

## Connie Miller 8/17/07

1 - What is the relation between spirituality and souldrama?

The journey toward spirituality represents the quest to unite one's inner and outer world, to provide meaning and purpose to one's life. The search, and consequent realization, provides an individual with a sense of alignment and order or a spiritual cohesiveness, which instills a sense of rightness and well-being. It is a sense of wholeness, a oneness with who we are and an awareness of how we fit with our external environment.

I define spirituality as your personal relationship with a "Ultimate Source of All Being", some call this entity God. What matters is that this entity is understood as one that is incredibly loving. It is the constant goal of Souldrama to help one to define their relationship to a higher power and thus to themselves as one that is all loving-not based on the internalized image of their parents or other authority figures.

Spirituality then becomes an energy that defines the way we view our world and when we access this energy, we can be empowered with self-faith and the courage to move past the resistance and problems in our lives that stop us from moving forward toward our higher purpose. I found that in my practice, that even after years of therapy people remained stuck in jobs, careers and relationships that they had long outgrown, afraid to move forward. My question then became "How do we consciously move past this resistance and make a doorway for transformation to discover and define our life's purpose? I then created Souldrama? .

Souldrama? provides us with an action-oriented multidisciplinary group technique of psychotherapy that adds a psycho spiritual element to psychodrama to access this energy. Souldrama? is a therapeutic group action model that leads participants through six sequential stages of spiritual development with the goal of aligning the ego and soul. It can help group members move past resistance to recognize and move on to their higher purpose, therefore creating spiritually intelligent leadership.

Psychodramatically based, it is intended to be used as multi disciplinary training system that combines the mind, body and spirit to create a therapeutic energy within a group process to foster spontaneity and creativity. Souldrama allows the soul to become a co-creator in a person's life and this is the soul's mission to co:create.

What is important here, is that Souldrama uses the energy of spirituality and the group to create an action method to align the ego and soul. Energy always follows action. Energy is always moving wanting to clear us and connect us to that divine force-the healing energy of love and compassion . Our need to talk, interact and simply be with each other is part of our development. Group psychotherapy is the most viable method for initiating, improving and evaluating connections. Adding action techniques is a dramatic way to alter the process of a group. It focuses the consciousness of the members on their interactions, which in turn channels and enhances the energy within a group, evaluating connections.

The major contribution action methods bring to the interactive group psychotherapy process is consciousness. Consciousness is no small matter. It enhances our interactions by making them intentional. When action is added to the group it dissolves passivity. Acting on thoughts and feelings gives greater visibility to our inner world and greater energy to our worlds. Action also helps clarify our thoughts and feeling. When we act, we see our intentions more clearly than when we use only words or only reflect on our thought and feelings.

2 - Could Souldrama be applied by psychodramatists?

Psychodrama originally created by J. L. Moreno is the therapeutic modality that is used as the primary method of therapy within the structure of the veils. It is best understood as a method integrating aspects of existential therapy, Gestalt therapy, Transactional analysis and Jungian analytical psychology as a holistic form of multimodal psychotherapy.

I am a trainer, educator and practioner of psychodrama in the USA. I found that psychodrama touches the transpersonal but not in any structured way.

Souldrama is meant to be used by psychodramatists, in fact, the process is an outgrowth of pscyhdrama but gives psychodrama structure. The stages of development in Souldrama are sequential and each stage builds upon the completion of the previous stage. As the stages are completed, the ego becomes more in alignment with the soul, and the energy in the group increases. Today,one of the great dangers of transformational work is that the ego attempts to sidestep deep psychological work by leaping into the transcendent too soon. This is because the ego always fancies itself much more advanced than it actually is. Souldrama offers a structure and ritualistic process to reclaim and recover the parts of us that have been split off for re-integration and healing. Re-integration cannot be achieved in a single healing process, thus Souldrama, offers significant gains as the individual journeys though the stages of development and begins to recognize and re-own some disowned emotion and reclaiming that which has been lost or split off to realign with the soul.

It becomes necessary, then, for us to develop our spiritual intelligence. Souldrama is structured into three levels of development passing from the rational through the emotional through the spiritual level of intelligences. Each level has two stages or veils to pass through. The stages are

sequential and each time a person completes all six they remain in a level of integration and transformation until they repeat the stages all over again.

This process also allows much flexibility for the therapist to develop their own creativity within the structure of the veils, in fact, this method is being applied to recovery from addictions and to grief work.

