



SOULFORCE ARTS INSTITUTE

Starter Kit



Joseph Arnold

— Violinist, Alexander Technique Teacher,
and Director of the Soulforce Arts Institute

[Soulforce Arts Institute Website](#)

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Community](#)

“I find Soulforce Arts inspiring because it’s part of a cultural shift in what it means to be an artist, to something that’s in alignment with my deepest values and which honors the soul. It affirms what my heart already knows: that art is a spiritual process, and that, as a community of artists, we can create a more beautiful story of the world.”

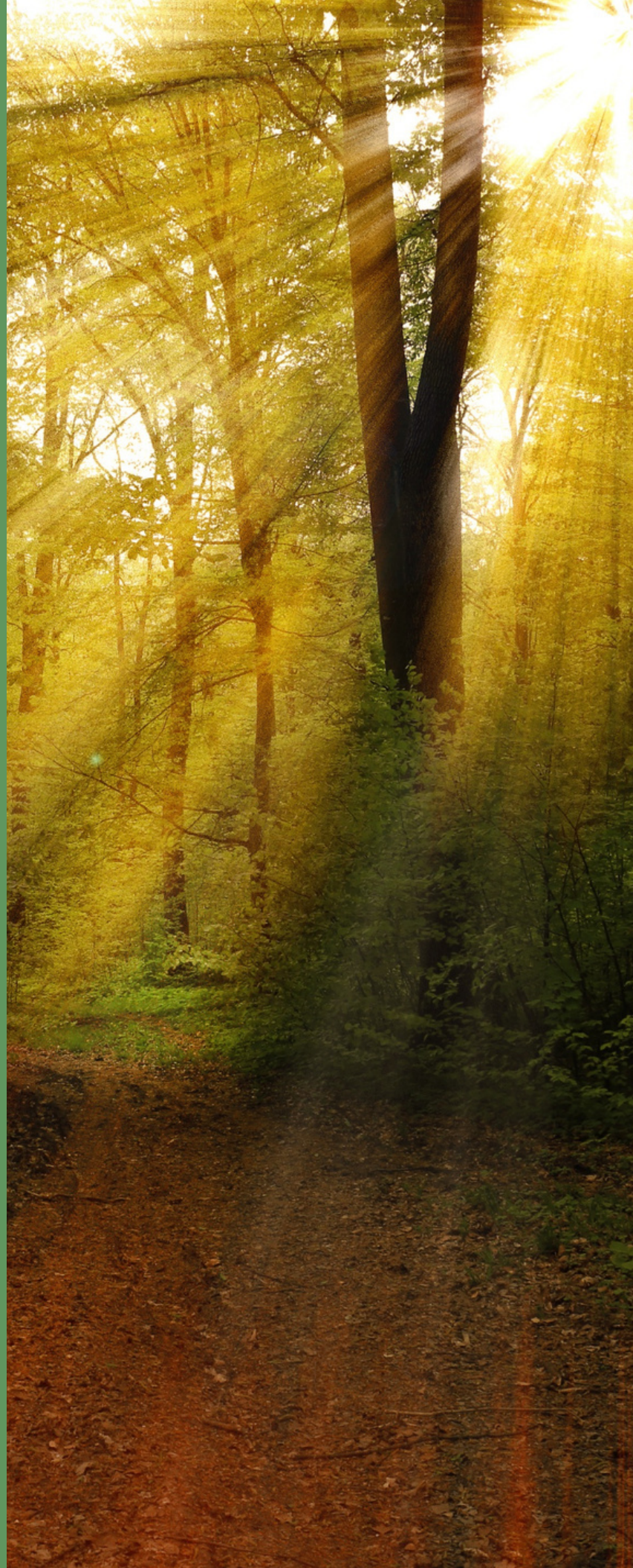
— *Angeline M., Multidisciplinary Artist*



Soulforce Arts Starter Kit

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Welcome to the Soulforce Arts Starter Kit!

Dear Creative Soul,

If you've ever felt isolated in your artistic journey, wondering if your art truly matters in a world filled with turmoil, you're not alone. Many artists grapple with these feelings, questioning the impact and relevance of their work. Some even fear that their art might be seen as frivolous or self-indulgent in today's fast-paced society.

But here's the truth: Your art matters. Deep down, you know it. Your art has the power to heal, inspire, and connect. It's a beacon of hope in challenging times, a source of solace for many, and a testament to the human spirit's resilience.

In this Starter Kit, you'll find resources and insights to help you navigate the challenges artists face, from physical injuries and emotional hurdles to financial strains. But more than that, you'll discover the transformative power of Soulforce.

This Starter Kit will provide you with the means to begin realigning your artistic life with your Soulforce. As you'll discover below, this realignment is the key to relieving many of the common challenges you may face as a musician or artist. This realignment is also necessary to connecting with your authentic creativity, your soul's creative purpose, and the ways you can make a positive contribution to a world in need through your art.

Inside this kit:

- **The Soulforce Arts Manifesto:** Dive deep into the philosophy behind Soulforce and its transformative potential for artists.
- **The Soulforce Arts Developmental Journey Diagram:** A visual guide to your artistic evolution.
- **Core Lesson:** A video that will guide you on how to realign your artistic life with your Soulforce. Transcript included.
- **Guided Meditations:** Learn to embody greater physical and emotional ease so you can open up a channel to your inner Soulforce.
- **Bonus Videos:** Further your embodiment of Soulforce with a collection of video lessons on allowing greater physical and emotional in your creative processes.

Remember—you're not alone in your artistic journey. Here at the Soulforce Arts Institute, we aim to build a community of like-minded artists who believe in the power of art to change the world.

Thank you for joining us on this journey. Let's create, inspire, and transform together.

Cheers,



Joseph Arnold Violinist

Alexander Technique Teacher

Director of the Soulforce Arts Institute

The Soulforce Arts Manifesto

Many musicians and artists have a secret fear: that our art doesn't really matter, that it isn't practical enough to make a real, tangible difference in a world in turmoil. This is because society tells us that the arts are essentially frivolous, that to be an artist is self-serving and self-indulgent, and that, for example, a performance is merely entertainment, and that a painting is just a luxurious commodity for the ultra-privileged.

But deep down in our hearts and souls, we know this isn't true. We know we were meant for more than this. It is this inner knowing, after all, that brought us to the arts in the first place. It energizes what we love most about the arts and is what inspires us to keep creating when things get tough. It is the knowledge that the true purpose of the arts is to bring us more alive, to connect us with something larger than our individual selves, to heal, grow, bring people together, and to thereby inspire humanity to create a more beautiful world.

