

An excerpt from *Call to the Soul: A Path to Knowing your True Self and Your Life's Purpose* by Aila Accad.

A Partnership is Born

*"The passions act as winds to propel our vessel,
our reason is the pilot that steers her;
without the winds she would not move,
without the pilot she would be lost."*

Old French Saying

The ego and the soul are intimate and inseparable partners. The ego would not exist without the embodied soul. And the soul, which is not bound by time and space, could not experience a structured life in the body without the ego. They are partners in our dance with life.

According to A. H. Almass, founder of the *Diamond Heart Approach*, the soul has certain innate and essential qualities as curiosity, love, joy, intelligence, compassion, strength, for example, as well as personal qualities which are unique features of your particular soul. I experienced these qualities, directly. It was this direct experience along with my experiences in therapy and other transformative processes that form the foundation for this book.

The ego evolves from the newly embodied soul's experiences *in utero*, through the birth process and throughout life. It emerges as the soul rubs up against experience. In this way, the ego is co-created as the soul experiences life. To hate or reject the ego is to reject a part of you. Pushing against the ego creates an inner conflict that deteriorates self-esteem.

Early ego development is based on the senses. It is formed during the precognitive and preverbal stage of human development by what you hear, see, feel, smell, taste and touch. All of the sensory data you encounter in each moment are cataloged by the mind. This information is what triggers our patterns of thinking and behaving throughout life.

I have an image of a little librarian in my head that catalogues all this data. Whenever an experience occurs that has the same image, sound, smell, or feeling as a past experience, she runs to the file cabinets and instantly pulls out memories of all the past events that relate to this current moment.

A powerful example comes to mind. I remember the first day our realtor took us to look at houses when we moved to West Virginia. She took us to a wonderful Italian restaurant in the heart of town. The minute I walked through the front door and breathed in the fragrance, memories immediately flooded into my mind from Grandma Rose's kitchen and Sunday family dinners at her home in Brooklyn, New York, where I lived the first three years of my life. My heart opened wide and I instantly fell in love with Charleston.

Five couples from Delaware moved to West Virginia at the same time we did in 1984. At the end of a year, we were the only ones still here. We continue to live here and even though the restaurant is long gone, I still love this place!

Creation stage of the relationship

"There is no reality except the one contained within us."

Hermann Hesse

The ego structure evolves from the young, naïve soul's sensory perception in the absence of reason, logic, or conscious choice. In this way, the ego reflects the soul's consciousness at a kinesthetic (physical) level. We might think of this stage as the creation stage of the relationship between the ego and the soul.

Curiosity and non-judgment are present at this stage of development. The soul and the ego interplay to form impressions about life. These impressions eventually form the foundation of the ego structure. Once formed, at about age five or so, that structure becomes the lens through which we interpret our life experiences.

I just attended a Perinatal Conference where research was presented on the importance of not cutting the umbilical cord too soon and laying the baby on the mother's chest immediately at birth. The baby roots and feeds instinctively when this is done. When the baby is separated from the mother and put in a warming bassinet, even for 5 minutes before coming to the mother, the baby does not do this because just that 5 minute delay causes stress. This is impressive validation of how the infant responds and changes behavior based upon everything he or she experiences.

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