Souldrama® involves an energy process, including prayer, to facilitate the mind, body and spirit working together to remove the blocks that keep us from moving forward in life. Through the use of psychodrama, we invite our clients to raise their consciousness, change their perceptions, and see other possibilities for living their lives. What is important is to follow the structure of the six level developmental process. Each stage of development has a particular purpose and goal. The group members are led through six stages or levels of spiritual growth each corresponding to a different level of intelligence. (Each stage is separated by a “veil”. The veils and stages are as follows.

Stage One: Rational Intelligence: What I Think

Veil One: Meeting Your Messenger

Veil Two Your Soul's Mission:

Stage Two : Emotional Intelligence: “ What I Feel”

Veil Three Forgiveness

Veil Four: The Heart of God

Stage Three: Spiritual Intelligence “What I am”

Veil Five: Confronting Evil:

Veil Six: Eden.

The Invisible Veil Stage Seven

This is the time of transcendence when we can fully integrate our work from the veils.

3 - Incredulous people can gain with this method?

Sometimes it is hard to change. As human beings we prefer constancy and status quo to instability and change, and therefore when change comes there is resistance to avoid the transition and leap into the unpredictable and unknown. We are afraid to loose control. We often avoid by change being indecisive, ambivalent, impulsive and by procrastinating. We become stuck in careers that no longer serve us, in relationships that we have outgrown and lost in our addictions A lack of spirituality exists when feels separate from others. Our healing cannot be done alone for it is the ego that is demanding separation and limitation. Anytime we separate ourselves from others, we know our personality is in control. Our ego focuses on how we are

different from the world and our soul focuses on how we are the same. When we align these two aspects of ourselves, we can move forward to our higher purpose - to our soul's mission. Einstein said it best when he claimed; A human being is part of a whole, called by us the "Universe," a part limited in time and space. He experiences himself, his thoughts, and feelings, as something separated from the rest -a kind of optical delusion of his consciousness.

Therefore the first stage in Souldrama includes Meeting Your Messenger and your Soul's Mission: The purpose of the first veil is to surrender, to access our faith and to build trust among group members. Without the first stage being completed, the others cannot begin. William James made a study of the freedom of will and came to the conclusion that two choices were important: firstly acknowledging that our own choices are creative and secondly acknowledging equally that sometimes we have to surrender our will.

In this stage the process of prayer is invoked. Prayer offers surrender and the ability to relax and trust. A high level of trust allows an individual to commit passionately to his/her path without attachment to the outcome. ( Miller, C 2000)This attitude is captured in the Serenity Prayer from Alcoholics Anonymous: "Lord grant me the courage to change the things I can change, to accept the things I can't and the wisdom to know the difference." The first step is to turn our will over to something higher than ourselves. Here it is the energy of the group. In twelve-step programs, people heal partly through the telling and sharing of their own stories. It is through the sharing of the trauma and pain and the subsequent healing that people form common bonds that unite them. Then, to get beyond that connection of pain, they need to go further by sharing their soulful moments, their hopes, and their dreams. This requires re-establishing a relationship with their creativity and, through their higher awareness, connecting with others on a spiritual level.

To become balanced, the individual's Self must transform the ego and achieve alignment with its individuality. However, the ego fears the loss of what is known "its identity" and resists by struggling with the unknown aspect of self. Individuals who continue to be disconnected from their unconscious sides and operate solely from their egos often experience extreme adverse emotions. In fact, if the struggle continues unconsciously, individuals who find themselves unable to fulfill their unique destinies may experience depression often with detrimental consequences their lives. This is because the ego always fancies itself much more advanced than it actually is. It becomes necessary, then, for us to develop our spiritual intelligence. Few of us clearly know our life purpose. But if we watch how our lives unfold, and if we know what questions to ask ourselves, we can begin to understand why we are here. More importantly we can begin to discover us what is stopping us from changing.

4 - Is it enough, to gain with Souldrama, if we just use this book?

I can best answer this with a question back, How do we learn to swim? We can read many books, can learn many different techniques and facts, but the truth is that at some point we need to take the action get into the water. If not how we will ever have the experience?