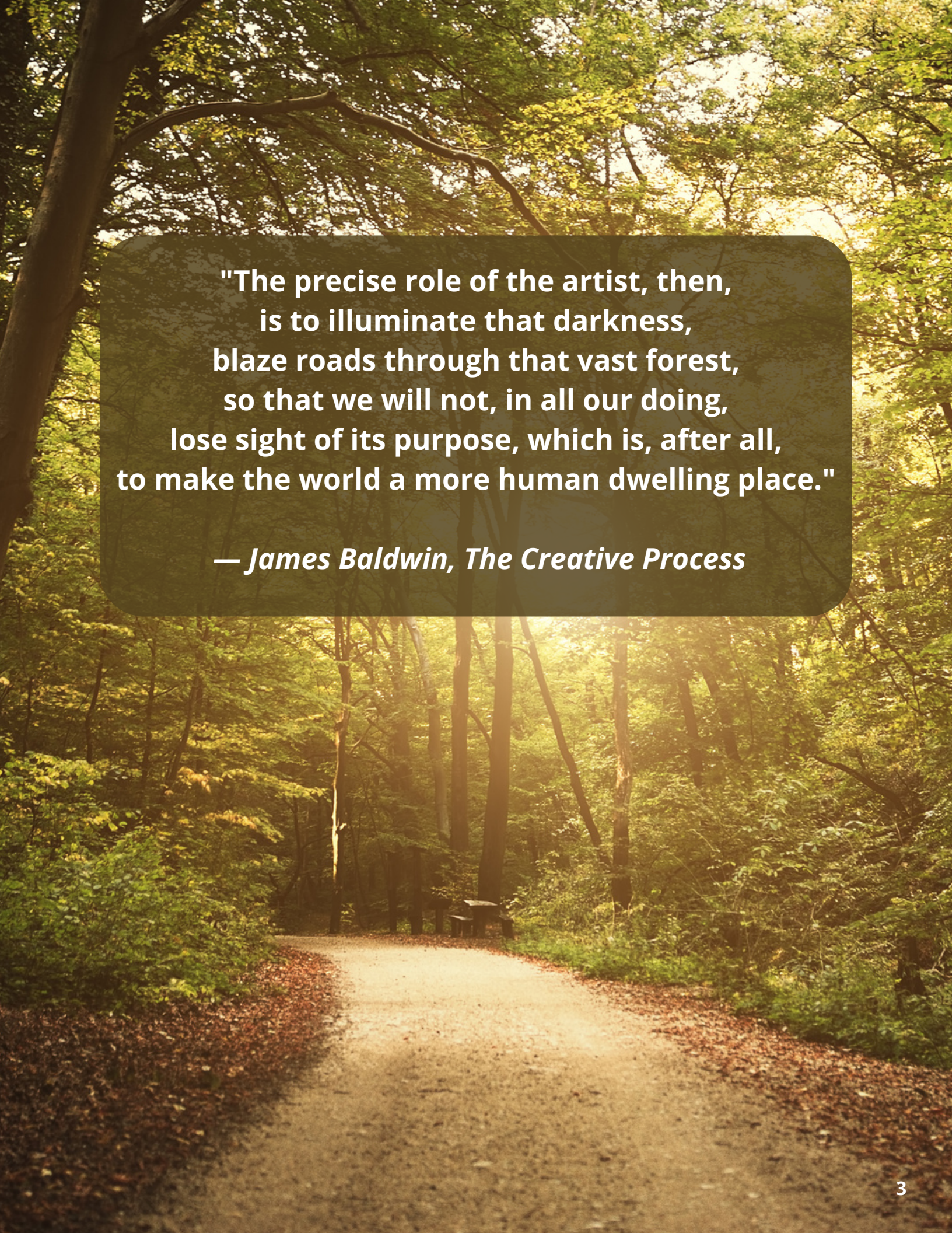
Sadly, we seem to have forgotten the true purpose of the arts, and the evidence for this is the many physical, emotional, spiritual, financial, and interpersonal challenges musicians and artists face daily. Too many gifted artists experience repetitive strain injuries, muscular strain and tension, performance anxiety, imposter syndrome, or an overactive inner critic. Many professional artists also experience chronic financial strain, take soul-draining gigs just to pay the bills, and struggle to get noticed amidst all the competition. Then, when our society tells us that the arts don't really matter, we might end up wondering, "Is this really why I got into the arts?" Our hearts know that a better way must be possible, but our minds don't know what it looks like, and because we can't easily find answers to this in our society, we often feel alone in this struggle.

However, a more fulfilling and sustainable artistic life is possible, one which enhances your physical and emotional well-being, allows you to authentically express your creative soul, connects you with your community, helps you to thrive financially, and allows you to be of genuine service to a world in need—all through your art. This path starts and ends with Soulforce.

Soulforce is the transformative creative energy that comes from facing life's challenges from a place of wholeness, aliveness, and connection. It is a term inspired by Mahatma Gandhi's "satyagraha" which means "firmness in pursuit of truth." The Soulforce Arts Approach is a comprehensive, holistic arts pedagogy that provides the intellectual and spiritual framework, as well as the practical skills necessary, to infuse Soulforce into how you create, perform, practice, teach, and make a living, so that you can make yourself, your art, and our society and planet more whole, vibrant, and alive.

