

## Nourishment for the Soul When Your Calendar Gets Full

Alan Seale



Autumn is in full swing now and for most everyone I know, calendars are packed and the pace continues to quicken.

This can be really exciting, especially if your calendar is full of things you love to do, responsibilities that you have

happily taken on, and relationships that are rewarding and fulfilling. However, not everyone is so happy about the pace of their life and the responsibilities they are shouldering. Sometimes it gets to be too much.

Whether life is rewarding and fulfilling or challenging and overwhelming, the daily schedule can easily take control. Without realizing it, we can reach a point where we are in service of the "to do" list instead of the big picture of who we are called to be. We can forget that we have a larger purpose. We can lose touch with our souls.

Soul is life-force, breath, essence. Soul mission is purpose, passion, and fuel for a life fully lived, potential fully realized. Without soul, accomplishments are empty. Without soul, you can reach the end of the day and realize that you got everything checked off of your list, and still feel like nothing was really accomplished. When you tap into soul, on the

other hand, and engage in every activity from the soul level, the energy shifts. You begin to feel alive again.

Tapping into and engaging life from soul is only the beginning, however. Soul must be fed and nourished. For each of us, what feeds the soul is something different. Perhaps for you it is being creative. Perhaps it is remembering to let Love lead the way, spending time in nature, or attending a concert. Perhaps it is singing, or meditating, or cooking a very special meal just for you and someone you love.

Whatever it is that feeds your soul, it is really important that you do it! Find time at least once a day, even if just for five minutes, to do something that nourishes your soul. Write it in your schedule if you have to. Treat your soul as if it were your highest paying client or customer, the most important person to take care of. Because when your soul is fed and nourished, you have much more energy and desire to serve others. You will notice a shift in your sense of inner peace, in your productivity, and in your relationship to your day. You will be more excited to get out of bed in the morning because you know that the day has the potential to bring a sense of fullness in your heart.

For a truly rewarding and productive life, nourishment must also happen on another level. Enlightened living means taking care of ego as well as soul. It means calling forth ego in its magnificence as the hands and feet of soul. I'm not suggesting calling forth ego in service of ego, but rather calling forth the greatest strengths and abilities of ego in service of soul. Soul needs ego to accomplish its mission. Ego is the only vehicle soul has for living its mission in the physical world. If ego is going to serve soul most effectively, it must feel secure, confident, and appreciated. Nourishing the ego can be as simple as acknowledging to yourself that you did something really well. Or it might mean taking more time for exercise, or losing those extra ten pounds, so that ego feels good about how it looks. Maslow's hierarchy of needs tells us that food, shelter, and warmth must be present in order to be able to do anything else. In the same way, ego's needs must be met in order for it to be as responsive and effective as it can be as soul's hands and feet.

When you give attention every day to your soul and to ego as soul's hands and feet, you find your way back to the bigger picture of what your life is really about. You have the space to get in touch with your soul's mission and discover how your ego can serve that mission. In the short term, this means looking for ways in which your soul can be engaged in each activity of your day. In the longer term, it means discovering your soul mission and creating a vision that is informed and inspired by that mission so that your daily life is more and more in service of your soul and its mission. As this happens, your life becomes more and more a gift to others. You bring the best of yourself to the world and serve those around you with your talents and mission.

Take a few moments right now to ask your soul what it needs more of from you. What is the nourishment it is craving? What is the food it is

longing for? And then ask your ego what it needs to be able to serve soul. Regardless of how packed the calendar becomes, be vigilant about your appointments with soul and ego, listen and respond to their needs, and give them the food and nourishment that they need.

Many blessings,

Alan

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# Soul Mission Profile—Shane Peterman

by Johnathon Pape



When you know that Shane Peterman is a performer, you immediately think “Leading Man.” He has the rugged good looks, the well-honed acting skills, the beautiful baritone voice, and the genial charisma that such a label would require. And, in fact, Shane has worked as a principal player in many

theatrical productions around the country. But there is so much more to this “Leading Man.”

