

Finding Your Soul

Workbook

By

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O man of honor, die before you die – Rumi

Die unto thy self – Jesus

I woke up and everything was so peaceful. The peace was there because there was no self – Eckhart Tolle

Become an empty vessel – various masters

Books by Don Durrett

Last of the Gnostics

A Stranger From the Past

Conversations With an Immortal

Spirit Club

New Thinking for the New Age

Finding Your Soul

My Ten Favorite Spiritual Laws

- 1) Everything is vibrating energy, from the earth and rocks and trees, to the cells in our bodies. And all energy is interrelated and interconnected.
- 2) The mind is the builder. As you sow, so you reap. Our thoughts and beliefs create our experiences.
- 3) The most important principles to live by are: love, truth, and joy.¹
- 4) Purity of thought is the highest achievement.²
- 5) Like attracts like.
- 6) This is no such thing as chance, or an accident.
- 7) Everything is playback, and everything has already occurred.
- 8) The truth shall set you free.
- 9) The meaning of life is the evolvement of the soul.
- 10) The soul is within.

¹ In the Ringing Cedars Series by Vladimir Megre, Anastasia states that these three concepts are literally the meaning of life.

² Inspired by reading Anastasia in the Ringing Cedars Series.

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Introduction

The last chapter of my book, *Finding Your Soul*, arose out of my spiritual path and spiritual practices. I began with a single page of behaviors or best practices that I wanted to incorporate into my life. Then, each morning at breakfast, as I read my “morning checklist,” as I called it, I would add to it. Over a period of two years, it evolved and eventually grew into a PowerPoint presentation.

The next logical thing was to convert my presentation into a workbook, which is what you are about to read. The material is from my twenty three year spiritual quest and the result of what I have learned.

These are my ideas and my concepts of how to find your soul. I am sure it is not for everyone, and that many of you will have your own ideas and concepts of how to achieve this objective.

There are going to be millions of people looking for spiritual answers over the next decade, as societal change overwhelms us. One area of inquiry is going to be the New Age movement and metaphysical concepts. This is inevitable, because that is the future of spirituality. For this reason, I have been writing my books and this workbook. It is my hope that they can be of benefit to those looking for spiritual answers.

I decided to write a workbook so that people could use it to create a spiritual path. In many ways, it is a shortcut for something that took me years to achieve. In this book, I will provide exercises that will teach you how to pursue a spiritual path. Do all of the exercises and, not only will your life improve, but your level of spiritual awareness will increase dramatically. I wish you the best and hope that this book has a positive impact on your life.

Don Durrett

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Chapter One - Finding Your Soul

Finding your soul is a natural process. In fact, there is nothing to do ... only to be. You do not have to proactively pursue religious or spiritual knowledge, or pursue some form of salvation. The truth is that all you need to do is live your life as you see fit and you will evolve. The reason why is that your soul and your ego are entwined. You can try to live completely from your ego, but your soul will find a way to exert some influence.

This is why you don't have to look for your soul to find it. The fact is, **everyone has a spark of light that is expanding.** This spark of light is our soul and it has an agenda of its own. Eventually our spark of light will expose the soul. This will happen without any effort on our part, although not necessarily in this lifetime.

Everyone is on their own journey, and will pursue spirituality in their own time and manner. This is a long journey of many lifetimes. And everyone's journey has the same goal: finding our soul. Quite often, we are not even aware that *is* our goal. In fact, most people have no clue that is their ultimate goal.

Everyone will eventually find their soul. This is guaranteed because of our spark of light that is constantly expanding. The soul does not regress. It either stays stagnant or expands. The soul expands at a faster rate when you feed it. Conversely, when we feed the ego we slow our rate of growth. However, there is no right way to find the soul. Eventually, we all find it.

One question I always get is, "**How will I know if I have found my soul?**" The answer is when you no longer feel alone. Meaning that you will feel a tangible connection with your soul, which will exist as a separate entity and as a part of your consciousness. Of course, this entity isn't separate, but it will feel that way. More importantly, it will feel real and it will seem to be a powerful

companion. Once you are aware of this companion, you will have found your soul.

I was at a New Age conference recently and it was mentioned that enlightenment was the goal of life. And that enlightenment was accomplished by discovering soul. Moreover, that this discovery is accomplished by literally clearing the mind of beliefs and ideas. Perhaps the biggest secret of spirituality is that less is more. Thus, clear the mind and you shall set your self free. Become aware that it is your *thoughts* that are blocking you from your soul. We can either use a natural process to come to this awareness, or we can do it proactively.

Chapter One Exercise

Get out a pad of paper and a pen (or use a computer). Write down each of these concepts, and then write your own ideas about what you believe. Save this as a journal, which you can refer to in the future.

Finding your soul is a natural process.

How will you know if you have found your soul?

Everyone has a spark of light that is expanding.

Everyone is on their own journey, no matter how things may appear.

Everyone will eventually find their soul.

Chapter Two - A Proactive Approach

While finding your soul is a natural process that everyone is doing, **you can use a proactive approach to finding your soul.** This is for those who have a longing desire to search for a deeper meaning to life. Your motive may have nothing to do with a search for your soul, but that is where it eventually leads. For all searchers, at some point there is an awakening.

This **awakening is about knowing.** It is not about faith. When you find your soul, you know you have found it. There is no ‘maybe’ or ‘possibly.’ You know. And that process is about awakening.