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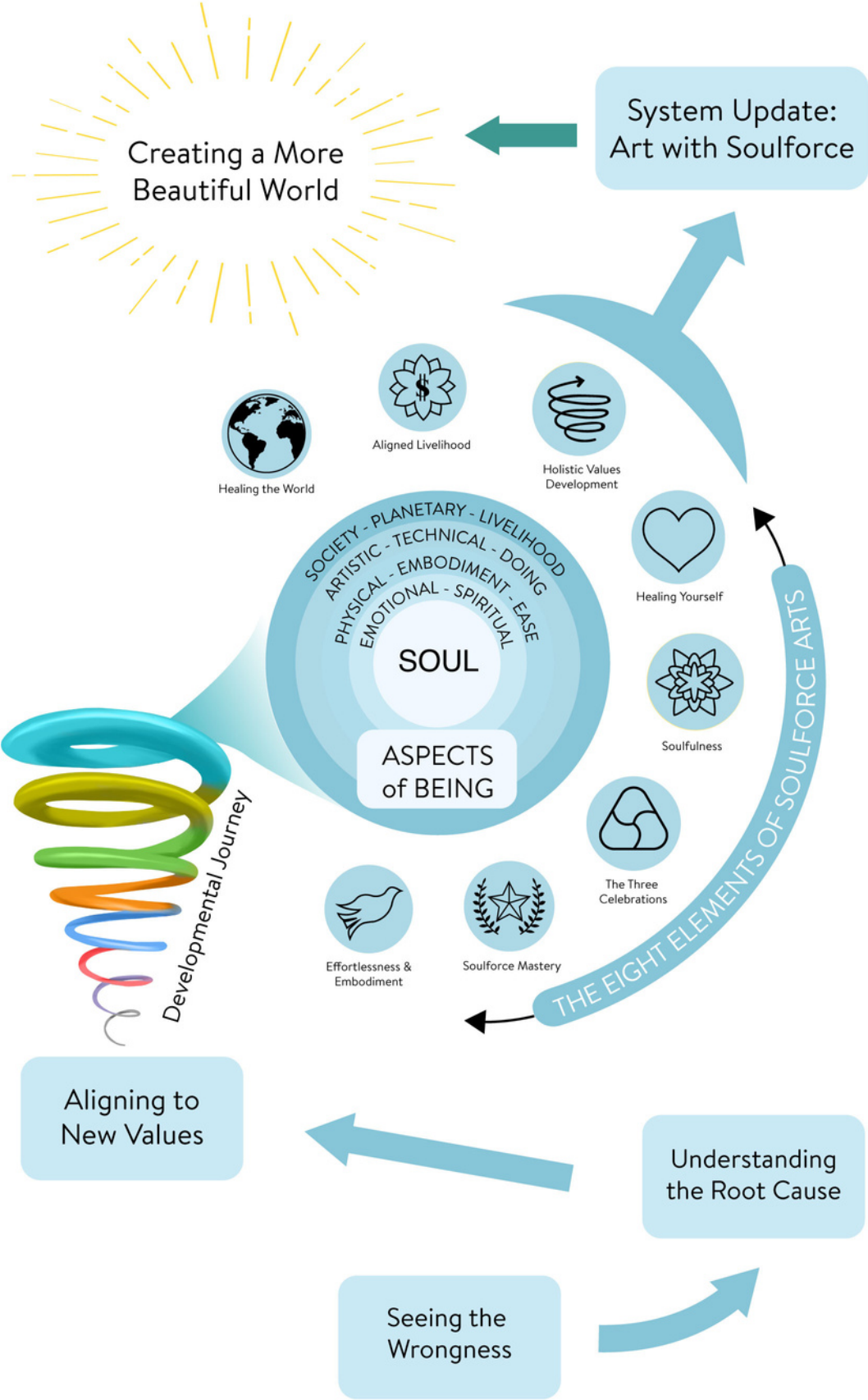
The truth is that your Soulforce is already within you, just waiting to be remembered, nurtured, and given form. However, to reach the full flowering of your Soulforce requires a journey, one of your own growth, healing, and connection to a deeper purpose. The Soulforce Arts Developmental Journey Diagram is a map of the overall journey you may take to your Soulforce. It comprises some of the steps you may encounter along the way, as well as the specific elements you will need to ensure you reach your fullest potential as an artist.

A photograph of a dirt path winding through a dense forest. The path is covered in fallen leaves and leads into the distance. Sunlight filters through the trees, creating a warm, golden glow. The trees are tall and thin, with a thick canopy of green and yellow leaves. The overall atmosphere is peaceful and serene.

**"The precise role of the artist, then,
is to illuminate that darkness,
blaze roads through that vast forest,
so that we will not, in all our doing,
lose sight of its purpose, which is, after all,
to make the world a more human dwelling place."**

— *James Baldwin, The Creative Process*

The Soulforce Arts Developmental Journey Diagram



About the Soulforce Arts Developmental Journey Diagram

A journey to an unknown place is often made easier with a map. When you know where you now stand, where you want to eventually end up, and the nature of the terrain along the way, you are likely to get to your destination more quickly and effectively.

This is just as true as when reaching the fullest flowering of your artistic Soulforce as it is of reaching a physical location. The [Soulforce Arts Developmental Journey Diagram](#) is a map that can show you the way.

The journey starts at the bottom the diagram with [Seeing the Wrongness](#). The wrongness is a sort of spiritual sickness that pervades nearly every aspect of our modern way of life. It is characterized by seeing ourselves and our world more as things to be manipulated and used, rather than the living, sacred beings that we are. In the arts, this sickness can take the form of injuries stemming from a mechanical approach to practicing, high-pressure environments that led to crippling perfectionism and performance anxiety, the grind of using your creative gifts in certain for-profit businesses, or a general sense of disconnection from your creative life force. These issues lead many artists to feel discouraged, alone, frustrated, and confused, and can lead you to think, "It wasn't supposed to be this way!"

The next step, [Understanding the Root Cause](#), occurs when you discover that many of our society's solutions to the challenges listed above are superficial, offering only temporary or partial relief. Understanding the true root cause of these challenges is the key to lasting and complete change. What is this root cause? It's disconnection from your Soulforce. This is the single, underlying cause of many artists' physical, emotional, creative, financial, and existential challenges. Its answer is to realign every aspect of your artistic life with a new set of values, those that will best bring forth your Soulforce.

When you discover that the values you inherited from our society's spiritual sickness are no longer serving you and your art, you're ready to begin the process of [Aligning to New Values](#). Instead of unconsciously acceding to the values of force, control, manipulation, and objectification endemic to our society, you instead grow into the values that lead most quickly to the alignment of your artistic life with your Soulforce. These new values include those of wholeness, connection, aliveness, and healing, among others. However, for many, getting to a place where these values are not just a nice idea, but an embodied reality, requires a period of personal growth and healing. This growth is represented by the spiral marked [Developmental Journey](#).

At the top of the Developmental Journey, you will see the various [Aspects of Being](#) that are the specific areas of life through which your personal and artistic growth can take place. These include areas of physical, emotional, technical, and societal life that can benefit from the more expansive and holistic values you may develop along your journey. At the center, and infused throughout all of them, is Soul, the mysterious source of creativity, transformation, and purpose within us all.

