



Power of the Soul by John Holland

INTERVIEW WITH JOHN HOLLAND

1. With your new book 'Power of the Soul' the sub-title is: Inside Wisdom For An Outside World. What's this Inside Wisdom and how can it help you in your physical life?

Let me start off by explaining what I mean by inside wisdom. This *Inside Wisdom* comes from firstly knowing that you ARE a soul, and as a soul you're connected to everyone and everything around you. For example, the same energy that makes up the stars in the sky is also part of you. I believe that we come from a Divine Source but most of us forget that and spend the rest of our lives trying to find it again. By knowing that you are a soul, and as a soul you're connected to a spiritual power or force that can be realized, accessed, and tapped into; a force that's intelligent, but above all it wants you to be all that you can be.

2. John, throughout the book you talk about 'soul purpose' it seems that everyone is somehow looking for their specific purpose in their life. How do you as a spiritual teacher help them find it?

I believe that our souls' purpose is: *to be all that we can be, and to live our lives in alignment with our highest good.* We should acknowledge, affect, and help each other as much as we can with our unique gifts, talents, and abilities. As a soul, you have chosen this time to learn specific lessons, and perform certain tasks. Your particular talents and abilities are meant to help you to be happy, to enjoy life, to achieve your true potential as a spiritual being, and to be all you can be – a beautiful extension of God or the Divine Source.

We all have important work to do while we're here on this earth, and we've chosen to incarnate in physical form to fulfill our souls' purpose. Sometimes, people can get confused if they limit their thoughts to thinking that their career, goals, or tasks are their *soul purpose*. Your soul purpose is not about becoming the president of a company, winning awards, or even saving the world. It's more about affecting people and the world in a positive way. If anyone asks me the same question, then I'd say that my soul purpose is not so much about becoming a well-known psychic medium, author, or teacher (abilities and talents that were provided for me to use), but it's really to influence and have a positive affect on others. I believe that this is *my* gift to give and my purpose is to perfect myself as a soul in being all that I can be during my time here. I try to help people to find their own special abilities, talents, and gifts so they too can use them to live their purpose of being *all* that they can be.

3. What is Soul Energy?

We are all made up of energy. Ancient Chinese medicine has its own unique name for this universal energy that flows through us, which they refer to as *chi*. The Hindus call it *prana*, some call it *ki* or *spirit*. This energy surges through our vital organs, permeates our bones, revitalizes our bloodstream, and other parts of the body along a network of internal systems called *meridians*. It also fuels our soul.

As energetic beings, we also have what is known as *energy cords*, which we constantly emanate, whether consciously or unconsciously. When you focus and direct your thoughts and energy on a particular person, place, object, situation, or even an uncompleted project, you begin to establish an energetic cord with whatever you're focusing on. As you focus on sending the energy there, the bigger and stronger the cord becomes. In turn, what happens is that your energy attaches itself to the object of your concern, and your own precious resource seeps away from your own soul where it's most needed. I'm sure that you've heard of the expression "giving your power away?" Well that's exactly what happens. Not only are you giving your power away which in turns creates a soul leakage, but you become energetically involved. Once this energy connection has been established, it's important to ask this really important question: "Am I receiving energy or giving it away?"

4. You dedicate a whole chapter to "Soul Senses." What are they and why is it so important to understand what your soul senses are?

Your soul senses are your natural senders and receivers for intuitive information. Some people receive intuitive information through clairvoyance – which means to feel, clairvoyance – to see, or clairaudience – which means to hear. We're all uniquely individual in how we receive this information. Intuition is the language of the soul. Opening the door to your natural intuitive abilities is an exciting and enlightening life-changing experience. I have thousands of letters and e-mails from past students who have taken my workshops, telling me that since they started working on their (all too often dormant) abilities, they feel as if their soul is more *alive* and consciously *awake*! It's as though they're no longer sleepwalking through life. Using the soul ability of intuition is quite natural and you can learn to recognize it, use it, and trust it. By doing so, it becomes a wonderful resource for guidance, transformation, and self-empowerment that you can use and share for the rest of your life.

