



What is Soul Faith?

Faith: Belief without proof, reliance, confidence. Belief in God. Loyalty, fidelity to an agreement or promise. A religious creed.

The dictionary definition sums this up well. It is what our minds understand the definition of faith to be. But how easy is it to have faith?

There are times when we really have to convince ourselves to have faith. Believing in something we cannot see is difficult. Our mind, the great ruler of logical thought bumps up against this all the time. It happens most often when our lives become so challenging we can't possibly imagine there is anything to have faith in.

When we watch the unfolding of natural catastrophes, or when we experience unemployment, divorce, illness or death of a loved one, it is difficult to imagine how to maintain a sense of faith. For some, it is the very undoing of their faith. But for others *it is faith that keeps them alive*.

Events such as these will test our faith beyond comprehension. We wonder how any of this is good. How can any of this serve a higher purpose? We can't see it. We look for evidence, as if we need some kind of proof that there is something greater than our limited self in existence. How do we have faith when life happens at a volume that prevents us from hearing the stillness and softness that faith brings in? How can we hear faith's gentle voice when it's drowned out by the ranting of our mind?

Be still and know...

Like the breath of life within us, faith continues to exist. Faith whispers in our ears, in quiet moments. It is never gone from us, we just need to remember.

Imagine that faith is like the conduit to heaven. It's like an open channel broadcasting hope and grace. When we are open we can connect and hear the words of wisdom that we need, but when we are too busy or simply shut down our mental channel is closed, and we feel alone and lost.

Next time life challenges you. Next time, you don't know what to do next. Remember...

Be still and know. Consciously listen for the still voice. As you do, realize you are connecting to the channel of soul faith.

Soul Faith: A depth of belief which transcends the mind. A deep knowing or feeling and belief in the essence of truth which exists in timeless space.

Sandy Jones is an ordained inter-faith minister who has worked as a designer, teacher, software specialist, and entrepreneur in the tech industry for the past twenty-five years. During that time she realized her passion and talent was in motivating others. This inspired her to create Soul Motivations, a ministry devoted to helping you remember. soulmotivations@cox.net 480-491-2464 www.soulmotivations.com

Helping you Remember