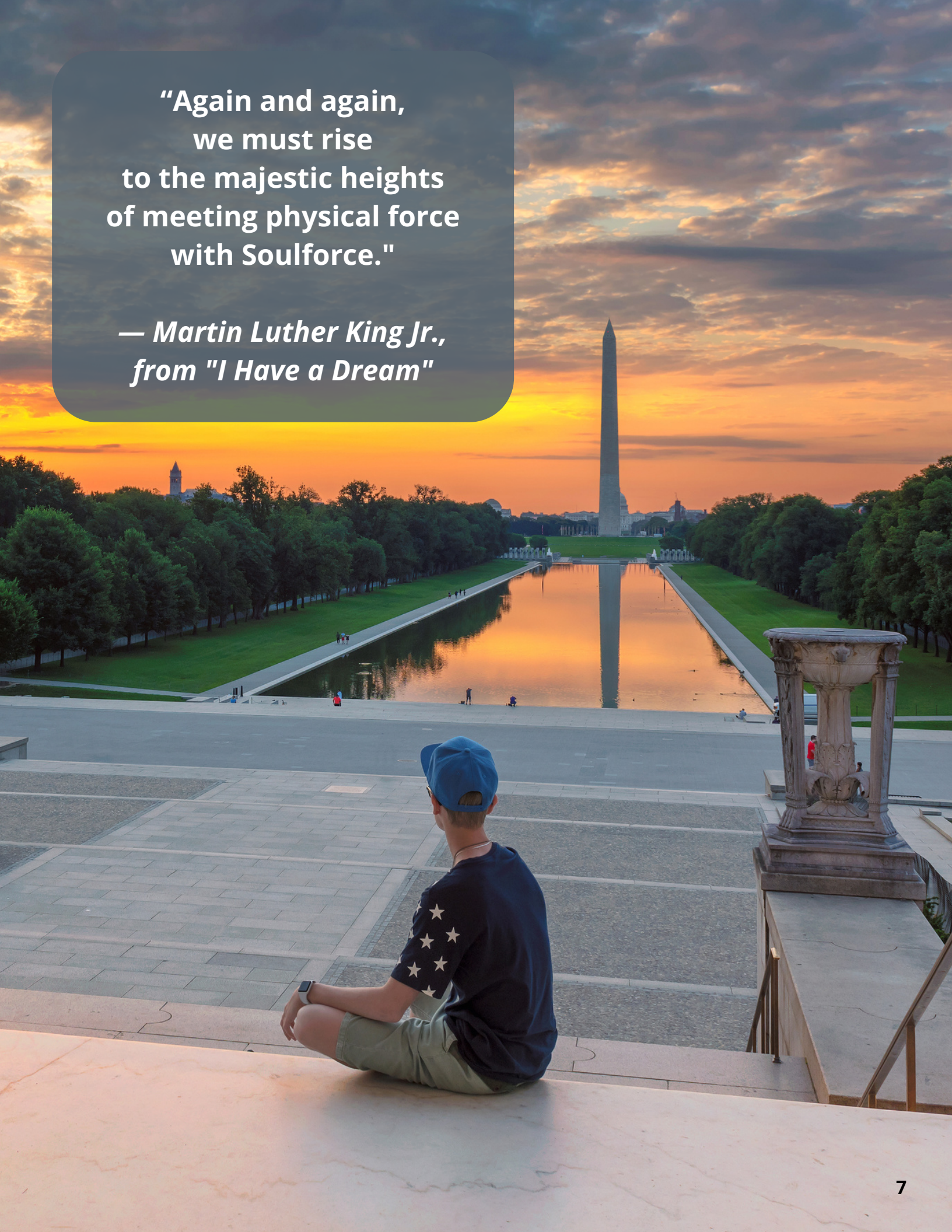
About the Soulforce Arts Developmental Journey Diagram

Surrounding the Aspects of Being and the Developmental Journey are the [Eight Elements of the Soulforce Arts Approach](#). These are the specific areas of artistic development that allow for your greatest connection with Soulforce. They include Effortlessness & Embodiment, Soulforce Mastery, The Three Celebrations, Soulfulness, Healing Yourself, Holistic Values Development, Aligned Livelihood, and Healing the World.

When you engage with the Eight Elements, your System Update—your unique artistic impact on the world around you—will become suffused with Soulforce. This will allow your art, well-being, purpose, and societal contribution to merge, the result being a transformational creative power usually only thought to be possessed by the very greatest artists throughout history. Thus empowered, your art can then be a beacon of inspiration, healing, and connection that is not only deeply fulfilling for you as an artist, but also carries the power to create a more beautiful world by bringing healing and transformation to a world in need.

**"Again and again,
we must rise
to the majestic heights
of meeting physical force
with Soulforce."**

**— *Martin Luther King Jr.,
from "I Have a Dream"***



Transcript of Core Lesson: Realigning Your Artistic Life with Your Soulforce



[Watch on Youtube](#)

Welcome to the Soulforce Arts Starter Kit Core Lesson!

Hello, my name is Joseph Arnold and I'm a violinist, Alexander technique teacher, and director of the Soulforce Arts Institute. Thank you so much for downloading the Soulforce Arts Starter Kit! This Starter Kit is designed to help you begin to realign your artistic life with your Soulforce. The unfortunate truth is that despite our best efforts, many of us have lost touch with the full potential of our creative Soulforce, and so we suffer with various creative, physical, emotional, financial, and even existential challenges.

The idea here is that many of the challenges we face as artists, common challenges, have a single root cause: disconnection from our Soulforce. And then the answer to each of these challenges, whether physical or emotional or creative, is to reconnect or realign with our Soulforce and how we create, perform, practice, teach, and make a living as an artist. So, by the end of this video lesson, you will have a clear idea of what Soulforce is, what cultivating it requires, and especially you'll have greater clarity on your soul level artistic purpose, what your purpose is as an artist. And you'll also have some clear action steps you can start taking today towards realigning your artistic life with that purpose, with your Soulforce.

How we're going to get there is by exploring the origins of Soulforce, how it applies to the arts, the overall journey, what the journey can look like to becoming a Soulforce artist, and there's a powerful guided meditation to help you reconnect with your soul-level purpose as an artist. And I'll also guide you through some action steps and at the end there will be a summary and some further steps you can take on your journey to Soulforce.

My hope is that this whole experience will help you get back in touch with your innermost Soulforce so that you can begin to realign every aspect of your artistic life with this transformative energy and thus fulfill your vital role as an artist in this world in turmoil.

Transcript of Core Lesson: Realigning Your Artistic Life with Your Soulforce

Alright, so before we get into the core material of this lesson, I'd like to tell you a little bit about myself and how I came to have anything to say on this topic.

My Journey to Soulforce

So, like I mentioned before, I'm a violinist and when I was in college, in music school, I encountered some serious challenges. About a year and a half into my training I started to get pain in both my arms and my forearms and it spread throughout my shoulders and my back and it got so bad very quickly that I could barely play violin anymore.