It is the same with Souldrama, we can read about the technique but we need to experience the process in relationship to others. Souldrama in a group process offers more than the validation of that which can be given by a single other person; one person can be too easily discounted, a group offers a stronger feedback. During the process of Souldrama you will find yourself in a sacred space with those on a similar journey similarities and where the goal will always be towards healing, identifying desires and to affection for a few persons nearest us. 5 - How could we know when a person is "balk" on this hygienic process? A professional that ignores Souldrama, for example, is able to advise his patient or he can't notice the stage of paralization?

I believe as therapists we can only take people as far in their lives we have gone. As therapists, we must look for ways to recreate ourselves and to create spiritually intelligent leadership. Our creativity holds the key to our life dream, purpose, or calling. However, we place many obstacles between our creative gifts and ourselves. Creativity is the ability to manifest what has real meaning and purpose for us, our soul's mission. When creativity is shut down in childhood in order to stay safe, we remain in jobs and relationships that we have outgrown, that no longer serve us. When we learn to listen to the inner voice of our own spirit as opposed to the internalized critical voice of our parents, we are able to follow the voice that leads us toward fulfilled, creative lives. All the signals from that spiritual or soul voice are for the purpose of giving us back our lives as creators. That spiritual voice is difficult to hear if you are struggling with learned beliefs, trying to control the outcome of situations and enmeshed in expectations of the way things "should" turn out. When we are on our soul's purpose, we stop defending and begin to truly live. One of our most important relationships is with the soul. Spirituality is missing when love of life is absent.

"Health," "whole," and "healing" all come from the same root. In the course of a therapeutic career we need knowledge and skills for our modern roles as therapists. We heal because of who we are and not because of what we do.

What we can do as therapists is to help others to recreate themselves anew. This is the time for teaching, healing and generating new action techniques for we are all one and must become co-creators with each other to become spiritual activists and healers.

If cognitive intelligence is about thinking and emotional intelligence is about feeling, then spiritual intelligence is about being. In a holistic view of life, we are creatures with a mind, a body, and a spirit—all interconnected and arranged in a pattern that means that the whole is greater than the sum of the parts. In the same way we can look at our intelligences. Much education is based on the model of cognitive intelligence. In our society we have developed the intellect while

neglecting our emotions and our spiritual life. If our education were more holistic, as students we would learn to balance our intellect with our emotional and spiritual growth. And as therapists we would take responsibility for our personal as well as our professional growth.

6 - What is the function of faith and spirituality, generally speaking, on peoples' life?

The journey toward spirituality represents the quest to unite one's inner and outer world. This results in a sense of alignment and well being. It can be described as the feeling of being in the flow. It is a feeling of wholeness; a oneness with who we are, and an awareness of how we fit with our external environment. Although this quest can be life-long, it can be particularly important in later in life as we begin to search for meaning and purpose and ask "is this all there is?" Increasing connection to one's soul can often be recognized by the development of presence, love, joy, peace, and empathy, and the diminishing of fear. This connection is experienced as an opening, a deepening or a widening of one's identity into a powerful, substantial sense of presence. This presence is felt as supportive, indeed being the very core of oneself, one's essence. This "real" self both encompasses and vastly surpasses one's outer, surface self, which by contrast is experienced as flimsy, insubstantial and almost empty. One's identity is loosened from that limited surface self, and expanded to a non-ego identification with the vastness of creation, which is experienced nonetheless as emanating from a spiritual source deep within. And when we yearn for deeper answers to the questions of our life whether we call it following our spiritual journey, or living a more meaningful and loving life, it is all about responding to the basic impulse that draws us to becoming more conscious and compassionate.

7 - Is there a way to pass over mental obstacles or "lift the curtain", without a professional help?

I don't know. I believe today we live in split realities between our personality and our true self. Personality is our daily companion, our conscious self that sees the world through the eyes of limitation and dutifully keeps us informed about what we can and cannot do. Our true self, on the other hand, patiently stands by, offering the unwavering knowledge that a state of vibrant well-being and unlimited possibility is our true nature, a birthright that can be lived if we choose to do so. Our personality would say that there is no way to overcome mental obstacles without professional help, however, divine order and divine logic are not the same as earthly logic and reason and cannot always be perceived by our minds. Your divine potential is the fullest expression of your spirit; it is discovering the depths of your capacity to create and express love, compassion, forgiveness, generosity and wisdom. Your divine potential becomes more audible once you release your ego's need to know why things happen as they do. Your divine potential motivates you to discover the greatest purpose and meaning of your life. It is our conscience and intuition. Every relationship in your life is an experience to grow and transform your life.