Shane first began studying with Alan as a voice student several years ago. And, since he is an actor that is always seeking to expand his craft, he was quickly drawn to Alan’s intuitive work, taking all of the Intuitive Living workshops. In May of 2003 he took the *Soul Mission \* Life Vision* workshop in New York City, and followed that with *Manifestation* in November of the same year. His soul mission—*I lead through love*—is a testament not only to how he works as an actor, but to the way he lives his life. When Shane identified his soul mission, he recognized it as a good fit for where he was, but he also accepted that it was calling him to step into higher levels of leadership, anchored in the strength, talents, and love that he had to offer the world. Now, four years later, he is leading his own theatre company in his native Dallas.

Another surprise that Shane got from the *Soul Mission \* Life Vision* workshop was in the exercise where you visit your future self. The name of his future self was “Dad.” Although Shane had always wanted a family, he wasn’t sure that it would be easily managed with his career in the theatre. But a

little over two years ago, Shane met his wife, Erica, in Denver while playing the lead in a production of the musical *Oklahoma*. They were married in 2006 and are expecting their first child this coming May.

**Johnathon Pape:** *Congratulations on your impending fatherhood! You are going to be such a great Dad. And congratulations on your other “baby”—the new theatre. These are both major ways to live your soul mission and lead through love.*

**Shane Peterman:** Thank you. It’s such an exciting time, in so many ways.

**JP:** *It’s also rather magical how you and Erica met...*

**SP:** Yes, she was playing the role of Gertie Cummings in the show—kind of a flirt who had designs on Curly, my character. In fact, there’s a line about “I guess Curly’s taking up with that Cummings girl” in the show. The cast gave us an engagement card with that line written on it.

**JP:** *So Gertie didn’t get her man in the play, but this time she got him in real life.*

**SP:** You know, when I met Erica, there was just this soul connection. We have some similar things in our backgrounds, but mainly I think it was just meant to be. After the run of *Oklahoma*, I played Gaston in *Beauty and the Beast* for five months in Denver, so that gave us the time to really know each other. She was teaching theatre in a private school for children with handicaps and she did such amazing work with them. Of course, that was also a strong connection.

**JP:** *That’s right. You know, I always have an “oh yeah” moment about this with you. I literally forget that you have a physical “disability” because you are such a model of “ability!” But for readers of the newsletter...*

**SP:** I was born without a foot. It wasn't properly formed. And there were other birth complications, the umbilical cord was wrapped around me, and they weren't sure I was going to make it. They asked my father if he wanted them to install a peg, since prosthetics were expensive for infants since they constantly grew out of them. But he insisted that I was given a prosthetic foot. Nowadays, of course, there are all kinds of animatronic devices, but I have had this type of prosthetic limb since I was born. It's what I took my first steps on.

**JP:** *And not only steps... you played lots of sports in school, and in your acting career you've done all kinds of really heavy physical roles, some that even involved dance!*

**SP:** Yes, but I attribute that to my Dad always supporting me and telling me I could do whatever I wanted to. My Mother was very over-protective, but my Dad really helped me with this frame of mind. It's all about attitude and how you look at it. I never looked at myself as different than any other kid. Here's this little boy who if you told him he couldn't do it, he'd do it anyway. It's a big part of my life, because it's made me who I am. In today's society we're so quick to put a label on something. If I had kept a label of "disabled" or "handicapped," the energy around those labels could have really held me back.

**JP:** *I remember when you declared your life vision, part of it was "to take the 'dis' out of disabled." That's another powerful way to lead through love.*

**SP:** You can't let labels define you. There isn't anything you can't do if you put your mind to it.

**JP:** *You have to make sure the label doesn't "handicap" you more than the physical challenge.*

**SP:** Right. (laughs) But I do like getting better parking!

**JP:** *So tell me about the theatre...*

**SP:** It all started because when Erica and I got married and moved back to the Dallas area, we saw that there was this listing in the local arts

bulletin for a teacher at a new school for the arts. She got the job, and eventually moved into the directorship. They have over 800 students in theatre, dance, and art. Anyway, I started talking with the school about some of my ideas. The space next door to them became available and they purchased it to create a theatre there. And, they asked me to run it. It's a 250-seat, flexible space that can be used in proscenium, arena, or thrust formats. We just cast our first show, which will open later this fall. And in time we will be instituting a program for children with "disabilities."