And so, I started seeing doctors and physical therapists and you name it, I tried it, I did everything, and I was still in pain, and that changed however when I found the Alexander Technique.

My school offered a class on this, and I took it and while at first, I didn't really have a sense of what was going on, because I didn't even know that I had a body, very soon I learned to recognize that I was going like this while I was playing, I was so tight. And my teacher helped me release that tension and not only did that help relieve the amount of pain that I was in, and it made my playing made my music so much better.

When I went to become an Alexander technique teacher at a training program there were many other very gifted musicians there and I saw this time and again. My teacher would be working with them, you know, and there was this before and after things that would happen. So, they would be like playing the piano and it sounded really good and all beforehand. But then my teacher would do what looked like basically nothing, like helping them release some minute amount of muscular tension.

And then their music would become luminous. Luminous. It would take on this whole other quality. That really caught my attention. I saw in those moments that there was something deeper happening here. Something deeper that we could tap into and this deeper thing, this luminous quality is what I now call Soulforce. So, over the years I've been exploring this and developing ideas around how to channel this Soulforce better through ideas like the Alexander Technique and many other ideas that I've developed over the years.

It all came together into Soulforce Arts right in the beginning of the pandemic. I was listening to a podcast with Jamie Wheal, who's a thought leader I really like, and I'll put the link in the transcription, link to that podcast episode, and he was asked by the hosts, Chance does humanity have of surviving the next few decades with all the political unrest and pandemics and climate change and all this? And he said, to me, it's either Soulforce or bust.

Podcast: Future Thinkers episode 122 <https://futurethinkers.org/live-qa-jamie-wheal/>

Transcript of Core Lesson: Realigning Your Artistic Life with Your Soulforce

Meaning that either we connect with this transformative, creative energy that is inherent to all of us, or we all destroy ourselves. And in that moment, all of my life's experiences in the Alexander Technique and music and seeing this transformative energy in myself and in my students, it all came together.

I thought, wow, what if I could have a Soulforce Arts Institute where artists could learn how to do this and make the world-changing art that we were really meant for. And so that's what this whole thing is all about.

What is Soulforce and how does it apply to the arts?

To me, Soulforce is the transformative creative energy that comes from facing life's challenges, whether creative or otherwise, from a place of wholeness, aliveness, and connection. It is a term inspired by Mahatma Gandhi's Satyagraha, which means firmness in the pursuit of truth or love insistence. So again, love insistence, firmness in the pursuit of truth, Satyagraha, Soulforce, this is what happens when you face your challenges from a place of wholeness rather than constriction or separation.

The Soulforce Arts Approach is thus a comprehensive holistic arts pedagogy that provides the intellectual and spiritual framework as well as the practical skills necessary to infuse Soulforce into how you create, perform, practice, teach, and make a living so that you can make yourself, your art, and our society and planet more whole, vibrant, and alive. In essence, the Soulforce Arts Approach is designed to help answer this central question. What's ours to do as musicians and artists in a world that's lost its mind?

So many of us feel hopeless, helpless, despairing, and many of us are even in touch with a sense of meaninglessness. When we think about our role as artists in the face of all these challenges that we face globally, societally, personally, you might even wonder, you know, does our art really matter when the ice caps are melting or whatever it might be?

And there's something about this question that has really caught my attention. I think it's because that, you know, it's been such a pain point for me. You know, I, as a violinist, I really wanted to do something meaningful with my music, but our society tells us that the arts are essentially frivolous. That, you know, this is a nice hobby or, you know, the arts are just luxury items or entertainment. And that to be an artist is self-indulgent.

And, you know, in a funny sense, a certain sense, it's true. Well, it's true if you create without Soulforce. If you're just going through the motions. If you're not connected with the true purpose of the arts, but if you are connected with your Soulforce, if you are connected with the true purpose of the arts, then your art does matter. And it's actually something that our world desperately needs.

Transcript of Core Lesson: Realigning Your Artistic Life with Your Soulforce

So, what is the true purpose of the arts? It's to bring us more alive, to heal, inspire, and to bring us together. And when you connect with that true purpose in every area of your artistic life, then you're going to experience a great deal of Soulforce and your audiences are going to love your Soulforce that comes through in your creative modality, whatever that is, and you know, this is what your audiences want most from you.

It's probably what you want to feel during your creative life. This is probably why you got into the arts; you had some intuition that this Soulforce is possible. This is probably what got you into the arts in the first place, even if you might not have had a word for it.

The reason I believe that this is so powerful and that, you know, the subtitle of my book, "the vital role of musicians and artists in creating a more beautiful world" – the vital role, we do have a vital role. Because to create with Soulforce, to create from a place of wholeness and aliveness and connection, counteracts the core issue of what's going on in the world.

The core problem, the core challenge is this mindset of separation, force, and control. This is just how our society does things. We separate things into little boxes, and we concentrate energy, we try to control the outcomes, but this is what causes all kinds of problems. We can see the evidence of these problems everywhere we look.

The thing is that when we create from a place of wholeness, aliveness and connection, then we counteract that separation, that mindset of separation. Our art becomes suffused with this aliveness and the wholeness and that resonates with the deep desire for wholeness and aliveness and connection that our audiences are going to already carry.

So far from being a frivolous act, when you create art connected to your Soulforce, you send a powerful and transformational message into the world. That aliveness, inspiration and healing and connection are all more important and more powerful than separation, force and control. Highlighting this message and thereby catalyzing societal change has always been our role as artists throughout history. And it's as important now as ever.

All right, to give you a clearer sense of what Soulforce is all about, what it actually is, I'm going to describe what the arts can feel like with and without Soulforce.

What the arts feel like with and without Soulforce

Without Soulforce, you might experience certain existential challenges, questioning the value of what you do as an artist. Does my art really matter? What do I do with my art in a world that's lost its mind?

You might experience certain physical injuries, physical challenges like repetitive strain injuries, tendonitis, back pain, like the sense of awkwardness and tension in your body, a disconnection from your instrument, certain postural issues.

Transcript of Core Lesson: Realigning Your Artistic Life with Your Soulforce

There might be certain emotional challenges, such as performance anxiety, an overactive inner critic, imposter syndrome, or the fear of being a failure. You might experience financial challenges, just struggling to meet your survival needs, The fear of selling out, feeling the ick that can come from trying to sell yourself or sell your art.

There are also creative challenges like creative blocks and plateaus, a lack of inspiration, a lack of connection with the creative spark, and then maybe interpersonal issues like this feeling of isolation, like wanting to connect with like-minded and like-hearted artists but not knowing where to find them or not having your deepest creative vision. Longing for a more beautiful world, being mirrored at all by the people around you.