True self simply refers to the aspect of our being that is completely aware of its expanded nature no matter what we may be experiencing at the time. Whenever we feel constrained,

fearful, unworthy, inadequate or anything we deem to be negative, we have identified with our personality. We can always choose to view the same situation from the perspective of our soul.

Psychodrama is a group process. Some issues, particularly shame, are most readily treated in a group rather than individually. The ultimate release of shame requires that one acknowledge shameful behavior to a group of peers, release the judgment of shame, and receive loving acceptance in spite of it. The loving support of a group with healthy norms is invaluable to healing many issues in addition to shame, and provides the ongoing reinforcement necessary to make behavior change permanent.

Advantages of group work also include the efficiency of benefit to multiple group members of one member's session. Often, the participants who play roles in a session, or those in the non-participating audience find their issues getting triggered during someone else's session. Also, participants benefit from the modeled social learning provided by observing other members' coping strategies, resilience, and triumphs.

8 - What is "generativity"? How could we become part of it? You affirm on your production that the search for solutions is the reason of restriction to "go ahead". How could we change this thought?

Generativity takes center stage in the seventh stage of Erik Erickson's eight-stage model of the human life course. In each stage, the developing person confronts a central psychological issue. The seventh stage is Middle Adulthood where generativity versus stagnation and one asks, "How can I fashion a legacy of the self?" The eighth and final stage is Old Age where Ego-integrity versus Despair and one asks, "How can I accept the gift of my life?"

Erickson believed that in order to be "generative" as opposed to "stagnant", people must have a belief in the species. They must have faith that despite suffering and setback, despite evil, human beings are potentially good and human life can be good for generations to come. The more generative people become, the more they can constantly imagine such futures and envision a better world for themselves and society. Generativity takes us beyond the short-term gains we often seek in daily life and orients us to the long run: "I am what survives me." What do you imagine when you picture the good that will outlive you?

The technique of Souldrama® is an adjunct to the therapeutic group process born from Moreno's philosophy and is designed to move people through the stagnation and despair so that they can see their own lives in redemptive terms. Holding out hope for our ultimate redemption gives us faith and hope that our legacies will be good and that our life has had a higher purpose. What we can do as therapists is to help others recreate themselves. I encourage therapists to develop more action techniques to move their clients forward to becoming the grandest version of the highest vision they hold for themselves. This is the time for teaching. We are all one and must become co-creators with each other to become spiritual activists and healers.

Today we look for the purpose of our individual and collective experience as we have created it and search again for the meaning of life. We must look for ways to recreate ourselves and to create spiritually intelligent leadership. Our creativity holds the key to our life dream, purpose, or calling. However, we place many obstacles between our creative gifts and ourselves. Creativity is the ability to manifest what has real meaning and purpose for us, our soul's mission. When creativity is shut down in childhood in order to stay safe, we remain in jobs and relationships that we have outgrown, that no longer serve us. When we learn to listen to the inner voice of our own spirit as opposed to the internalized critical voice of our parents, we are able to follow the voice that leads us toward fulfilled, creative lives. All the signals from that spiritual or soul voice are for the purpose of giving us back our lives as creators. That spiritual voice is difficult to hear if you are struggling with learned beliefs, trying to control the outcome of situations and enmeshed in expectations of the way things "should" turn out. When we are on our soul's purpose, we stop defending and begin to truly live. One of our most important relationships is with the soul. Spirituality is missing when love of life is absent. An image that comes to mind is that of a gardener preparing the soil for planting, carefully erecting fences to keep away trespassers. The gardener continually turns over the soil, preparing it but never planting the seeds. Thus, the garden is ready, but the seeds are never planted. The seeds are our creativity - our life's purpose - the part of our soul that needs nourishing and growth. In the codependents' recovery process, the missing piece...the planting of the seeds...is forward movement with the energy of joy.

When people are in difficulty, they think of the future in terms of its problems rather than what they want from it. Questions involving the future often can cause difficulty for protagonists because they generally have not considered what their lives would be like if their problems were resolved. If clients from dysfunctional family systems think that every problem requires an explanation in order for it to be resolved, the search for explanations severely limits the client's forward movement. This is especially true if they believe that explanations need to be difficult and problematic. Clients, who continually get their energy from problems, keep creating problems to experience this energy, thus severely limit their thinking and creativity. This keeps one from living in the present and tuned into the moment. Living in the present allows us to experience that oneness with soul-energy. If we live creatively, fulfilling our soul's purpose, we can connect to that positive, loving soul energy and be invested with the process of life, not the outcome.

