

How To Communicate with Your Soul Using Holograms **by Maxine Jones**

As you move more and more into co-creation, you will need to expand your communication. Communication is a key to be able to truly co-create. Soul communication does not originate in time or in form. When it comes into time and form, it changes. The information actually becomes different. This information has to come through the physiological consciousness of civilization and all the cultural restrictions. Humans can manifest very easily, but creation is part of a much more expanded reality.

In this article, I'll introduce you to the concepts of communication *as soul*. Now, it takes time, effort, desire and purpose to develop this particular step. It won't happen automatically, as many of the other pieces have. It requires an effort on your part to bring this forward. Without that effort, it will stay in a place where you're simply not aware of it. It doesn't go away, it's just in a place that you are not aware of.

Why? Because human consciousness does not teach, show or accommodate this particular place of expansion, the place of *soul*

communication. It is not available for human consciousness unless you look for it. It is like so many parts of any experience. If you don't need it, it isn't shown to you. If you do need it, want it, or have a purpose for it, you can find a reason why you need that tool and it will be given to you. If you do not know what you want to do with it, it will not present itself to you.

That's what makes it so mysterious, powerful and enticing, and also why you are not going to read books on soul communication. You are not going to find reference to this particular area of co-creation. People who actually come into a place where they co-create or are able to create on the Earth, have to stand in a *completely* different reference system. As we go forward with this, you'll understand there's a certain amount of authority and self-responsibility, a rearrangement, as it were, of the concept of yourself from a cellular level by using holograms for the levels of body, mind and ego. Your identification with soul is a key to this expansion.

We have a lot of tools. Let's start with three holograms. The **first** hologram opens to all information that's available in the universe. However, this hologram is filtered by the *soul*, not by the mind, not by human consciousness, not by the ego, and not by third dimension. The wonderful part here is that all information that is available is present, but your *soul* takes that information and filters it so that it can be assimilated.

The **second** hologram is the assimilation and distribution of the information through your cellular structure and your senses. The soul takes this information and filters it, then using a hologram, takes that information and distributes it through the cellular structure of your body and through your senses. That helps you to grasp the information more completely. But in order for this to happen, the soul needs to suspend time. Time is a factor that

always separates information into tiny little pieces, which makes it very disjointed. But soul communication functions without time as a constraint.

The **third** hologram is one of communication without any interaction with time. So the second hologram suspends time, but the third hologram shows you how communication works without your having to interact in that environment of time. This is *soul as a state of communication*.



When we say something is a *state of*, it means it has its whole representation at all times. It's a way of getting past time by making it eternal and existing in its whole state at all times. That is not a standard in human consciousness, where you get pieces and bits and parts and you are separated into pieces and bits and parts. That's part of the third dimensional experience. So, this hologram overrides that experience. Of all the things that exist on the Earth, human beings are most dramatically affected by time.

Something else we need to look at are agreements. There are four agreements. These agreements are the way we can shift to the soul from the human consciousness mind, ego and body. These agreements are like governors that you have on a car. The governors in the car restrict your speed. The equipment is there to go a hundred miles an hour but it's intentionally blocked so that you can only go fifty-five. You have to understand that these agreements are designed to put governors or restrictions on us, or to control larger concepts.

What we are going to do is shift the agreements from human consciousness into soul consciousness, or what we call *soul as the guiding force*. If your soul is in fact able to govern these things, then it becomes

acceptable to the mind, body and ego. We look at the *soul* as the constrictor, the limiter, rather than human consciousness itself.

Privacy

The first agreement is **privacy**. Privacy is something that you are taught as a human being. Human beings have it, but all other living beings on the Earth do *not* have this particular function in their physiology or capability. Privacy means the capacity to block your thoughts from others, even from yourself and everything around you. In other words, you stay within the restrictions of your brain or your mind. The idea of being able to read one another's thoughts is intriguing, but when you think about human existence it could be a little frightening as well. Privacy seems to be a very important part of the human ego. In my case, as a child, I didn't understand this and could hear everybody's conversation. I knew how to talk to the plants and the animals and the stones because you simply focus on them and there's an interaction that happens and that interaction is perfect. I learned very quickly, by the age of five, that there have to be some governors put on this. I also learned that unless someone was directly speaking to me or writing to me, I was not to interfere, or listen, or in any way interact or communicate. So learning about privacy is something you must do in the beginning of your life and oftentimes happens unconsciously.

