



questions.

Human beings can ask: What am I? What is this place? And how am I related to it? Because there is an experience to be me or you, we can even say we are conscious. How do we develop empathy? How do we deal with our own mortality? There is so much more to life and being human, the trick is not finding answers as much as coming up with better questions.

Questions?



The BIG Questions zine are tiny insights by author, psychologist, and wisdom teacher Ernie L. Vecchio. His career spans three decades of assisting thousands of individuals undergoing severe trauma and their evolving psychospiritual context for surviving adversity. These teachings offer everyone a balance between their outside reality and inner personal truths. The result is individual freedom and a healthy way to BE in the world.

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Little Book BIG Questions

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The life-long struggle of each individual is to achieve some resolution of the conflict between the conscious needs of our personality and the self-expression of the soul. To be 'what' we are requires that we suffer the ego awake. This is at the very core of spiritual growth.

What we seem to be - to ourselves and to others - is only a fraction of what there is in us to become.



## WHAT

Soul

**Ernie L. Vecchio**



This is what we are: a thought (or not) in the mind of the creator. We enter this existence as a burst of light (spark of zinc) whose brightness determines the health of the egg we come from. Even when our heart forms, it becomes synchronized with the heart of the creator. The problem becomes when we are born, we identify with our 'first' name and shift from what we are - to who.

\*The rest is history.

Soul:

*The life force that animates our bodies and whose natural state is energetic, enthusiastic, and deliberate (i.e. spirited) before getting interrupted by the psychological demands of being human; pure being and potential that emerges only through consciousness. As a collective soul, we are all One, but at an individual level there is a specific instance of soul that is you and another instance that is me.*

-Vecchio-

It is our 'nature' to be and have a feeling reaction to life as it is. We are usually unaware of what we 'could be' and often inherit an externally imposed 'should be' as our burden. Sadly, our soul's expression is at the mercy of a psychological journey that few of us understand. So, here's the deal! We can embrace life as it is given to us, fully and authentically as the soul sees it or, we can live a psychological existence where our potential may or may not be realized.



The amount of time that human beings record their history, catalog their moral and amoral behaviors, measure the wave of their economies, and shore up their political and social institutions is staggering. **What if** our ability to develop **hindsight** (learn from experience), **insight** (cultivate our inner lives) and **foresight** (see the future) **are the real gifts?** This range of vision is the soul's vantage point as observer. It knows if we use our history and passion (i.e. suffering) to grow, we can imagine different realities.