9 - Why do people "sabotage" themselves unconsciously? How to avoid that? Co-dependency, as I define it, is an absence of relationship with the self. When one learns to look outside themselves for validation, one distances from one's own soul. The future client, at a very early age, begins to respond to the parents "control drama" or energy and learns to read that energy non-verbally assuming a response, which allows them to feel safe in a dysfunctional and/or addictive family system. Their response becomes either one of or a mixture of the following: victim, aggressor or

one who is passive-aggressive. They depend on another's energy in order to survive and lose themselves, mistakenly experiencing this "connection" or bond with their primary caregivers as love.

In the dysfunctional family system, love and attention are so inconsistent, that the child becomes addicted to that inconsistency. Love means being addicted to waiting for the feelings of love that comes from outside oneself; that is addicted to the potential of love.

When one is co-dependent, one is addicted to this potential. One is always looking outside oneself for validation to learn how to act or feel. Since co-dependency is an absence of relationship with the self, one is always seeking to attach to another person or thing. The addiction becomes one of potential because one never can find the perfect other. With eating disorders, there is a strong addiction to the image of who one could be if that extra weight were lost. In dysfunctional relationships, it is about who the other person could be if he would just stop drinking, stop drugging and so forth. Within oneself, it is about "who I could be if I would just..." This addiction to potential stops one from feeling true self-love. The negative inner voice is so strong that even after family of origin issues are resolved, the person fails to move forward to a higher purpose. Codependents are addicted to their own potential and, instead of moving forward, they engage in self-sabotaging behavior. They learn that in order to "be" or to exist, they must first "do" something, in order to "get" love. Their energy comes from an addiction to outside problems as opposed to energy drawn from within created by living a life full of purpose. Often that is why I call addiction a spiritual calling, but one that goes to the wrong address.

When love and attention are shown in this family system, it is often negative and associated with abuse. Separation from the family is difficult because the child is worried for its own safety and security and often cannot complete this necessary stage of separation. If one is always focused on what one needs to survive in a family, one cannot focus on one's own personal development. spontaneity, creativity and openness – attributes of the spiritual self are stifled.

The codependent's bond or addiction to potential is difficult to break since it is experienced internally as the source of self-love and later becomes the cause of self-defeating behavior. Codependents believe they are not allowed to have, or do not deserve to have, sufficient love or to experience it too long. They are actually frightened when experiencing intimacy. Teaching intimacy can only be accomplished in a consistent loving atmosphere or, if the clients are advanced enough, within the framework of a regular group which imitates the dynamics of a healthy family system. I believe that one of the best tools, and one that has proven to be the most effective for this task, has been experiential therapy and psychodrama, with all members of the group participating. Indeed, dysfunctional roles tend to exist for sometime even after they have outlived their usefulness. These roles remain stubbornly functional. The client from this population is often fiercely loyal but mainly only to the dysfunction of the family. Never having had an identity, their dysfunction becomes their identity. Clients are often reluctant to give up their old

“label” even after many years of counseling. Their diagnosis becomes their reality and their lifestyle. Instead of living a life of joy, life continues to be one problem after another.

A client from a dysfunctional family system views their higher power as being outside, not within, themselves, and they have developed internalized object relationships with the spiritual beings in their lives. Many of these relationships have become contaminated with residuals of childhood traumas and misunderstandings. Spirituality is a state of “being” not “getting” and it is important for the client to develop a relationship with that higher self.

According to many of my clients, closeness to God was felt only when a problem existed and they needed to ask for help or forgiveness. Unfortunately, the only time many clients feel connected to God is when a problem exists and they need to ask for help or forgiveness. Is it any wonder that one continues to create problems in order to feel connected to God? Thus, even the relationship with God is based on problems, not joy. This is not to discount our wounds or our feelings, but when one remains “stuck” for many years and is unable to move forward, a new therapeutic tool is needed. Our energy needs to come from joy and a daily connection of living in the present, not from problems.

