

Becoming a Soulful Person

Ego Stories

Are told for the sake of self-promotion, as when we apply for a job

Focus on life's high spots when we have been successful and affirmed

Try to portray us as being in control, in charge of our lives

Are often linear stories of continuity and consistency, stories that have a resolution

Are highly crafted stories that leave out important things

May ignore or falsify certain information by "spinning" the facts

Are always told in prose, and sometimes involve numbers

Are stories that do not sustain us in times of suffering

Are stories we tell at a party when someone asks, "What do you do?"

Focus on my story; I am the story

Are typified by phrases like: "I told you so." "The same thing happened to me." "I know just how you feel."

Compare and judge, often become defensive

Feed our individuality and often separate us from others

Claim credit

Feed our insecurity

What others want to hear

Are sometimes necessary for our personal survival

Soul Stories

Are "the story beneath the ego story," the one with the thread of truth running through it

Honor shadow as well as light, suffering as well as gladness

Are the stories we are most likely to be reliving when we are awake at 3:00 AM or when we die

Are characterized by twists and turns when our best-laid plans were undone by the unexpected

Allow us to integrate the fragments with the whole

Are unafraid of change, fear, loss, failure and shame, or mystery, passion and ecstasy

Are sometimes told in poetry, music, or art

Are the stories that we can hold onto in the hardest of times

Are the stories we want the people we love most to know

Fold into a larger story

Have follow up questions

Are happy for the success of others

Feed our connectivity with others

See everything as a gift

Breed our inner peacefulness

Are what God wants to hear

Connect us to ourselves, others, God

Are always necessary

Source 1 (Ego/Soul Stories): Group Discussion

In what ways is your soul voice present parenting? Identify a moment when your soul voice was at play.

In what ways is your ego voice present in your parenting? Identify a moment when your ego voice was at play.

Source 2: We Are All In the Process of Becoming

When Moses stood at the burning bush and asks: "Who are you?" God replies in three simple words, "Ehyeh Asher Ehyeh." Those words are mistranslated in English to be "I am that which I am" but in Hebrew it means "I will be who or where I will be," meaning: don't think you can predict me, I am a God who will surprise you.

Rabbi Jonathan Sacks, as quoted in "On Being" by Krista Tippett (cue: 17:42)

Source 3: We Are All On a Journey

"Lech Lecha / Go forth from your land."
A person is defined by one's walking, and indeed must always move up, level by level. One must always aim to extract oneself from habit, from the state of the normal. Even if one has reached a certain standard of Avodat Hashem (religious intensity and practice), that too becomes second nature after a time and becomes the norm.

Sefat Emet on Parashat Lekh Lekha (translated by Alex Israel)

לך לך מארצך. כי אדם נקרא מהלך וצריך לעולם לילך ממדריגה למדריגה ולצאת מן ההרגל והטבע ואפילו כשזוכין לאיזה מדריגה בעבודת הבורא יתברך. מ"מ גם בזה ההרגל נעשה טבע שני. ולכן צריכין בכל עת לחדש דרכים בעבודת ה' בנפשו

שפת אמת מתוך דרשת לך-לך לשנת תרנ"ו

Reflective Writing

- What am I proud of as a parent?
- Where am I stuck as a parent?
- How does the idea of “becoming” help me get unstuck?
- If I became attuned to my soul voice, what is one thing it would tell me right now?

Spiritual Chevruta

Share something from what you wrote.

Homework

Notice when your ego and soul voices are at play this week. Try to amplify your “soul” voice in one interaction in your family.