To find your soul, **you have to do the work.** When you go on a spiritual quest to find answers that you yearn to understand, it takes effort and persistence. Part of this book is to give you insight into that work, and what it can require to have an awakening.

You have to marginalize the ego. My personal experience on a twenty year spiritual quest is that the ego has to be marginalized in order to expose the soul. Unless you marginalize the ego, the soul is submerged and the ego takes center stage.

Most of you know the definition of marginalize, but I will repeat it for those who are unsure. To marginalize is to reduce something in a proactive manner. For instance, to marginalize smoking in restaurants, we made it illegal. To marginalize your ego, you need to use proactive behaviors to reduce its influence.

A proactive approach is accomplished with a spiritual path. This requires a new lifestyle, a lifestyle of spirituality. This is not something that is periodic, and must be done on a constant basis: minute by minute, second by

second. You have to live your quest to finding your soul.

Chapter Two Exercise

Write down each of these concepts, and then write your own ideas about what you believe.

Awakening is about knowing. Do you feel that you are in touch with your soul?

When have you felt your soul guiding your behavior?

You have to marginalize the ego by eliminating negative behaviors. Which behaviors do you need to eliminate?

You have to do the work. What are you doing on a daily basis to feed your soul?

Do you feel like you are pursuing a spiritual path? How? Explain in detail.

Chapter Three - Know Your Self

This is the starting point to finding your soul. You have to learn about your ego traits and your life goals from your soul's perspective. Basically, you have to figure out what you're here to do, and what mask you are wearing to accomplish this goal.

Astrology. The natal chart: Astrology has been around for thousands of years and it is very accurate. I have done natal charts for more than a hundred friends and relatives and they are usually very accurate. A natal chart is usually 20 to 30 pages if it is done with computer software. It includes an enormous amount of information and will help you to understand your ego.

For instance, my sun sign is Pisces. This makes me sensitive, intuitive, creative, soft, imaginative, and dreamy. I have all of those traits. My rising sign is Cancer. This makes me a double water sign. This makes me highly sensitive. If someone says something mean to me it can hurt more than a punch, and stay with me for days, months, even years. Cancer is ruled by the moon and that makes me moody, and my emotions go up and down like a yo-yo. My moon is in Sagittarius. This is the sign of philosophy and I am a philosopher. It is also a fire sign, which gives me passion and energy. However, it also gives me a temper which I have to control.

Learn all of the sun signs. This will help you to understand your moon sign and rising sign. Those three will tell you a lot about your ego.

Numerology. My two favorite books on this subject are *The Life You Were Born to Live* by Dan Millman and *Glynis Has Your Number* by Glynis McCants. Both of these books are excellent tools to understanding your ego. I cannot emphasize enough how valuable they are. Dan Millman's book is stunningly accurate. I am a 28/10. Which is derived from my birth day 3/18/1960,

or $3 + 1 + 8 + 1 + 9 + 6 = 28$. $2 + 8 = 10$. $1 + 0 = 1$. Thus, my lifepath is 28/10 or 1. In Dan's book I am a 28/10. In Glynis book I am a 1 lifepath. 1's are initiators and self starters. I have never started a book that I did not finish. I am always working on a project or thinking of my next project. That is typical 1 energy.

The Science of the Cards. My two favorite books on this subject are *Love Cards* by Robert Camp and *Cards of Destiny* by Sharon Jeffers. I thought I knew myself, and then a friend of mine told me I was a 5 of diamonds. I bought Robert Camp's book and read about the 5 of diamonds. I was amazed. Basically it said that I am a restless seeker of truth and that I was likely single because of my restlessness and desire for freedom. It was an eye opener.

How did this book know me so well? It was science. My birthday reflects the mask that I had chosen in this lifetime.

Everyone should know their card and what it represents. This system is incredibly accurate and gives excellent insight into our personality.

The Michael Teachings. My favorite book on this subject is *Messages from Michael* by Chelsea Quinn Yarbro. The Michael Teachings are about the reincarnation cycle. Here you learn about the goals of the soul. You can read the book and guess at your soul level and role. I guessed old soul and priest. Then I had a reading and found out that I was a 5th level old soul, priest, with a sub role of scholar. That fit me perfectly and resonated with my heart. This knowledge got me closer to understanding my life goal.

Spiritual & Psychic Readings: tarot, clairvoyants, mediums, hypnotic regressions, life between life regressions. Spiritual readings are where you learn about both your ego traits and your soul's goal. I have had about two dozen readings and they have all led me to the understanding that I am an ancient spiritual philosopher who is here to help with the coming spiritual transformation of humanity. Your readings will be ongoing until you are very clear on your ego traits and life goals. After that, they are no longer needed.

Chapter Three Exercise

I strongly urge you to perform each of these exercises.

Have your natal horoscope done. The easiest way is to purchase it on the Internet, although a professional astrologer is the best way. I did both.

Purchase or borrow *The Life You Were Born to Live* by Dan Millman and read about your lifepath. The accuracy of this information is profound.

Use the Internet to find out what card (Science of the Cards) you are.

Use the Internet and read about the Michael Teachings. Try to figure out if you are a mature soul or an old soul, and what role you are using in this lifetime.

Have a spiritual reading of some type. I would recommend a one hour reading from a well known medium. See if you can get an insight as to why you are here.