10. Sometimes, negatives thoughts comes to mind, although when we don't want. How can we change it?

Souldrama teaches you to see your parents as your “spiritual teachers” Balance midway between ego and the soul resides in the heart. Repairing damaged balance requires attending to the practical, the somatic and the "here and now" experience; it also requires letting go of old roles patterns, beliefs and structures. Then we are able to experience an "open heart," where we allow the vulnerability of taking others in as well as putting oneself out to others. Buddhist psychology recognizes that affective mental processes or emotional excitements are rooted in cognitive mental processes, such as the formation of concepts or interpretation of experiences. According to how you interpret the situation, you become emotionally excited or become calm and relaxed. Even mental processes are habits of thought which have been learned, and therefore which can be unlearned by consciously stopping their repetition. It is here that the protagonist begins to reframe the wounds from their parents as gifts. They now begin to recognize a higher purpose and are able to stand back from a situation or problem and see the bigger picture; see the problems in a wider context. This stage is in the first level and must be completed before we can move to level two.

11 - What is the better way to expand spirituality?

Moreno felt that we co create our lives and that we all have the potential to be Godlike and that spontaneity and creativity are those qualities that can stream us into our Godlike natures. One recognizes in this the honoring and the power of the present moment. It is the constant goal of Souldrama to help one to define their relationship to a higher power and thus to themselves as

one that is all loving-not based on the internalized image of their parents or other authority figures.

Psychodrama as a therapeutic factor has the constant goal to develop and train spontaneity in its participants to remove the psychological and emotional blocks in its way, so that the individual can as Einstein says, "stay alive while living."

12 - You tell that miracles happens when people open their hearts. How this happen? Only think is it enough for it?

Experiences patterned by our ego are not experienced directly or purely. Our perceptions have many veils and patterns to them and our actions and choices are conditioned by our history. By understanding our actions and feelings -- by recognizing what is truly underlying a given situation -- we begin to appreciate the nature of these obstructions and how they developed. When the ego dissolves we can then have mystical experiences. By connecting to the positive loving energy of the soul, a healing of the past can occur without chronically re-experiencing intense feelings of pain and negativity to which we have become addicted. The veils are simply mental barriers or illusions represented symbolically by gauze-like material that are used to describe different stages of healing within the journey. This new model of Souldrama utilizes the process of the veils, as representation of the six stages of spiritual growth to move through and integrate all three intelligences, as the ultimate symbol of the spiritually intelligent self...the obvious way to combine the great Eastern and Western traditions of the self with the latest insights from science to move past resistance.

The ego can manifest a far richer consciousness in everyday life than thought possible if brought into alignment with soul. Souldrama<sup>®</sup>, which I developed as an adjunct to psychodrama in the treatment of codependency, is an action-oriented method that includes both psychodramatic and narrative techniques Souldrama<sup>®</sup> redefines a human's relationship to God. Rather than being subservient to God, we are a part of God. This recognition helps to establish a greater sense of belonging psycho spiritually, as well as psychosocially. When we are aligned with the energy of God's love, we reflect this light to dispel the darkness. We can then see life as a mystery to be embraced and not a problem to be solved. We become co creators in our lives to access our divine purpose.

13 - Why the more we become developed, the lessons become arduous too?

There is a saying... The brighter the light the darker the shadow. As we get closer to the source..to the light, the shadow also becomes clear.

When the stages of spiritual growth and development are completed, the ego and soul are aligned. Each time we go through a workshop, we are building what I call spiritual muscle. It is like lifting weights. Each time we practice lifting we are able to hold the weight up longer So it is

with our spirituality. The more we can develop our own spiritual intelligence, the longer we can hold up our spiritual state when we confront fear.

Spiritual Intelligence? refers to the skills, abilities, and behaviors we need to help us balance the expansive love that flows through our hearts and all of creation with the need for discipline and responsibility. One way of defining spiritual intelligence is offered by as a devotion to discovering, exploring, and living in accordance with the depth dimensions of existence that are ways of being that transcend our usual ways, defenses, identity, and beliefs about self and world. When we successfully balance these polarities in our own feelings and in how we treat others and the world, we are able to create forgiveness, healing and connection; we in fact are co-creating with God . Spiritual Intelligence refers to the skills, abilities, and behaviors required to develop and maintain a relationship to the "Ultimate Source of All Being." When we access this intelligence we can succeed in the search for meaning in life, find a moral and ethical path to help guide us through life, and act out our sense of meaning and values.

14 - What is the better way to hear the voices of our own soul, unless hearing parents' critiques? How get rid of this old beliefs?