But when you're more connected to your Soulforce, each of these challenges finds an answer. For example, the existential challenges, you'll be more connected to a deeper sense of purpose. One that acknowledges the challenges of the world and gives you something positive to do in light of those. So, there's this deep affirmation of the value of the arts in addressing the world's challenges. And then you get to see yourself, your artistic practices in the context of healing our broken society, right? Serving something larger than yourself with your art.

Physical issues are also often find relief. The sense of tension and strain turns into more of a sense of ease and fluidity. You can find relief from overuse injuries and that this is really so key because your body is the channel for your Soulforce and when you are tight your Soulforce is constricted but when your body is more free your Soulforce flows through. So this is so important and it also helps your comfort in your body, your sustainability, being able to play for long periods of time, that kind of thing.

And then emotional challenges are also addressed. You can experience real ease, even when in high pressure situations. One of the things that's most surprising is for many people is seeing how much better your art gets when you're not as hard on yourself and when you're motivated by inspiration rather than, "Oh, I should do this or this fear of not being good enough."

And then certain financial challenges are also addressed when you connect with your Soulforce, because this is what your audiences want from you. The more Soulforce you express, the more they're going to seek your art out and they'll pay you for it in terms of money and energy and support and all this kind of thing. And it lets you be of genuine service instead of focusing on trying to get a certain number of subscribers or audience members. Instead, you can focus on being of service to your community through your art rather than trying to sell yourself. And you know what? You're going to be able to support yourself better that way.

Transcript of Core Lesson: Realigning Your Artistic Life with Your Soulforce

Alright, and then it also answers creative challenges, such as, well, when you're more connected with your Soulforce, you're going to feel the creative aliveness and flow. You're going to have greater connection with your instrument, with your craft. And you could experience more of an authentic creative life, one where your spirit, your soul, honored rather than pushed to the side in the pursuit of certain technical achievements.

So finally, connecting more with your Soulforce is going to also address the sense of isolation that a lot of artists can feel in modern life because you're going to feel more connected with your audiences and your peers. The big part of that is being connected with your peers in terms of this larger purpose, so we can all come together as artists to create a more beautiful world. That's a big part of what I'm trying to do with the Soulforce Arts Institute and the Soulforce Arts Community, which I'll describe a little bit later.

So just to be clear, the Soulforce Arts Starter Kit, this video lesson and this PDF is not going to solve all these challenges. It's not going to make all these issues go away and bring about all these benefits that I was just talking about all at once. But it is going to get you started in the right direction. We're talking about a big transformation here. But this Starter Kit is going to give you a solid understanding of the terrain and several practical tools that will help you along your way and which you can start bringing into your artistic life today.

The Soulforce Arts Developmental Journey Diagram

Alright, so just a minute ago, I was describing some of the issues that you might experience without Soulforce and what it can feel like when you reconnect with your Soulforce.

And so this is a journey that you're going to that you might take. Going from point A to point B. And as with any journey, the way there is made easier with a map. So that's what the Soulforce Arts Developmental Journey Diagram is all about.

And you'll see a full-page version of this in the PDF. I'm not going to talk about each individual aspect of this, you'll see a more detailed description of each in the PDF, but just for right now I'll do a very brief overview.

It starts at the bottom with seeing the wrongness in the world, seeing the wrongness in your own artistic life, and the first step beyond that is to understand the root cause of all of this, again the mindset of separation. And then you align to new values like wholeness and connection, Soulforce. And then this takes you on a developmental journey where you grow and heal as a person, as an artist. Then we have the eight elements of the Soulforce arts approach, which are these little icons all around the aspects of being, which are affected by your developmental journey.

Transcript of Core Lesson: Realigning Your Artistic Life with Your Soulforce

Then all of this combined lets you create with Soulforce, which then transforms your system update, which is at the top there on the right. Your system update is your unique contribution, your unique artistic contribution. And when your system update is suffused with Soulforce, this is what allows you to create a more beautiful world through your art, All right, so now we're going to get into the meat of things here, or the tofu if you're a vegetarian, excuse me, with a guided meditation.

Soul Cave Meditation on Your Artistic Purpose

So if you are currently doing other things while listening to this, I'd recommend pausing and coming back to when you have some time free and you're not doing other things. That's how you get the most out of this experience. So I'm assuming that you've done that by now and you're a place where you can close your eyes and make yourself comfortable.

And spend a few moments here, just letting yourself breathe and sensing your body. Reminding yourself that you don't really have anything else to do right now. You don't need to take care of anything else. You can just let yourself be immersed in this experience. And we'll take about the next 10 minutes together to do this meditation. So why don't you imagine yourself on the edge of a forest?

It could be any kind of forest you like, an ancient forest, a magical forest, You can see these ancient trees and you hear the birds and see the butterflies and it looks very dark and inviting inside this forest and so you start to walk. You see a path there and you walk along this path. You can see the shafts of light coming down from the sun above through all the leaves of these beautiful ancient trees. And pretty soon you come to a clearing in the forest. And as you look around, you see in the center of this clearing, a mound with a little door, like a hobbit door. What a curious thing to find in this clearing.

So you go up to the door and you find it opens easily. And you look down inside, it's dark inside, but you see a staircase, a beautiful spiral staircase going down. Aren't you curious to see what's down there? So you start walking down.

And when you get to the bottom of the stairs, you see a long hallway with the light at the end of it. It's very, feels very comfortable down here. And so you start walking towards the light. And this brings you to a cavern, this beautiful cavern with stalagmites and stalactites and these giant gigantic crystals and in the middle of this cavern a bright shining light, a shaft of light that seems to come out of nowhere.

Transcript of Core Lesson: Realigning Your Artistic Life with Your Soulforce

So you walk up to this light, it's beautiful, and you somehow know that this is your soul, your inner knowing, the essence of who you are. And you know that you can ask certain questions and receive certain answers from this shaft of light. So you ask the following questions and you see what answers come up. And if no answers come up, that's perfectly fine. You can always come back here and ask another time. So just let yourself be receptive and notice what comes up, what thoughts and feelings or symbols or images or memories or sensations in the body. Answers can take lots of different forms.

So here's the first question or the first contemplation that you can bring to this shaft of light that is your innermost self. Ask, what are the times when you felt most connected to your Soulforce? Perhaps specifically in your creative life, but maybe with other times as well. And when you're ready to move on, when you've received something or another, you can ask the next question. When were the times when you felt least connected to your Soulforce? Again, maybe specifically in your creative life, but if times outside your creative life come up, that's perfectly fine too.