Connection

The second agreement that you have as a human being is **connection**. You are allowed to connect in a very limited fashion. Generally you are allowed to connect through the five senses and, in the case of children, and oftentimes women and people as they get much older, you are allowed to communicate through a couple of other senses that allow you to connect and know one another energetically, unconsciously and intuitively. Because connection is an agreement that has enormous limitation on it, we want to move past and explore beyond it.

Expression

Expression is the third agreement. If you understand yourself clearly as a human being, if you interact with plants and animals and nature, you realize there is some expression happening far beyond any physical agreement. In human experience, your body is your only expression process. If it doesn't come out of your body and your reference of body, even your energy bodies, then you are not in expression. So the ego really holds a tight rein on its ownership of you through expression. It limits how you relate to the body and how bodies relate to each other. There are quite a few agreements in terms of the governors or blocks that are intentionally put on expression.

Communication

The fourth area of agreement we want to look at is the whole concept of **communication**. As a human being, you have fine-tuned communication as a language. We even call language and spirit a language of light, a language of symbols, a language of vibration. They are patterns that repeat themselves over and over so that you can learn how to communicate.



Take the human mind, for example. It is a particular reference system. The mind, through a repeating process, considers itself able to communicate because it can reference. It looks into the past, presents itself into the future, steps into the present in order to grab new information, then relates it back to the past or to the future. You are very limited in third dimensional human consciousness through how you are permitted to communicate.

As you get connected and start to drop away some of the governors or restrictions that you have naturally learned, you understand that communication is far beyond a language or repeated symbols or patterns. It has absolutely *nothing* to do with that. You don't need to use your mind, and the brain does not need to repeat in order to *know*. You can have information presented to you one time and have a complete and total interaction with it, even if you never interacted with that information before. The human senses are restrictive. Your human physiology is limiting.

This whole idea of creation through communication with your soul is a powerful expansion into things that have never been presented to you in the past. You know this communication when you are *not* in physical form, but as soon as your physical form comes into place, you don't reference it, and because you are not called to use it, you don't need it. Human consciousness is beautifully designed to help you to survive and to exist, fulfill and complete what third dimension is about. When you step beyond that, you walk into a whole other world.

After agreements we will work on your meditation. It's important to understand that the soul is in harmony with all things. In other words, harmony means being *beyond* the duality and polarities that present themselves in human consciousness. The soul does *not* interact in conflict. There's no right or wrong, good or bad and no fear.

The things that give you as a human being definition but restrict your movement, or impact the mind and ego in their protection, simply don't exist in your soul. Your soul has no time to disturb its inner flow. So therefore... time breaks things up. You have polarity, and time just exacerbates that polarity and duality. Something happens today, the opposite can happen on

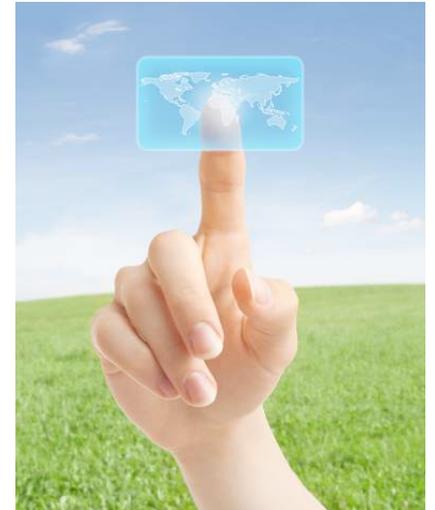
another day, but time has passed and you don't remember that one thing caused another. There's absolutely no relatedness between the two. You don't connect the dots between the 2 events. You have no capacity in your human mind to follow that linear structure. The mind goes: past – future - past – future. It *never* finds itself in the present.

