



Most of us live life as if we are psychological animals longing for an invisible something else we can call spiritual. It is **in our inner lives** that soul memory and truth **are possible**. Clear about our origin, a new definition of spirituality becomes universal and precise.



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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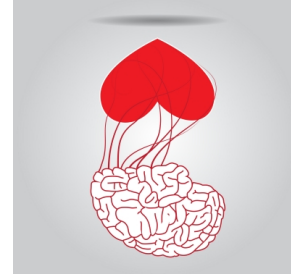
If you had a choice (in hindsight) to consider **your 'when' moment** as a formed fetus or as an embodied burst of light, which would you choose? This is no longer a metaphorical question but a medical and spiritual reality. Light and life happens first. We are a soul first. Why is this an important? Because continuity matters and it allows us to name what we are—light-life-soul versus who we become—ego.



WHEN

Time

Ernie L. Vecchio



Presence allows that once there we have immediate access to meaning we would have otherwise missed. This suggests an advantage over absence. Identifying truth - we are **spiritually present beings** having psychological experiences—not the reverse. No wonder egos act out and hearts behave.

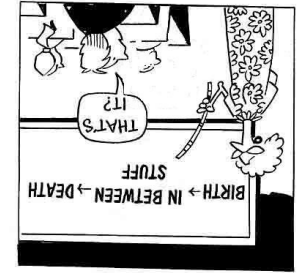
Spirituality:

The pursuit and understanding of the animating force (soul) that through its physical connection to time moves energy (negative) and aliveness (positive) around to orchestrate a deliberate and responsive feeling state (embodiment and presence) which ultimately gives meaning to a human life.

-Vecchio-

*Read without the brackets

Trapped in psychological or egoic time, we create a problem in our heads and the mind will not let it go. Remember, feelings are a **re-action** to the immediate moment, while emotions are a **re-actment** of something that has already happened. This means when the ego observes about something, not only are we in the past with our focus we are also in our emotions. Re-enacting the past prevents us from feeling or re-acting in the present. This is why it is important to *feel more and emot less*.



When is your soul?

When a sperm comes in contact with an egg a 'burst of light' happens. Visible by microscope, this 'spark to life' is no longer a metaphor but evidence that a soul is formed. We know it as conductive electricity (a charge) that infuses the egg. Once planted, a single cell becomes two, then four, then sixteen. These same cells charged by this light then form our body as home until our light goes out—in death. We can see this electrical activity in the brain or feel it as our beating heart. Animated and alive, we are not wearing a battery nor is there an extension cord coming out of our back.