

JOURNEY
of a SOUL



JOHN - ROGER

A comprehensive guide to the Soul, this book offers an easy grasp of the true essence inside us all, commonly known as the Soul. How is the Soul incarnated and how does it play a role in our everyday lives? Illuminating in its information, this gem of a book leaves the reader with a deeper understanding of who we truly are as Souls.



A teacher and lecturer of international stature, with millions of books in print, John-Roger has helped people for over three decades to discover the Spirit within themselves by educating them in the wisdom of the spiritual heart.



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J O U R N E Y
of a S O U L

J O H N - R O G E R



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In the beginning of time, God was in all places in an absolutely pure state. And in this purity, It was a void—without specific consciousness. In essence, God did not know Itself, in awareness, in Its greater beingness. So God instituted patterns of creation. It created universes, within which was what appeared to be solid objects (which we call planets) and less solid material (which we call space). All of it is God in Its different manifestations. And God instituted the plan that every part would know every other part—through experience. Thus the Soul, which is more directly the spark of God, was evolved and was given the opportunity to experience all levels, layers, planes and realms of experience and being. A Soul can inhabit any form it wishes. Its job, its reason for being, is to experience all it can on every level it can—thereby growing in awareness of its own divine nature. The

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Soul that has experienced all is God and is one with God. This experience of God is incomprehensibly large and complex, so the Soul spends tremendous time evolving through the realms of experience back into the awareness and knowledge of its divine nature.

Let me give you an idea of this by telling you a story about a Soul that decided it would leave heaven—the Soul realm. It got a little bored one day so it said to itself “Thou art a rock.” And sure enough, it was a rock. It got in a little bit of trouble because it found itself isolated; there weren’t any other rocks nearby, and it couldn’t move around very much. But this Soul was pretty happy anyway because the nature of the Soul is joyful. The rock was heavier than anything else around it, so it kept sinking into denser areas until it came to the place called Earth. It settled down with a slight jolt and said, “Oh, wow, I really am this rock.” It didn’t know what to do next, so it said, “I think I’ll learn patience.” And it sat there for a long time.

Over the course of thousands of years, the rock slowly eroded and broke apart. Then the Soul said, “That’s interesting. I’m freer now.” But it wasn’t too free because it found out that it had been absorbed into the land, and now it was being absorbed into a tree. That was a little better than being the rock. At least it could play in the sun and enjoy the breeze—and it

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really felt fantastic. It thought, “This is great; I’m really having a wonderful experience. I think I’ve learned patience being a rock. Now I think I’ll learn gradualness.” So it was part of the tree for a long time, until one day it decided to become the fruit on the tree.

The fruit became ripe in its time, and it fell down and decayed. Then there appeared a worm who lived off the fruit; and pretty soon the worm sprouted wings and discovered it could fly. And the Soul said, “Wow, that’s pretty good. I’ve learned patience and gradualness, and now I just have to learn elevation.” So it flew around, but as it flew, it found out that a bird came along and absorbed it. And the Soul said, “This is fine. Now I’m a bigger bird and I can fly higher.” But before long, an animal came along and consumed the bird. The animal couldn’t fly, but it could run very fast. So the Soul said, “I think I’ll learn mobility on the earth.” It discovered that the new form was strong, and it lived a long time in this form. Eventually, though, the form passed from the earth, and the Soul discovered itself in a new form—in the form of a man.

Through many lifetimes in human form the Soul discovered it had greater freedom than ever, even though it couldn’t fly in this physical form. It realized the reality of itself. It realized that it had always been a Soul and that it had had all these other experiences. It

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realized that it had experienced all these other things, but had never really been any of them, that it had always been just what it was—a Soul, a part of God. It discovered that the strength of the Soul is far greater than the physical strength of the beast, and it found that its beingness is far more magnificent than the most magnificent earthly monarch. It discovered that its kingdom is neither on nor of the earth. So after many lifetimes it said, “I don’t belong here,” and it just dropped that physical form and moved directly into the Soul realm—its home. And the Soul was greeted regally; it entered royally and sat on the throne because it was the king of its own principality. That is the allegory of the Soul’s evovement.

The reality of the Soul’s evovement is more complex, but the story tells the essence of it. Within our universe, there are five planes, or realms, which we call the lower planes or negative planes. In this sense negative does not mean “bad,” but rather, negative like the pole of a battery. A battery has negative and positive poles, and together they create the charge that is the power. In a similar way, the planes of existence have negative and positive poles.

The “negative” planes or realms are as follows:

The etheric realm—related to the unconscious level of man’s consciousness

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The mental realm—related to the mind of man

The causal realm—related to the emotional level of man

The astral realm—related to the imaginative level of man

The physical realm—related to the material substance of man's experience.

The physical level is the densest level. The Soul, expressing through various forms, may incarnate on any of these realms at various points in its journey. The Soul's experience on any negative realm other than the physical is more restricted or limited to that particular realm. But through the form of the human on the physical realm, the Soul's awareness is multidimensional and it has the unique opportunity of experiencing all negative realms simultaneously.

Not only can the Soul, through the human form, experience all the negative realms, but it also can directly experience the positive realms that exist beyond the negative. The first of the positive realms is the Soul realm. This is the first level where the Soul is consciously aware of its true nature, its pure beingness, and its oneness with God. There are also many ascending realms of pure Spirit above the Soul realm. They are all involved in the greater, more conscious realization of Soul and Spirit and God, until the Soul eventually dissolves its individuality into its greater oneness with the supreme God of all. These realms of pure Spirit

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really defy explanation in physical vocabulary; they must be experienced to be known. There are no words—it can only be said that they do exist and that it is everyone’s potential and everyone’s heritage to someday know of them in direct, conscious experience.