**JP:** *Well, congratulations on all of this. And now, back to our task... How has knowing your soul mission and living it changed your life?*

**SP:** It's given me clarification, just to know what I'm supposed to do. It lets me look in the mirror and know why I'm me and why I'm here. It gives me a feel, a gauge for my every day activities and correspondence, including my family. I've always had a pull towards one direction or another, but after *Intuitive Living* and *Soul Mission \* Life Vision* I recognize it, hear it, listen to it, and most importantly, I claim it.

**JP:** *Is there anything that you carry with you from the processes of Soul Mission \* Life Vision and/or Manifestation?*

**SP:** It's funny because just a few weeks back I used cluster writing with the folks on the board for our new theatre company to start us on our mission statement for the theatre.

I've also carried with me the meditations, especially the chakra meditations. I really start my meditations, mindfully and physically, working through each chakra and listening to them. I have become very aware of any "clogging" of one or more of my chakras. Another one of my favorite meditations from the workshops is where you look down the road 10 years, 20 years, or even just a month.

I often refer to my notes from the workshops and would recommend them to anyone. And yes, I still have my "Dad" nametag on the outside of the workshop folder! Mostly I carry my testimony of Love.

**JP:** *How does what you are currently manifesting in your life relate to your soul mission?*

**SP:** As our first child is literally manifesting inside my wife, so too are the questions about how we raise this child. How do I lead through love as a Father? How do I journey with this other person, part of me, through Love? I am having some pretty amazing meditations/ dreams about all of this.

**JP:** *As you've encountered challenges, doubts, or setbacks, how has knowing who you are at the soul level gotten you back on track?*

**SP:** Well as an actor, to have the emotional investment in my art, it is all about soul. I think of it as using your intuition as an artist. That's all you've got! Dealing with the disappointment of not getting a particular role or show, knowing the patience it takes to lead through love...that has gotten me through some pretty hard times.

**JP:** *What is the most important thing you've learned about yourself since claiming your Soul Mission?*

**SP:** That I love myself and that's OK. It's been an invitation from my soul to say "hey it's not selfish to love yourself first, to love God inside of you and the many gifts that are inside." That to me is very peaceful when I meditate on that. It has made me a better man, husband, son, etc. I think that is the most important thing I want to pass on to my new child, that it's OK to love yourself along the journey of life. It has taught me to look at the world with love and optimism.

**JP:** *And the greatest challenge to living your Soul Mission?*

**SP:** Patience! As I look at my father and grandfather, it seems as though impatience is almost genetic. It makes me laugh, but it's true. My leg has been and continues to be a life lesson of patience. It takes a lot of patience to breathe into a situation or challenge and pour love into it. Sometimes you have to wait things out to see how they develop. Whether in relationships, business, or with myself, understanding that the journey is constant, the dialogue with God is constant. Love

is constant and knows no conditions. I have to lead myself first through Love before I can do it for my family, business or anyone else.

**JP:** *What would you say to someone who is considering doing Soul Mission \* Life Vision and/ or Manifestation?*

**SP:** Honestly, it changed my life. It gave me my life from within. It has taught me to listen. It has taught me to love unconditionally. It has taught me how to be a journeyman.

Everyone has his or her own spirituality, their own way of thinking. What I enjoyed most out of the workshops, was that we all came together, and with these amazing tools and energy, found pieces of ourselves that we perhaps didn't have access to before. For me it was again, truly life changing. The love you find there is an energy that time cannot restrain, and for me it started with myself! I will be forever grateful to Alan, and to you, Shari, and Devin for those workshop days in New York City at the Riverside Church. My journey is my story and it became clear with *Soul Mission \* Life Vision*.



Shane and Erica