But because the soul has no time, it has an inner flow within you that helps to make everything constantly relate to everything else. The soul exists in peace with all that is. Therefore the soul is in *all* time. So everything happens in the moment.

It's very hard to find room for this kind of existence when you have to live in time. Human beings are constrained by time. You must have time because you have obligations that are based in time, your daily routines, constraints, etc. So it's very important to understand that we are not getting rid of time. What we are doing is stepping from time to 'out of time.'

Choosing soul's time is like choosing to open your heart or bringing your mind present. It's a choice. It's a choice of your creation, but it's not a constant. As a human, it's not natural or normal to live outside of time. Human time is automatic simply like your breath is automatic. If you forget about your breath, you will still breathe. If you forget about your heart, it will open and close on its own. If you forget about the mind, it goes to the past and the future automatically. And so do time and soul time.

In the meditation we want to move you in a way so you can manually go into your soul time. Then the rest of the time you can let yourself exist within



the human constraints. This meditation truly helps you understand the choice. Soul communication functions in soul time.

Soul Meditation

The exercise we are going to do is very easy. I would like you to ask that one day a week, you become consciously aware of soul time. First of all, you need to ask every day to have an experience of soul time. Just ask that you have that experience and I will give you an exercise in order to make that contact. And then at the end of the week, take ten minutes and sit down and remember when you were in soul time, and when soul communication became a *state of being*.

We will start with the agreements and the holograms. What I will do for you is to put the holograms in and to suspend all the agreements and help them to automatically begin to shift in you. This is the part where, if you're not consciously focused and purposely doing these things, we will, with your soul, be doing them for you. It's the *choosing* part that you'll need to make a conscious effort with.

I would like you to start with the three holograms. Just ask that the three holograms be present and are communicating on all levels of your physical awareness. Do not be concerned that I am not physically with you. Simply choosing to do this meditation will connect you with me.

I've already presented the concepts of all the agreements, starting with **privacy**. So, what I would like you to do now is to take a moment while I present to you a new hologram about privacy. This can open up the mind and

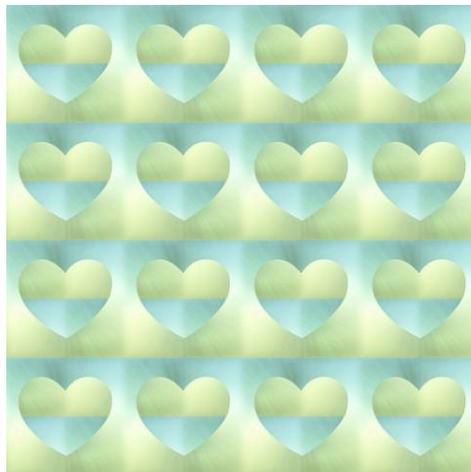
the body to consider a greater possibility of existence without that privacy in place. Realize that each of these agreements is a part of an automatic governing process of the human being in human consciousness. We will be using alternate agreements in alignment with your soul in communication very carefully. You will never be left without your privacy. But you must choose to move beyond it and consciously step beyond it. You must step into communication with your soul. What happens is that privacy is replaced with a greater system but does not put you in a place of vulnerability, conflict, danger or fear. It places you in the realm of your soul's consciousness and soul communication, which exist in peace and in harmony with all things.

Expression is next. As mentioned, the concept of expression as a human being is limited to your physical body and senses. What you are and aren't allowed to express is very restricted. By moving into soul and soul communication in time, expression begins to flow without having to use the senses and the memory of the mind. You are going to introduce a hologram that opens the possibility of expression in relationship to soul, not in relationship to your parents, or spouse, or your children, or your friends, but in relationship to soul and soul alone. These are powerful agreements we're addressing here. To step beyond them can leave you very vulnerable. That is why this must be done with soul as your guide, as your state of being, as your presentation of expression.