And you know if you're if at any of these prompts you're not quite ready you can always pause and let yourself have some more time. But for now let's move on to the next question. So what might be getting in the way currently of the fullest expression of your creative Soulforce? Is there some part of you perhaps that doesn't want to fully step into your creative Soulforce? Some secret voice inside that has some fears or doubts or some kind of limiting story about what's possible for you. If any emotions come up during this time, just spend a moment breathing with them. Don't try to change them or make them go away or even try to heal them. Just breathe with them.

And next you can ask, what is your unique gift as an artist? What is the light that wants to shine through you in your creative life. What is the thing that you most love doing in your creative life and which people most want to receive from you?

And finally, you can ask the light, what is your soul's deepest desire for your creative life, for your art? What do you want most for your life as an artist? And again, just let answers bubble up. Don't get caught in what you think is possible, what you think you should do, what other people have told you is possible. Just let answers bubble up from the depths, from the mystery. Now it's time to begin moving along. So, remembering that you can always come back here and always spend more time with this light, this shaft of light, the inner essence of who you are, your artistic soul. Thank the light for what is shown you and you can turn around and go back down that hallway towards the spiral staircase.

Transcript of Core Lesson: Realigning Your Artistic Life with Your Soulforce

Maybe, still sensing the presence of whatever messages you received from this shaft of light as you walk. And then you go up the spiral stairs and you see the light above you, the little hobbit door open to the forest and you come out and you're in the forest again. And you can see the light above you coming through the trees and you can hear the birds again and see the butterflies again. You see the moss beneath your feet. You can feel the moss beneath your feet and you begin to walk out the pathway that took you in towards the edge of the forest. And then you reach the edge of the forest and once you do, you can open your eyes and just make a note of whatever you experienced in this meditation.

Integration and SMART Goal

I hope you found that helpful and I hope you had some sort of experience in that. Now, it's one thing to have a nice experience and to receive certain messages or insights, But it's another thing to begin to make that real in your life. And for that, you need to integrate whatever messages you received, whatever insights, whatever soul level knowing you may now have. And one of the best ways to do that is to create action. To take action in alignment with your soul level purpose, however you understand that today.

Soulforce is not something that's simply internal, it's not just an internal experience, it is something that's meant to motivate real change. Not that internal change is not real change, but it's really meant to marry what's inside with what's outside. And so here's a simple way of doing that.

We're going to design a SMART goal together here. SMART is an acronym, stands for specific, So we're going to choose a specific goals, a specific task, measurable task, an achievable task. [The R stands for "relevant"] A time bound task. So something that happens at a particular time.

So let's choose a specific goal, something that's in alignment with what you just experienced in the Soul Cave meditation. So we actually want this to be very simple, very, very simple in specific. Very easy, we want it to be a very easy win. So we're not going to say, oh, my goal is to change the world. No, that's too big.

But it could look like something like just spending five minutes journaling about your experience in the soul cave meditation, or talking about it with a friend, or going on a walk and contemplating it, or bringing some aspect of that into your next creative practice session. So we want it to be something that's very easy and achievable.

And something where you know that you've done it. So yeah, I guess that's the measurable piece. You can say, I did this for five minutes. Alright, and maybe you can do that today, maybe you can do it tomorrow, certainly don't wait more than a week to do this and put it in your calendar. Put it in your calendar and make sure you do it because that's what sends the more powerful message to the universe, to your subconscious mind, that you're serious about making a change in your artistic life.

Transcript of Core Lesson: Realigning Your Artistic Life with Your Soulforce

And that's really how we create transformation, or how we become stewards of transformation. Receiving certain messages or insights, making space for your soul level artistic purpose, and then making tiny action steps towards that. This is how it's done.

Alright, so I hope you do that. And then what you do is you stay open to the ways in which that transformation might ripple out into your life. We're going to bring this into a close here with a summary of what we covered today.

Summary

First we talked about what your artistic life can look like both disconnected and connected with your Soulforce. And then we explore the origins of Soulforce, what it is, how it applies to the arts, and what the journey to becoming a Soulforce artist can look like. Of course, we did the soul cave meditation, which I hope was fruitful for you. Then we created some action steps together.

So we covered a lot here today, so let's just take a breath and notice what's present for you right now. See if there are any final takeaways, any feelings, or any insights that you can take away with you today.

Okay, so just remember that this is the tip of the iceberg, this is just the beginning. But now, hopefully, you feel like you're on the right path. You have some tools, you have a sense of the overall journey, and maybe a little glimmer of how to address your artistic challenges and that as well as the pathway to creating the more powerful life-giving and healing artistic life that your heart desires.

That's the point of the Soulforce Arts Approach.

“Art is a means of playing upon human faculties in such a way as to provoke a consciousness of superhuman realities—of the realm beyond the senses.

In every great ancient civilization, art has been used to further understanding, to lead men and women to a higher experience of reality than they might be able to achieve individually left to their own devices.

Art is not meant to be 'enjoyed', it is meant to illuminate.”

— *John Anthony West,*
Serpent in the Sky

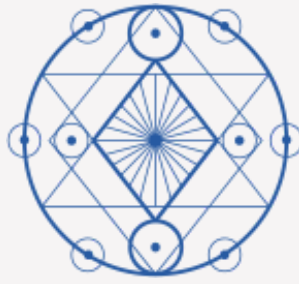


Further Experiential Explorations

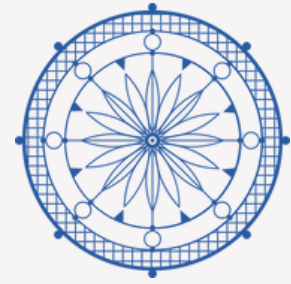
To help you more deeply embody your Soulforce, here are my top three recommended that touch on various aspects of Soulforce Artistry and an additional curated playlist.



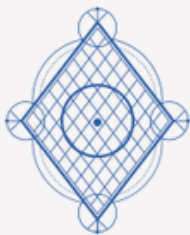
Open Focus:
Relieve Tension
Even When Doing
Difficult Things



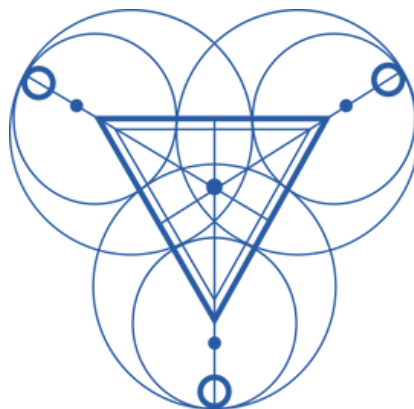
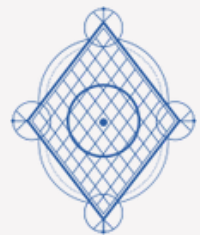
The Shadow:
Can Your Dark
Side Make You a
Great Musician
or Artist?



