

## Journey-4 Metaphysical Possibilities: Defining the Heart-Soul Connection

Purpose: *Identifying the facets of the psyche  
and how they work together.*

Rev.02

**NOTE:**

If you print this Study Guide, suggest you print it in black & white and NOT in color.

*[www.JourneyBetween.org/class4](http://www.JourneyBetween.org/class4)*



## Class 4 Agenda - "Metaphysical Realities of Life" Along the Journey

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1. Thoughts or questions from past week classes:
  - a. Power of Vulnerability
  - b. Morning and Evening of Life – The Shift
  - c. Four Agreements
  
2. [Keyword Review](#)
  
3. Poem From 1974 Poem  
[\*\*\*Found Answers from 1974\*\*\*](#)

*Here I am, miles away from home. No one to care for, my life is quite alone.  
I seem to be searching, Yet I know not what I'm trying to find. I guess the answers to  
the questions, Man has always had churning at his mind.*

*Things like, "How to be happy?" ... And "What is life about?" It's questions like  
these, That have left my mind in doubt.*

*And when I think I've found the Answers ... All I ever really have, Are more Questions  
about these Answers ... It's enough to drive me mad.*



4. What do these sayings mean to you?

*"Listen to the Wisdom of your Soul" ...*





5.



## Actions to Opening H&S Communication

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- If you want the best chance for an open path between your HeartCenter and GodSoul – communicate with a “pure” Heart ... with Love
- To communicate with a “pure” heart, you must continue to be self-aware of the evolving you.
- It begins with a SilentKnowing of “the-who” you have become ... and acceptance of it all.

*“Your Personal Journey Between Your Heart and Soul” with Ronnie Kaufman*

6.



## Please consider

6

Connecting to the energy of  
*“Peace, Joy and Love” ...*

It is sourced from

*Your Personal Journey  
between your Heart and Soul  
with Purpose and Meaning.*

*en Your Heart and Soul” with Ronnie Kaufman*





7. To connect to your Heart and Soul - **know your sweet spot**



## Connecting Your Heart and Soul Finding the Natural Sweet Spot

4

- Praying
- Meditating
- Drinking, Drugs
- Sex
- Recognize the sweet spot/vibrational frequency to connect the Heart with the Soul

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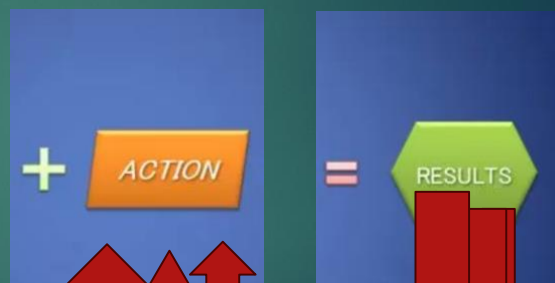
8. OAR Model - Observer, Action, Results ... how it works



## How the OAR Model Works #1 Satisfying a Desire

11

Our Self-Awareness

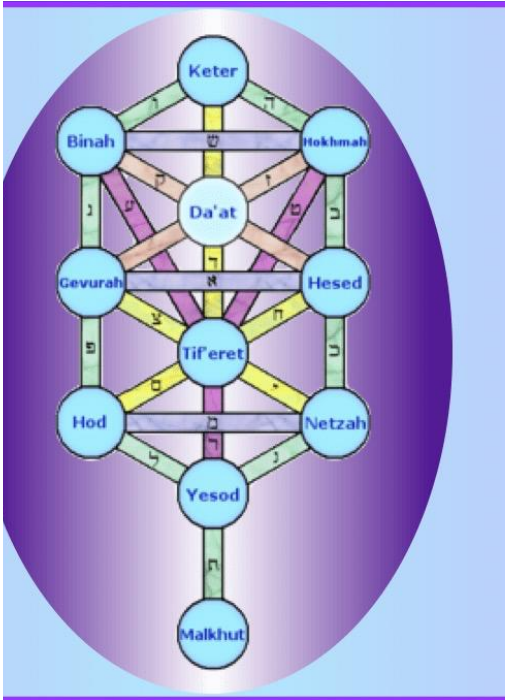


**Shift the Observer**

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9. A mystical understanding of Kabbalah ... and the 3 Sefirot of Mind



## The Tree of Life

### Kabbalistic Mystical Belief:

The 10 sefirot are the emanations or illuminations of God's infinite light as it manifests in creation.



## The Practice of Becoming ...

Practice

Binah  
Understanding  
Live it

SilentKnowing

Hokhmah  
Wisdom  
Become it

Process

Da'at  
Knowledge  
Learn it

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Da'at = experienced knowledge – physical/emotional/spiritual both processed and unprocessed



10. Diagram of the 4 basic components of the Possible Human Model

**Human Components - Your Spirit**

- a. HeartCenter #1
  - Service to Others
  - Heart Energy
  - LovingKindness
  - Spiritual Connection
  
- b. EGOCenter (*Edge God Out*) #2
  - Service to Self
  - EGO Energy
  
- c. MindCenter #3,#4
  - Monitors of 5 Senses
  - Makes Discissions
  - Takes Physical Action

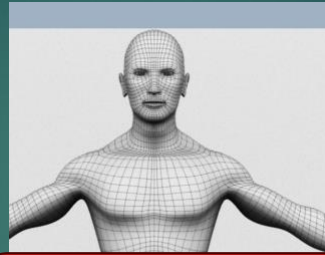
**YourGod Component**

- d. GodSoul #5
  - Wisdom (Past & Present)
  - Portal to Universe
  - Mediator/educator to HeartCenter/EgoCenter
  - Comforts/Sooths



## HeartCenter #1

- Service to Others
- Heart Energy
- LovingKindness
- Spiritual Connection



## EGOCenter #2

- (Edge God Out)*
- Service to Self
  - EGO Energy

## GodSoul #5

- Wisdom (Past Present)
- Portal to Universe
- Mediator HC/EC
- Comforts/Sooths

## ControlCenter #3

- Monitors of 5 Senses
- Makes Discissions
- Takes Physical Action

## MemoryCenter #4

- Life Experiences
- Knowledge
- Trauma
- Other

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11. Holy Spirit vs Human Spirit
12. To be One with YourGod
  - 1st be one with your own human spirit ...
  - then be one with your GodSoul
13. Thoughts questions?
14. Where do we go from here?
15. Next week ... Understanding Self-Awareness