the soul. *(Edward Abbey)***

**My body is getting older, but my soul is still the same age it always was. *(Ashleigh Brilliant, in Pot Shots)***

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**One of the toughest tasks a church faces is choosing a good minister. A member of an official board undergoing this painful process finally lost patience. He’d just witnessed the pastoral relations committee reject applicant after applicant for some minor fault . . . real or imagined. It was time for a bit of soul searching on the part of the committee. So he stood up and read this letter purported to be from an applicant. “Gentlemen, Understanding your pulpit is vacant, I should like to apply for the position. I have many qualifications. I've been a preacher with much success and also have had some successes as a writer. Some say I'm a good organizer. I've been a leader most places I've been. I'm over 50 years of age and have never preached in one place for more than three years. In some places, I have left town after my work caused riots and disturbances. I must admit I have been in jail three or four times, but not because of any real wrongdoing. My health is not too good, though I still accomplish a great deal. The churches I have preached in have been small, though located in several large cities. I've not gotten along well with religious leaders in the towns where I have preached. In fact, some have threatened me, and even attacked me physically. I am not too good at keeping records. I have been known to forget whom I have baptized. However, if you can use me, I promise to do my best for you.” The board member turned to the committee and said, “Well, what do you think? Shall we call him?” The good church folks were appalled! Consider a sickly, troublemaking, absent-minded ex-jailbird? Was the board member crazy? Who signed the application? Who had such colossal nerve? The board member eyed them all keenly before he replied. “It's signed, The Apostle Paul.” (Dear Abby column)**

**None other than Plato himself dictated that the circle was the perfect form for celestial movement, and for the next two thousand years, astronomers said that planetary orbits were circular--even though their observations didn’t quite jibe with that. Even Copernicus used circles in his heliocentric model of the universe. Only after much soul-searching did Kepler use the ellipse to describe the heavenly paths. *(Roger van Oech, in A Kick in the Seat of your Pants)***

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**A sad soul will kill you quicker, far quicker, than a germ. *(John Steinbeck)***

**Affirmation: “Dear God, I know that I am on an eternal journey. While I don't know the past or future steps of my immortal soul, I know that I am ever traveling safely within You. There is no place that I can go where You are not, and my heart sings with joy and praise that I am part of You.” *(Richard & Mary-Alice Jafolla, in The Quest)***

**Maybe stories are just data with a soul. *(Brene Brown, author)***

**One spring day, long ago, Father called me to go with him to old man Trussell’s blacksmith shop. He had left a rake and a hoe to be repaired. And they were ready when we came, fixed like new. Father handed over a silver dollar, but Mr. Trussell refused to take it. “No," he said. “There's no charge for that little job." My father insisted. If I should live a thousand years, I'll never forget that blacksmith's reply. “Sid," he said to my father, "can't you let a man do something -- just to stretch his soul?” *(R. Lee Sharpe, in Alabama Baptist)***

**Each soul is the temple of the living God. Thus be more mindful of the body for the body's sake, that it may be a better channel for manifesting spiritual truths. (Edgar Cayce)**

**I will permit no man to narrow and degrade my soul by making me hate him. *(Booker T. Washington)***

**What is "soul"? It is said to have been the secret of Frank Sinatra's large appeal. Ray Charles described it this way: “Soul is when you can take a song and make it part of you -- a part so true, so real, people think it must have happened to you.” (L. M. Boyd)**

**Dismiss whatever insults your own soul, and your very flesh shall be a great poem. (Walt Whitman)**

**To recognize that the soul of man is unknowable is the ultimate achievement of wisdom. The final mystery is oneself. *(Oscar Wilde)***

**Let there be many windows to your soul, that all the glory of the world may beautify it. (Ella Wheeler Wilcox, American poet, 19th century)**

**Early Catholic doctrine declared that women did not have souls. Adam gave a rib to create Eve, it was claimed, but did not give a part of his soul. This belief has never been officially changed. *(Noel Botham, in The Amazing Book of Useless Information, p. 16)***

**A house that does not have one worn, comfy chair in it is soulless. *(May Sarton, in Journal of a Solitude)***

**I've never met a healthy person who worried much about his health, or a good person who worried much about his soul. (John Haldane)**

**Inside each human being is a soul worthy of respect. Whether the body is twisted or the mind is dulled, every soul is to be loved. All life is worth loving. Prejudice comes in many forms, but God’s love is strong enough to transform it. Then all those preconceived ideas we may have quickly vanish in a smile. *(Diane Crosby, in Unity magazine)***

**All our souls are written in our eyes. *(Edmond Rostand, in Cyrano de Bergerac)***

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