When you begin to connect and communicate with all that exists, you'll find what you've been missing all this time has been a wonderful world of possibility, flow and interaction. Nothing is left unexpressed. There are no gaps, holes or incompletes. There's no loss, no beginnings, no ends. Everything flows. *The universe is a constant and in that constant, all exists at all times.*

Communication and connection with all that is, is profoundly peaceful and harmonious. You'll find yourself so complete and whole, that it will be more than just going home, it will feel like you are full, with nothing missing. All the wounds, all the pain, all the unknown are washed away. Communication and connection as soul as a state of being bring all to the present. There's no past, no future, no beginning, no end.

Take your greatest pains and wounds, your greatest fears and losses to the time and space where you communicate as soul, and you'll feel peace finally coming into place. Those are the holograms we are working on to expand human agreements into soul. Enjoy them, play with them a little bit, explore them, imagine them, go into the child part of yourself, and wonder what it would be like to express, or to communicate, or to be free from the governors of privacy.



Let's go ahead now to **the meditation**. Prepare yourself, you don't have to sit in a comfortable place, you can be walking or doing whatever you want to do.

- Breathe in through your nose and out through your mouth, this brings you present.
- You are going to meet with your soul. You'll experience your soul as it moves in harmony with all things. We'll walk together in soul time, which is not time at all, but an undisturbed inner flow that exists in peace. It's that world where all things are as they are, always changing and never changing, complete within themselves at any given moment.
- Ask your soul to bring its existence and its strength of being into your awareness. As you breathe, ask your soul, that *state of being*, to be present in every cell of your being, to fill all senses, and expand you beyond those senses into the universe of the soul.
- See all the constraints of time, obligations, and chores of daily life suspended, somehow taken care of and addressed by the mind in time, while your soul moves between all things, as you feel yourself full of so much more.
- See time as a tiny line that goes on and on, far beyond you. Let your experience of all your senses feel the expansion of all things. Let time just float away.
- Choose soul, soul's time and soul communication in this moment. Just choose it.
- Let the experience be recorded in your knowing as a truth and a possibility, as a reality that you may choose from time to time. Let yourself adjust to this moment. Know soul in its *state of being* of time and communication that is in fact all that the universe has to offer: all information, all being, all knowing.

- Let yourself as a human being experience for a moment this level of freedom and wholeness. Just let yourself float now.
- Take a nice deep breathe now and bring yourself present, back into the awareness of time and space, letting your body and mind just reference that moment with soul in a new state of being.

The soul as communication will take you beyond your senses into a place that allows you to explore. That exploration is going to be harder and harder to explain to those around you who are still very much in the state of their physical being.

Time and physical being are the same. When you begin to stretch *beyond* time, you stretch into a place that has no boundaries, no rules and no regulations that are understood in human consciousness. Yet they are very much contained in the world of the eternal being which is soul. Beyond that you see your soul as a container. That's why in co-creation you're using soul as a container for further expansion. You aren't going to get lost or hurt or destroyed and the protection of the ego and mind begins to loosen as long as it's dropped into the power of the soul.

The exercise does not imply doing something consciously and purposely here. You cannot move into co-creation. It is a choice. This is something you must focus on, desire, work on, want and so on. When we talk about a state of communication with soul this is not a natural or normal state of human consciousness, it doesn't just happen. You must turn it on consciously and purposely choose it, get familiar and comfortable with it. Find out how it works and why it works for you. You must have a need and a purpose or this step will not happen.

The exercise that goes along with this particular part is very simple: *I would like you to ask every day to have an experience of your soul's time and communication.* When you are in soul time, soul communication is a state of being. It's automatic. It's a doorway into soul communication.

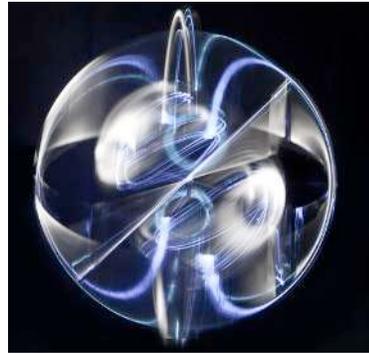
So, each day ask to have an experience of soul time. Then take five breaths in through the nose and direct that out through the top of the head, put your right hand on your heart center and step forward with your left leg first, and take three steps forward. That will engage the connection. Do that every day.