The Soul has its home in the Soul realm. That is the realm from which it has come. In many senses, it is a stranger to the lower or negative realms, and there is always within it the thrust to return to its home, to return to the realm of positive Spirit. The Soul incarnates in the lower/negative realms to gain the experience of those parts of God. Coming down through the lower levels, it picks up the form or “body” of each realm: etheric, mental, casual, astral and physical. Each form is heavier and denser than the one before. The physical form is the final body that is picked up and is also the densest. With the physical form come several levels of consciousness:

An unconsciousness (where memory is stored, where dreams may originate, and where many behavior patterns become automatic habits);

A mind (used to record events and record and play back information);

Emotions (where energy is generated and stored to be used as directed); and

An imagination (the expressions of which may be

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positive or negative, and may enhance or block one's experience).

As the Soul takes on these different aspects, which are all reflections of the negative realms, it remains as the one positive aspect among all the negative (again, not bad, but negative). The Soul becomes the weakest part in the physical form because its job is to experience the lower realms through the physical form.

The physical form also comes equipped with:

A conscious self (which gets up in the morning, drives the car to work, reads the newspaper, studies the reports, talks to friends, etc.);

A basic self (which controls the bodily functions, directs the body in well-learned habit patterns, and much like a four or five-year-old child, asserts its desires and wishes upon the conscious self); and

A high self (which functions much like a guardian, directing the conscious self towards those experiences which will be for its greatest good, having knowledge of the life destiny of the physical form and attempting to fulfill it).

The conscious self is the “captain of the ship” and can ignore or override both basic self and high self. For the most part the high self will act in the best interests of the Soul's progression and evolvment; it will direct the human consciousness into those experiences it

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needs for its “education.” The basic self will act primarily to preserve the body. It will resist anything that will harm or hurt the body or cause destruction to itself. The conscious self is the part that is most apt to get caught up in the illusions of the imagination, mind, emotions, and glamour of the physical world, creating situations that delay the Soul’s evolverment.

When the human consciousness inflicts itself upon another human consciousness—when it creates harm, hurt, pain, etc., through physical action, thought patterns, verbal expression, dishonesty, deceit, financial fraud, emotional control patterns, or any other way—it is held accountable for that and will be given the opportunity to clear the action and bring it into balance. No one has the right to harm or hurt another, in any way. When that happens, the action must be balanced; it is the law of cause and effect. If you cause imbalance, the effect is that the imbalance is returned to you, as its creator, and you get to make it right. This, in essence, is the action of karma. It is a just and fair action. And it is the creation of karmic situations that institutes the action of reincarnation.

As a human, a Soul starts by incarnating once onto the physical realm, into a physical form. If that form could walk through its life here in perfect balance, creating only peace and love and harmony, it might

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complete and free itself from this realm and earn the opportunity to continue its evolvement on higher realms. But when the Soul incarnates into physical form, it is usually inexperienced in the ways of this world. The consciousness sees all the glamour, the illusions, the attractions of the world—the pleasures—and gets sidetracked. It is all a part of learning. So as it goes through its life plan, it is apt to create imbalance. Then when the time comes for the body to die, there are often karmic situations that have never been cleared or balanced. Thus, the Soul, at a later time, embodies again onto the physical realm so that it can clear its debts, right the wrongs, and bring balance and harmony. But if the consciousness again gets caught up in the illusions and the glamour, it may end up creating more karmic situations so that the Soul must again embody to clear them. And so on.

At some point in time, the consciousness will come into an understanding of this process, will learn to be a responsible creator, and will learn to place its value and its concern on those things that are positive and spiritual in nature rather than on the materiality of this world. In this way the consciousness begins its evolution back towards God, fulfills its past karma, stays free of accruing more karma, and liberates itself from this world. It is everyone's heritage to know the divine

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nature, to experience the joy and freedom and perfection of the Soul.

The Soul, in itself, is both positive and negative. It is complete in its energy pattern, just like its Creator is complete. But, when it decides to come into a physical form, it orients itself more towards one or the other polarity, male or female. It may say, “I’m going to come into the earth this time as a male.” The high self, then, who works with the Soul, will go to the repository of basic selves and get a basic self that will be able to bring a body into the correct form. The basic self will begin to form the male body. The Soul will embody, at the time of birth, into the form as a male expression, but its energy cycles are still complete within itself because the Soul is perfect and complete.

The polarity of the body may feel the need for the balance of the opposite polarity and so it will seek out a mate, a companion, someone with whom it can exchange energy and feel complete. The male form expresses primarily a positive polarity; the female expresses a negative polarity. When male and female come together in the sexual encounter, the energies are exchanged; in essence, the battery is charged. People who are working with the high spiritual energies recognize the completeness of the Soul—and that recognition is their “Soul mate.”

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When you recognize that the Soul is perfect and complete, you have found your “Soul mate.” The Soul does not look for a mate; it is perfect. It is the lower levels of consciousness that look for a mate, that seek to complete themselves. When you recognize that you are complete, then you will really have no need for the boundaries of this world. And this is what is often called self-realization. It is freedom!

All Souls were created at one “time.” In God’s “time” they have always been, but they have chosen different occasions to incarnate on this planet and gain their experiences. So each Soul is not equal in its progression and development, even though all are equal in the higher reality. Also, the time patterns between incarnations (or embodiments—you incarnate on the planet only once; your next lifetimes here are re-embodiments) may vary. There is no true average time between embodiments. So, although all Souls were created simultaneously, one may have experienced physicality more than another. One person may be experiencing their fiftieth lifetime here while another may be experiencing their hundred and ninety-fifth. That will make considerable difference in each one’s awareness of Spirit and in each one’s expression.

Over the eons of time on the planet, there have been many races of people. Each race is a different experience,