5. Power of the Soul has a great section on relationships. How are relationships learning tools for our souls and us?

Relationships act as the perfect mirrors for us. When you're in a relationship, whether its personal or professional, you have an opportunity to see whether you're the strongest or the weakest, or when there's another area in your life that needs to be worked on. I truly believe that some people or situations come in to your life so you can learn from them. Some people come in to our lives to stay, others leave, and yet some keep coming back because you've not learnt the lesson. No matter what category a relationship falls into, it acts as a teaching tool for you to understand the lessons that your soul needs to learn. It can help you to understand, change, or enhance your individual qualities. Every relationship is an opportunity for soul growth, even the difficult ones.

6. What is the Body Mind Connection you speak about in your book?

Most of us don't realize what miracles we truly are. The source that makes all living things in the universe is also the same source that's inside of you. This Divine Source interacts and is connected with the *whole* of you, which means your body, mind, and soul. Throughout my spiritual development, I've always been fascinated by the power and capability of the mind. I studied the body mind connection when I was training to be certified hypnotherapist. As I practiced the rudimentary mechanics of hypnosis, I began to understand that the mind and body *does not* differentiate between sensory images from your mind as opposed to those in reality. Therefore, I talk about how we are spiritual beings in a physical body. When you learn to use the power of the body mind connection, it's a wonderful tool to assist you in healing your physical body.

7. In your chapter: Breaking Free – Turning The Past Into A Bridge For The Future, you talk about past conditioning and say that it's important that you deal with the ultimate human challenge between the ego-self and the soul. What do you mean by that?

We are all living examples of our past. In this chapter, I want to encourage everyone to start breaking free from past habits, past limitations, and past behavioral traits, especially when they're negative. When negative feelings and thoughts are instilled in to your ego-self, they create disharmony, emotional instability, worry, and encourage further negative behavioral patterns. When you devote time to explore, and heal your different viewpoints and belief systems, you'll have a stronger stand against the insecurities stemming from your ego-self. This chapter which contains some powerful exercises provides the basis to help people to break free from that mind-set of worry, to break free from those limitations that hold so many of us back. I encourage people to stop using language such as: "If only I had" or, "If only I had been ...". You have one soul, and one life in this body. Why live a *could've*, *would've*, or *should've* life? As you expand your mind and explore new belief systems, you'll embark on a path of endless opportunities that serve you, your needs, and your soul for your highest good.

8. You also have a section on loneliness and reaching out to others. Why was that important to put in this book?

I find now that we're in a society now (particularly in the western world) where we hardly ever touch each other. We don't even look at each other in the face anymore. We've become so segregated, and feeling that somehow we're all separated from one another. But, let's not forget that we're ALL connected in this universe, and as a soul, we feel each other's pain. God, put us here to share and be with each other, as well as to help one another. Remember this goes back to serving your soul purpose of being all that you can be and helping humanity in a positive way. There are millions of people out there right now who are lonely. I try to get them to reach out to others. No matter what they do or how they work on their loneliness, the point is that they do something. No one else is responsible for one's happiness, as it's really up to our selves.

As long as they're moving in the right direction toward healing, liking themselves, trusting others, and learning to live a full life then they'll possibly see and *know* that we're really never alone.

9. Why is forgiveness so important to our souls growth?

The act of forgiveness in it's own right is incredibly powerful. It has the capacity to heal and transform. I'm sure you've heard of the expression "forgive and forget" but don't dismiss it too quickly. Many of us still try to forget, push it away, or better still, try not to think about some hurt that was done to us in the past. We live in the misguided hope that our heart will heal on it's own and any bad feelings will just fade away. Sadly, this approach doesn't always work. Forgiveness is all about choice. It doesn't necessarily mean releasing the person from responsibility of their actions. It's a matter of releasing the anguish that *your* soul is carrying around with it, so you can move on and begin to let the soul force move throughout your body, mind, and soul.

10. John, as individuals can we really touch each other's lives and make a change in the world?

I believe that by helping and touching other people's lives is what being a spiritual being in human form is all about. It's about embracing life and living as a soul. It's about learning, growing, loving, sharing, and constantly evolving with the time we have here. Helping another creates a ripple effect that will touch more people than you will ever know. If you help someone, it might have been just what that person needed on that day, and they in turn feel good about themselves, as well as mankind. Maybe they will now return the favor by helping another. As I have said: "We are all connected."

All I'm asking is to be conscious of helping another. You may be saying: "But, I'm just one person, what can I do?" You can't change the world, but you can start by changing yourself. What ever is going on in the inside will be reflected on the outside. Everything in the world is based on the inner-consciousness of man. Always remember, that one person (that means you) can make all the difference.



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