



## Soul Printing

Kabbalist Rabbi Mordechai Gafni defines soul print: A soul print is made up of your dreams and your destiny lived and unlived, conscious and not yet conscious. It is made of your past and all of your yesterdays. It is your successes and especially your failures. It is the partner you married, and the partner you didn't. It is your fear, fragility, and vulnerability, as well as your grandiosity and larger than life yearnings. Your soul print is the song only you can sing, the poem only you can write, the way of being in the world which is you and you alone. To impress your soul print on the lips of reality is the highest goal of spiritual living. (p. 2)

Soul prints help us to widen our limited thinking of ourselves. Gafni claims, our stories are our sacred essence, and we explore our stories as “an intimate spiritual journey in which we depart from the narrow constricted straits in our lives and seek wider vistas” (p. 5). He continues, “only when our story is complete do we have the inner equilibrium and integrity necessary for healing and growth. When we leave behind sections of our story, we can never realize our soul print” (p. 6). He goes on to say, “Every nuance, event, image, and incident of our lives is a source of vital psychological and spiritual information. Telling our autobiographies, we forge a coherent narrative out of our life stories, shedding light on the meaning of our lives.” (p. 7). Finally, “telling our stories means coming out of hiding and returning to our sources. That is the only way we can really find freedom”(p.8).

To experience the wholeness and renewal that accompany soul print realization, you must learn to “dance in space between your darkness and light.” Re-examining Jung's concept of the shadow, Gafni suggests that your shadow energy arises from your “unlived story,” and details the art of soul print integration: how to reclaim the unacknowledged parts of yourself and access the healing potential of the dark. “You can engage in every known spiritual exercise,” says Gafni, “but without roots in your soul print, your most profound gorgeousness, your deepest success, and your fullest joy cannot be manifested.”

We all have a soul print and the inability to share my soul print with another human being is the definition of loneliness. Our soul print is the DNA of our soul. It is the unique, swirls and curves that make up one's infinite special-ness and uniqueness. The box that I carry around with me is who I am in the world. Our box is filled with our fears, our hopes, our dreams, our pathologies, our unique silliness, and essentially is the stuff that we are. This stuff in our box is our soul print and is our radical uniqueness. Embracing this uniqueness is the highest goal of spiritual living.

Excerpts from Marc Gafni, *Soul Prints: Your path to fulfillment*, Fireside, 2001