Psychodrama is effective because it emphasizes engagement through active role play and dramatic dialogue as the major factors which lead to transformational change. If the future of mankind can be 'planned,' then conscious evolution through training of spontaneity opens a new vista for the development of the human race (Moreno, 2000). Psychodrama is the tool that Moreno developed as a method to facilitate this transformation. Psychodrama is experiential, as deeply held perceptions, patterns, and beliefs are expressed, bringing the unconscious into consciousness.

In psychodrama we represent externally our internal psyche. We are able to experience physically what has been only experienced psychologically. This allows objective observation and completion of unresolved conflicts through re-experiencing them with a corrective reframe.

Moreno (1920) called spontaneity and creativity the "godhead" in classical psychodrama. He stated that each person has a god-within that can be drawn on as a guide for a creative life and healing force. Spontaneity is the catalyst that warms us up to our creativity. Additionally, Moreno (1972) suggested that God acts within the creativity of each individual person. Such creativity and spontaneity is believed to be a connection with God as an expression of transpersonal identification. Rather than being a moralistic God, Moreno (1972) proposed that God encourages aesthetic values which highlight pleasure in creativity, discovery, and celebration of life in the here and now. Therefore God does not act in the role of a judge, but is instead one who invites caring, compassion, and the achievement of our full potential (Moreno, 1972), while we become co-creators.

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15 - How important the guardian angels are for our life? How can we come near them? Moments of love-they are already here by being in the present we can hear the messages that come from each other.

Souldrama? continues on to be an experiential process that journeys through the veils of the angelic realm. A quasi-mythic or fantasy realm becomes a "surplus reality" setting for using imagination to symbolically address more personal issues. Protagonists are led through six stages or "veils" through a process of guided meditation and action methods into the "realm of angels" each which represents a different aspect of spiritual development. Now we are using light messengers as well as angels, each messenger bearing a special gift to move the client past the resistance in their lives. Moreno called spontaneity and creativity the "godhead" in classical psychodrama. He stated that each person has a god-within that can be drawn on as a guide for a creative life and healing force. Spontaneity is the catalyst that warms us up to our creativity. Additionally, Moreno suggested that God acts within the creativity of each individual person. Such creativity and spontaneity is believed to be a connection with God as an expression of transpersonal identification. Rather than being a moralistic God, Moreno (proposed that God encourages aesthetic values which highlight pleasure in creativity, discovery, and celebration of life in the here and now. Therefore God does not act in the role of a judge, but is instead one who invites caring, compassion, and the achievement of our full potential (Moreno, 1972), while we

become co-creators It is when we are in the present that we can hear the quiet voice of the soul. JL Moreno felt that we co create our lives and that we all have the potential to be Godlike and that spontaneity and creativity are those qualities that can stream us into our Godlike natures. One recognizes in this the honoring and the power of the present moment.

Toward the end of his first published book, *Who Shall Survive?* Jacob L. Moreno (1889-1974) described his hope for humanity -- the transformation of human consciousness through the integration of creative play, spontaneity, and psychological theory. Moreno's methodology is a growth model emphasizing individual responsibility and the creating of one's destiny. He urges the need for creativity and imagery within the therapeutic process so humans can see themselves as co-creators and not victims of omnipotent strength. When God is seen as being inside and not outside of oneself a greater sense of co-creative responsibility exists. *Souldrama?* helps one to define their relationship to a higher power and thus to themselves as one that is all loving-not based on the internalized image of their parents or outside authoritarian figures.

When you have faith, you have joy and you move forward. We learn to heed the voice of spirit that is quiet and non-demanding as opposed to the voice of fear that is loud and threatening. We learn that it is not the material world that causes things to happen but our awareness of our divine inner reality. When we are in tune with the voice of spirit, with intuition and creativity, we realize that we are always the creators of our own lives because we come from a center of higher awareness. Our work needs to become our higher purpose, our ministry performed from love, joy and spontaneity. We need to learn that the receiving comes from our "being" which later becomes manifest in our "doing", which is our work or our higher purpose. We need to understand that we do not need to "do" anything in order to be.