The Magic Pause:
The 3-Second
Technique That
Releases Tightness
and Tension



Soulforce Arts Starter Kit Playlist



“There remains the possibility, even for a modern artist, of achieving a momentary freedom from culture and domestication, but this requires tapping into her own inner infinity, the spontaneous, undomesticated spirit that lies deeply buried under the vast weight of culture.”

— *Charles Eisenstein, The Ascent of Humanity*



Wrapping Up Our Soulforce Arts Journey

As we draw this chapter to a close, let's take a moment to reflect on our shared journey. We've delved deep into the essence of Soulforce, understanding its transformative power in the realm of artistry. We've recognized that our art is not just an act of self-expression, but a beacon of hope, connection, and inspiration in a world that often feels overwhelming.

But remember, this is just the beginning. Your art has the potential to resonate with countless individuals who long to be inspired, healed, and connected. They need your Soulforce. Your job now is to let your Soulforce flourish in every area of your artistic life and then to share it with a world in need.

So, what's next? Take the insights and tools from this Starter Kit and infuse them into your artistic endeavors. Let Soulforce be your guiding light, illuminating the path to authentic expression and deep connection.

If you ever feel the need for inspiration, guidance, or simply a community of like-minded artists, remember the Soulforce Arts Institute is here for you. We're a community, a family, bound by our shared passion for art that truly matters.

Your next steps? Dive into your art with renewed vigor, share your creations with the world, and let your Soulforce shine brightly. If you ever wish to delve deeper, explore the Soulforce Arts Institute blog posts and videos, our online classes and in-person workshops, and our vibrant online community and learning platform, the Soulforce Arts Community. We're always here, cheering you on.

Stay inspired, stay connected, and keep creating!

Warmly,

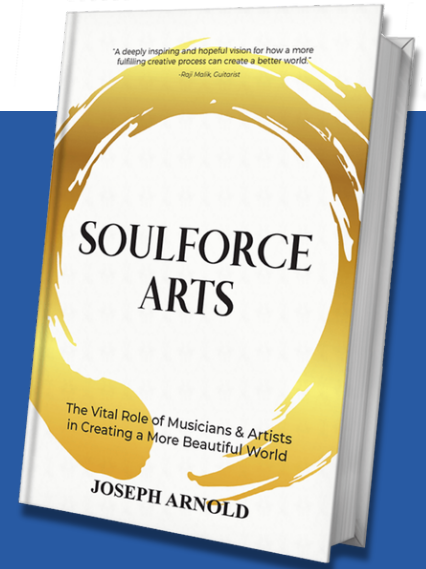


Joseph Arnold Violinist

Alexander Technique Teacher

Director of the Soulforce Arts Institute

The Soulforce Arts Book



In an age of uncertainty and turbulence, what role do artists and musicians hold? Can the rhythm of a tune, the stroke of a brush, or the narrative of a dance birth a more harmonious world?

The answer lies with *Soulforce*. In this deeply insightful and moving book, violinist and Alexander Technique teacher Joseph Arnold describes the transformative potential of tapping into your inner Soulforce and channeling it through your artistry to craft a brighter, more resonant world.

Coming in 2024!

[Register for the Waiting List Today](#)



"A deeply inspiring and hopeful vision for how a more fulfilling creative process can create a better world."

— *Raji M., Fingerstyle guitarist*

SOULFORCE ARTS:
*The vital role of musicians and artists
in creating a more beautiful world*



SOULFORCE ARTS COMMUNITY



Join the Soulforce Arts Community!

[Sign Up Today to Become a
Community Member](#)

Discover your artistic purpose.
In the Soulforce Arts
Community, you will:

Discover your deepest artistic purpose

- Revitalize your creativity
 - Enjoy more fun, ease, and pleasure while taking your artistic skills to the next level
 - Embody powerful methods for relieving physical and emotional challenges
 - Make a more fulfilling and profitable living in the arts (for those arts pros among you)
- ... and thereby be of the highest possible service to our world.

Community: The Most Powerful
Way to Transform Your Artistic
Life

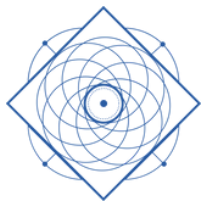
There are tons of inspiring books, courses, and content on creativity and the arts. There are even more on spirituality and activism. I know! I've spent my life exploring many of these and am grateful for all I've learned.

Learning about these topics is great, but if you really want to embody their profound lessons – and especially if you want to use those lessons to help you connect with a deeper artistic purpose – you need community.

Benefits of Being a Soulforce Community Member:

- Access to exclusive **masterclasses and Q&As** with Joseph Arnold, Director of the Soulforce Arts Institute.
- Instruction in the **Alexander Technique** to open a channel to your Soulforce and enhance your artistic capabilities.
- A community where you can **showcase your work** and receive supportive feedback.
- Live calls with established artist guest speakers to help you **connect deeper with your artistry**.
- Opportunities to collaborate with fellow community members and **expand your creative horizons**.
- *Coming soon:* Monthly **grants given to members** who exemplify the core values of the Soulforce Arts Approach.

Hear from our Community:



“Over the past few years, I’ve often wondered, ‘Where are the artists?’ What I appreciate most about the Soulforce Arts Community is that, in addition to the practical skills Joseph teaches, I’ve found a place where my gifts can flourish, and I can receive the support I need.”

— Lisa Y., *Writer and Dancer*

“As a young artist, I sometimes feel lost. I find the Soulforce Arts Community inspiring because it’s part of a cultural shift in what it means to be an artist. In Joseph’s classes I can really relax. It’s been such a relief to find an established artist who can affirm what my heart already knows.”

— Angeline M., *Multidisciplinary Artist*



Join Us & Elevate Your Artistry

Introductory offer!

For the first 25 members, an exclusive **introductory price of \$29.00 per month** awaits. After that, membership pricing will revert to \$39.00 per month.

Join the Soulforce Arts Community to revitalize your creativity, enhance your well-being, and create a more beautiful world – together!

[Join the Soulforce Arts
Community Now](#)

Discover your artistic purpose.
Create more freely.
Make a better world.