Then once a week ask yourself to remember a time during the week where you were in soul time. Just say, *"Let me please remember a time during this week that I was in soul time,"* and your mind will frantically look for an example. Every time the mind comes up with something, write it down. This will sharpen your awareness of both kinds of time: soul time and human time. Again: when you are in soul time, soul communication is a *state of being*. You receive communication by simply **being**. Communication will transform and direct your actions unconsciously at first. Later on it becomes conscious.

So, the more time you spend and interact in soul time, the more you will be in this expanded world of communication. The more experience you have in that greater world of communication, the more it is possible for that communication to be transformed and directed into your daily life and actions. All unconscious at first, then later on you'll say, *"Wait a second. I wouldn't have done that like that before."* This is how your soul communicates.

You can ask your soul to do things and you can ask it what is best, but remember, the soul functions in soul time and all that you ask for happens *in that moment*. It's just going to take time for you to understand how it comes in

to your physical daily life. Soul does not give instant gratification when it comes to manifesting things in the physical. But it can come into your heart and give you love, joy, peace and harmony. When you learn to co-create more efficiently, then things will actually come into life in your physical world, and co-creation truly becomes a reality in third dimension.



About The Author

Maxine Jones is an author and international personal and professional coach who specializes in uncovering the power of the soul to develop a person's achievement, fulfillment and heart-centered success. Her life's work is about helping people connect with the deepest part of themselves so they can transcend the ordinary struggle of life and participate in creating a greater world for us all.

Since 1982, she has worked with individuals as well as large corporations, unlocking that hidden dialogue that changes a person's life forever.

Maxine started her career as a marketing/advertising executive at one of the largest firms in Chicago. In the late 1990's she worked with Fortune 100 companies to research the impact of gender-based physiological differences on organizations, leadership, performance and achievement. Through her seminars and retreats for executive clients, she enabled organizations to improve the contribution of women in the workplace.



Leaving the corporate world to pursue a career better matched to her higher education and spirituality, she trained people in yoga, massage, health and wellness, and wilderness survival skills. She was appointed to study and teach Native American culture and selected as a Fulbright Scholarship candidate to work in secondary education in Tanzania. In Kenya, she participated on an ecological initiative with the Smithsonian Institution. She also initiated, developed and implemented a humanitarian project in Botswana.

Maxine realized her special intuitive powers when she was a young child and communicated with an imaginary friend she later came to know was her soul. About this same time, she met an African elder who became her mentor. Raised by two highly educated parents, she was always encouraged to pursue her dreams. Her mother was a theologian, metaphysician and dietician, her father an international transportation engineer. She trained for the Junior Olympics in gymnastics, earned state championships titles in swimming and diving, and became an avid tennis player. Today she is a certified scuba diver.

Maxine is trained in nursing and holds a bachelor of science in psychology, a master's in human resource development and education from DePaul University, and a Ph.D in Metaphysics from Harvard Divinity. She has delivered keynotes and led seminars and retreats on health and psychology to audiences as small as 30 and as large as 1,500. Today she delivers customized presentations, seminars and retreats on the power of the soul.

Her books include ***Desperately Seeking Purpose: Uniting Generations in Global Consciousness*** and ***Stretch Your Wings and Fly: A Guide to Using the Power of Your Soul***.

"I am a writer, author and speaker and enjoy looking at life in new ways, asking the question 'What if.....' My passion is to support our changing global consciousness by empowering one heart and soul at a time.

I love my animals with all my heart: Boo Boo, my African Grey, a love bird named Rascal, my magnificent Goldendoodle Diego, and an adorable Coton de Tulear CC (Christ Consciousness), a rare dog breed from Madagascar.

As my wisdom emerges, I discover I can't buy more time, so deep, heartfelt, committed relationships with all living things are most important to me. Those closest to me describe me as fun-loving, confident and sincere. I am an optimist with traditional values, yet liberal in my thinking. I take responsibility for my life experiences.

Essentially happy, balanced, adventurous, affectionate and responsible, I am an explorer of new thought and love supporting others to be the best they can be. "



"Me at age 5 talking to the plants."

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