

REPLY SLIP:

Name.....

Address.....

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Telephone.....

Email

My preferred times & venue are (tick):

Daytime Evening

Mon Tues. Wed Thur. Fri. Sat.

New Barnet (N. London)

West Wickham (Nr. Croydon)

Addlestone (Surrey)

Please return slip to express your interest to:

Helen Brown

11 Dale Close

Addlestone

Surrey KT15 1NS

tel: 01932 848997

email; helenbrown7@hotmail.co.uk



Helen Brown

Helen is an experienced Jungian therapist, and likes to work with people in a creative, holistic way.

She has recently been ordained in the Swedenborgian church and works freelance, facilitating groups and workshops and is interested in promoting personal and spiritual growth. She has written a short course entitled 'Nurturing the Soul' and offers spiritual counselling and spiritual direction to people across all belief systems or none.

helenbrown7@hotmail.co.uk



Soul Symbols

a key to
transformation



"To see the world in a grain of sand, and to see heaven in a wild flower..." William Blake

Are you ever moved by the beauty of a flower or a stately tree? Are you inspired by the wonder of the work of the honey bee, in awe of the grandeur of a mountain range or the power of the sea?

The outward world is a reflection of the inner spirit

What is it that illuminates our minds to see beauty or grandeur or to feel peaceful and loving? We are affected by the things of nature because they are an outward mirror of the inner reality of life. As written by the visionary Emanuel Swedenborg, "There is nothing in the world of nature that does not portray something in the world of spirit." Ancient peoples were in tune with this connectedness between our visible earth and the Divine. The indigenous American peoples intuitively saw in Mother Earth, a reflection of facets of their inner spirit, and would, for example, call upon



the power of an animal to enable them to be drawn into harmony with the strength of this creature's essence.

Carl Jung finds in symbols a means for bringing the unconscious or transcendent into consciousness and giving it meaning and energy. In a sense they help us to bridge the outer world with our inner personal world. And yet symbols also have a universal dimension relating to all peoples and cultures.

Soul Symbol Book and Cards

These thirty six cards are just a start to understanding the key to both the Divine and our own personal, spiritual transformation. The spiritual insights that relate to these symbols (in the accompanying book) are based on the spiritual symbolism found in the books by Emanuel Swedenborg.

Each symbol can be viewed from a soul perspective or an ego perspective.

Soul Perspective

This is a suggestion as to how the physical symbol is an earthly mirror for an aspect of the eternal Divine creative nature within yourself and the world.

Ego perspective

For each of us on a spiritual journey this provides a useful challenge by showing the contrary side of the symbol as it refers to our sense of self and apparent separateness from the Divine.

Helen is offering a monthly group using the symbol cards for a total of four sessions.

The group is a wonderful way of using the symbol cards. A session starts with meditation followed by each person choosing a symbol card to reflect on.

There are questions on the card to help you begin to explore what this symbol means to you at this moment in time. Each person's insight is respected and welcomed.

Confidentiality is respected and there is no pressure to say anything that you don't wish to.

I find that working in a group of people who wish to grow spiritually enriches the whole experience.

Come and join others in discovering your soul self.



If you are interested in exploring these symbols in an open and supportive group, please fill out the reply slip overleaf.

Helen will contact you to let you know when and where the first session will be in your area.

Cost

There is no set charge, instead you are asked to make a donation at each session, whatever you feel you can give.