

Soul Course Series Three

7. Soul and Color

1.

Think of a color/mood/mask/persona that you needed to avoid as a child. Think of the quality of eye contact, tone of voice, body language, and touch.

This is color you avoid is your “home (color) tone”.

What is the polarity to that and how do you relate, what is your reaction?

Write a story using the character arc about two individuals in that polarity dynamic.

2.

Listen to your partner's story, and see if you can use your soul sensing to detect which of the 12 soul qualities they are describing, but don't share it.

Then switch who is telling their story.

Finally reveal which you thought it was.

3.

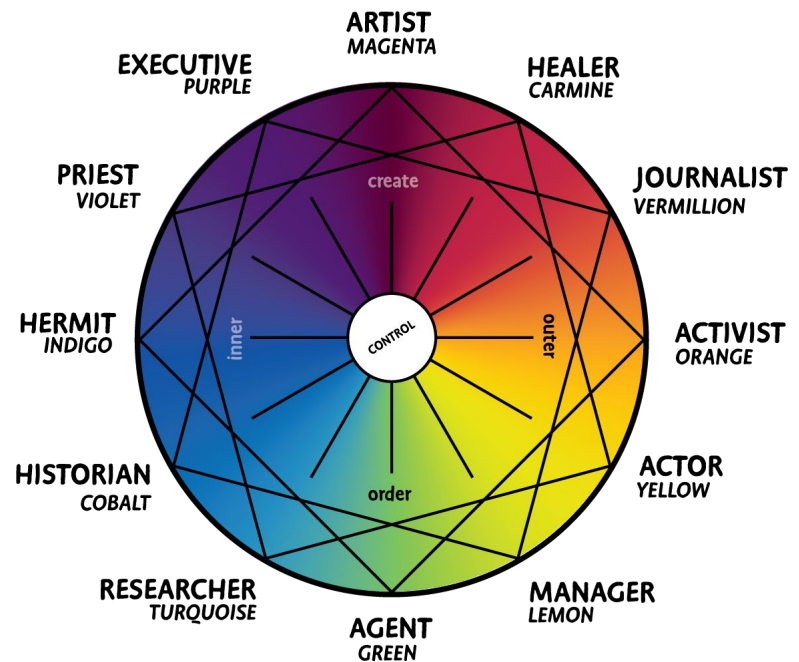
Choose an emoticon from the feelings toolbar that represents the feeling of the story you wrote. Keep this to yourself.

This is your persona/mask of how you feel about it.

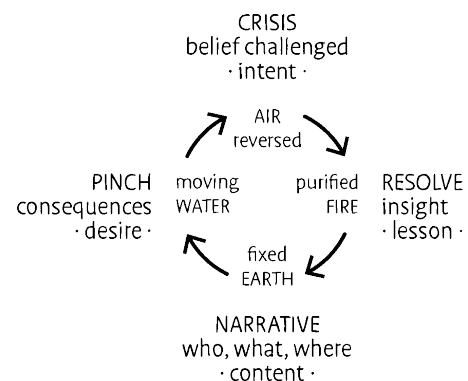
Then share a biographical story that deals with how you learned to wear that persona.

Partner then chooses an emoticon for what mask they think you were wearing in the story and shares it.

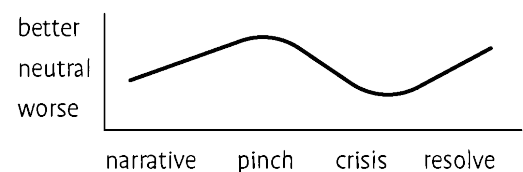
Then switch and discuss.



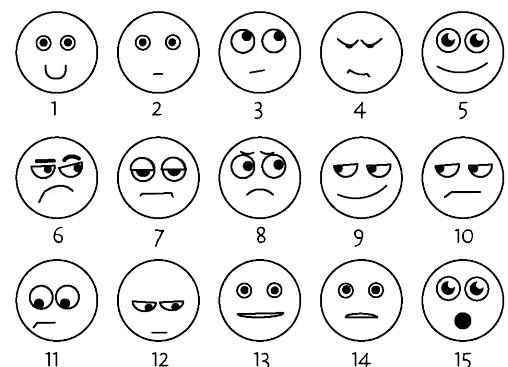
SOUL STORY MANDALA



CHARACTER ARC



FEELINGS TOOLBAR

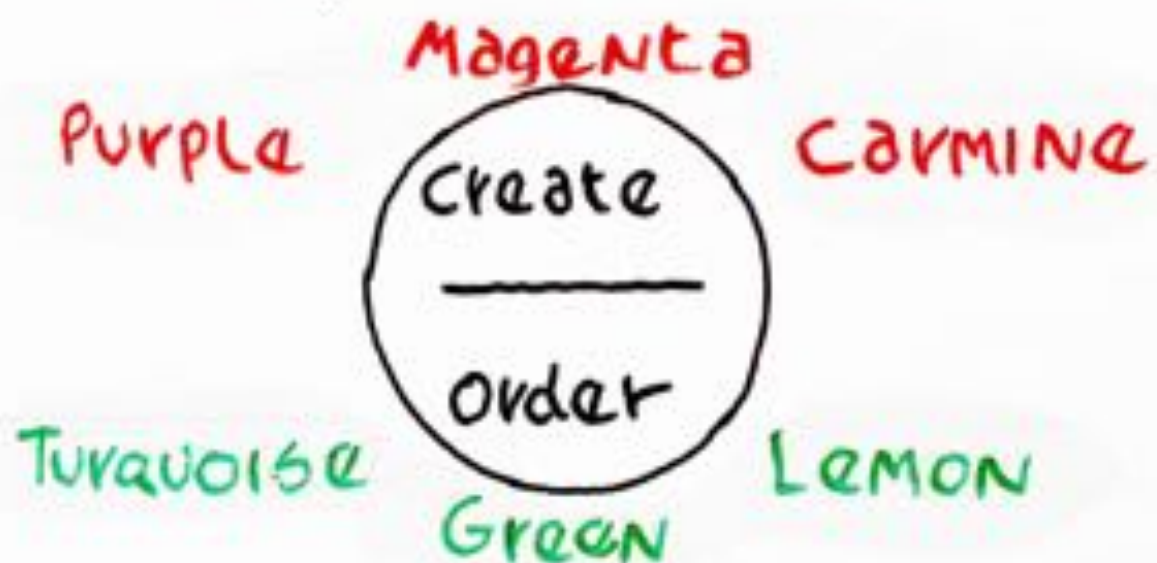


Soul Moods

awareness:

Light moves through darkness

Creative Potentials
engage UNKNOWNs
explore darkness



systemic order
eliminate UNKNOWNs
avoid darkness

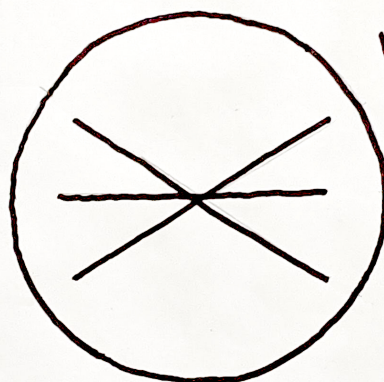
awareness:

Light obscures darkness

awareness:
Seeks inner change

awareness:
Seeks outer change

Violet
Indigo
Cobalt



Vermillion
Orange
Yellow

both poles experience
Light and dark in struggle