Psychotherapy helps people explore emotions, which may be hindering one's ability to achieve intimacy. *Souldrama*® can help remove these blocks. Once these obstructed and/or distorted ego defenses are removed, we are free to explore our relationship to the divine. It is easy to see how the nature of the defenses, attachments and identifications which developed in response to childhood conditions become integrated into the self. Once integrated, the parts of the self which previously split off, mature into the authentic self -- a synthesis of both the spiritual and worldly. The self can now

operate, not from conditioned patterns of behavior, but with qualities such as compassion, integrity and harmony.

When I we talk about our moments of love, I talk about when we felt the most loved and connected as a child. Maslow reported that peak experiences are the key to spiritual realms. They are when we are completely and totally absorbed in the world Here we get glimpses of our soul or spirit. These are moments of being and not doing. Love is but the discovery of ourselves in others, and the delight in the recognition. Souldrama uses these moments of love and transforms them into our higher purpose.

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16 - How can we discover our “mission of life”?

Our life purpose reflects: What we naturally do best in life - the gifts, talents and skills our personality has to offer the world. How we aspire to be in life - the qualities of our authentic self. Knowing our life purpose and fully living it brings much meaning and fulfillment into our lives. When we consciously align with our deepest reasons for being, we tap into rich reserves of energy, personal power and passion.

Souldrama may be compared to a pilgrimage allowing one to “cross the threshold” of any change in life with conscious awareness of what we leave behind and provides a structure and guide to facilitate entering the unknown, or what lies ahead. The common elements in a pilgrimage, are to (1) accept the call to journey for a specific purpose; (2) find the faith in one’s vision needed to set out; (3) to learn how to invoke the strength of spirit; (4) learn how to allow the spirit to speak and work through you in order to persist; (5) gain control over the obstacles, the spirit shadows whose intentions are to slow you down or to stop you; (6) to perform the appropriate rituals, enact the mythology, and connect with the transcendent self, upon arrival at the destination of the pilgrimage; and (7) to return to one’s home community, bringing back the blessings obtained.

By bridging the gap within ourselves first, between our rational, emotional, and spiritual intelligences we can hear the quiet voice of the soul directing us to be on our true purpose. We are beginning to use Souldrama as a daily Spiritual Ritual and this stage is still in its development.

So I invite you

Think about a time when you felt loved and connected? What did you need to DO to get it? Keep that moment in your heart. Remember it.

I would invite you to have us come and present and experience this process in your country and thank you for sharing your love with me.

Blessings,

Connie Miller



Souldrama® was developed by Connie Miller, Master of Science ,MS, Licensed Professional Counselor, LPC, Nationally Certified Counselor NCC, Trainer, Educator and Practitioner of Psychodrama TEP. in 1997 and trademarked in 1999 as a therapeutic tool created for use as an adjunct to psychodrama and designed to move clients from co-dependency to co-creativity. Connie is the founder of the International Institute of Souldrama and also the owner of the Spring Lake Heights Counseling Center, in New Jersey. Connie leads and trains groups for professionals in action methods, sociometry and psychodrama and also trains the staff at Seabrook House in southern New Jersey. She is a Trainer, Educator, Practitioner of Psychodrama, Sociometry and Group Psychotherapy. Connie has developed a new model to access our spiritual intelligence that incorporates psychodrama, group psychotherapy, the creative arts, energy work and sociometry. By incorporating spirituality and action methods into the psychological process to help a client access their spiritual intelligence, Souldrama helps clients to move past resistance to remove the blocks that stop one from moving forward onto their higher purpose by aligning the ego and soul. She has presented her Souldrama workshops nationally and internationally including at numerous conferences. Additionally, she is responsible for bringing the technique of Souldrama to the American Counseling Association where she is a member of ASGW, ACC, ASERVIC and has brought action techniques including the process of

Souldrama to the National Board of Certified Counselors as well as to the field of addictions. Connie has run trainings in Souldrama for the past nine years in Mexico, Portugal, Greece and in England, Brazil and presently runs her own training group in NJ. Her book Souldrama, a Journey into the Heart of God has recently been published in Brazil in Portuguese. Routledge press includes her chapter "Psychodrama, Spirituality and Souldrama" in the book New Advances in Psychodrama to be published May 2007. Her article, Souldrama: Its Techniques and Applications has been published by the International Journal of Action Methods, Winter 2000 and more recently, the Korean Journal of Psychodrama and Group Psychotherapy has published her article, "Souldrama: a psychotherapeutic technique to access spiritual intelligence." All workshops and trainings offer CEUs for NCCs as well as training hours for the American Board of Examiners.