

# Understanding Your Soul Group

By Penney Peirce

As long as I can remember, whenever I access higher levels of information intuitively, I see a council or a collective group consciousness, rather than a single spiritual guide or wise soul at the top of a hierarchy. Sometimes I imagine it up above my head meeting at a round table like King Arthur's knights. I have a chair at the table. When I enter my meditative state, I experience merging with the collective knowledge of this group mind. If I soften and expand myself, I encompass more and more of it. Whatever comes through me comes from that pool of knowledge, from those beings who are on a similar wavelength with me. In this model, knowledge is shared equally, given freely, and there is plenty for all. Perhaps this has contributed to my sense that in this earthly world there should be a similar reflection of that organizational pattern and the generous experience of sharing and support.

I've had a feeling for a long time that I belong to a group of souls who are parallel to me in development, a "soul group" or spiritual family. Today, many call this their "tribe," though to me that seems to restrict it to physical people. Many people I counsel feel their genetic family is not their "real" family. They sense intuitively that there is another family—a spiritual one—that they belong to. They're always muttering under their breath, "Where are my people?" Do you feel you've met people you've known before, people you inexplicably resonate with, who share similar ideas and a similar life quest? It doesn't matter how old they are, or what color their skin is, or what country they come from. Do these people often seem more like family than your family of origin?

I believe we all belong to soul groups, which really, in physics terms, resemble resonant, morphological fields of consciousness or particular frequencies

of energy. These families of like-minded others exist both as incarnated friends, family, enemies, and colleagues—as well as nonphysical beings in higher dimensions.


*Soul groups are connected by energy and essence. They bring unconditional love and support and share similar understandings, life purpose, and philosophies.*

### WHAT IS A SOUL GROUP?

So, a soul group is a cluster of beings who have evolved to a common frequency, or level of love and wisdom, which means they often have matching philosophies, world views, morality, and motivation. These souls seem quite similar when they come into the physical world and easily recognize each other. They often have parallel upbringings,



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↓ interests, life transitions, values, goals, even names. You may become aware first of just a few scattered members with whom you share special bonds. Over time, the group expands. Your soul group contains your earthly friends, both present and absent, as well as all your friends in spirit, your guides, teachers, ancestors, and loved ones who have died.

I think it's important for us to start to have conscious gatherings with our soul group, both in meditation and socially in real life. First, it helps us realize that we are not alone, that we have support from people who want us to be good and successful. It's too easy to feel the world doesn't care about you, that you are alone—and this gives rise to suffering. We need to know there are wise people who know us, to whom we can turn for guidance whenever we need it. If you get quiet and imag-

ine them, your soul group members immediately imagine you—and you're connected. That's the way it works in the telepathic realms.

Second, by imagining these souls regularly, your body adjusts to a higher frequency, your own higher vibration, the way a tuning fork does. And you progress rapidly in your spiritual growth. Third, it can be difficult to imagine what "God" is because it's such an infinite reality. I know I'm supposed to have faith, but if I can't feel or imagine the Divine, it's hard to know it's real. By imagining your soul group, you can move up to an interim step between your personal reality and the Divine. It's not so hard to experience this group, and once there, you can learn to jump up another level. So the soul group can be a steppingstone to experiencing more of the Divine source.



*"At the center of the universe is a loving heart that continues to beat and that wants the best for every person. Anything we can do to help foster the intellect and spirit and emotional growth of our fellow human beings that is our job. Those of us who have this particular vision must continue against all odds. Life is for service."*  
Fred Rogers (Mister Rogers)

## TREATING OTHERS LIKE THEY'RE IN YOUR SOUL GROUP

You can also allow yourself to be a spokesperson or "agent" for your group. "Okay! Here's my mouth. Here's my brain. Here are my hands, my feet. Move me where you want. Let me talk to the people I need to reach, and say the things that need to be said." Be willing to be moved around, be impressed by new thoughts, and share yourself spontaneously.

Since I have been practicing this, I've had a real shift in the quality of my personal relationships. I now see that each person who comes to me is a gift, a messenger, just as I am to them. They allow the soul group, or the higher powers, to serve me through them. If I accept them as messengers of the Divine and empower them to be that, whatever comes out of their mouth will be exactly what I need. Everything they think of to do will be like me thinking of it. Then the other person allows me to be the messenger of the divine to serve them, and allows me to be right; whatever I think of is perfect

for them—and a cooperative, cocreative movement starts building. You can do that with your mate, your family members, your friends, or enemies. You give over, surrender to the wise group awareness that is flowing through all the people in your life. And that giving over turns everything around and good things start to flow into you and up out of you.

Everything we've ever wanted has already been given to us because, with that sense of the soul group, we learn that the world wants us to win. It's just that we haven't realized that what's been given is what we need, and haven't consciously received, used, and integrated it. The fat on our bodies is love and nourishment that's been given to us in the past, while we were going around saying, "I'm hungry; I never get what I want; No one tells me I'm good!" We didn't realize we were being fed and haven't therefore digested and made sense of what we received.

We must decide we've picked the right parents, the right friends, the right boss, the right people to work with. Obviously, something is right because things can't even materialize if they aren't what's needed. When we accept what we have and get the message, the next more-appropriate thing can come more easily. Treating others like they're part of your soul group actually makes them part of your soul group, and you a part of theirs. Here is our stairway to heaven.

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