



JONATHAN ELLERBY, PH.D.

YOUR *spiritual* PERSONALITY

Finding
the Path
That's Right
for You

Sounds True, Inc., Boulder, CO 80306

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Jonathan Ellerby

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For a free catalog of wisdom teachings for the inner life, please contact:

Sounds True

PO Box 8010

Boulder, CO 80306-8010

Phone (800) 333-9185

www.soundstrue.com

How to Use This Booklet

This booklet has been designed to compliment your experience of the audio program. You will find clear restatements of some of the basic ideas that form the foundation of the program as well as tools to help you make the most of your experience. The written material here is not intended to be used independently from the audio program, since important instructions and suggestions are made in some of the sessions. Some aspects of this booklet are essentially illustrations of things stated in the program; these have been added to insure that you are able to follow along with ease.

It is helpful to first review this booklet to see what the contents are and then proceed with your experience of the audio program. Once you are immersed in the sessions, you will naturally seek the places that are referred to in the booklet. Use it as you go and then use it as needed.

The primary elements of the booklet are the spiritual personality overview, the Spiritual Orientation Scale, and the spiritual practice plans. At the end of the booklet you will also find additional information to guide you in practicing the chant found in session eight of the audio program, which focuses on sacred sound, and an illustrated guide to the yoga postures referred to in session seven, which focuses on sacred movement.

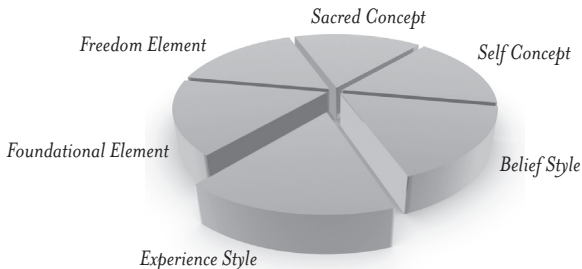
Some of the spiritual practice plans you may want to photocopy (for your own use) and use them repeatedly over time. You will find that all the personal inventories and profiles are only snapshots in time. I encourage you to revisit them from time to time, and examine what changes. None of the tools in this booklet are meant to become labels or permanent plans. The material

within is designed to evolve and change with you; remember, the spiritual path is a journey, not a destination.

Spiritual Personality Checklist

Your spiritual personality is made up of six aspects. This chart will help you follow along with the description of the six aspects provided in the program. At each stage in your life, your answers to the questions that define each of these six areas may change. It is the combination of these six aspects that determine your unique profile and how best to choose a path that will take you to your next level of growth.

I suggest that, after listening to session one of this program, you go through the list that follows and place a check in the boxes that accurately depict your spiritual personality. You may wish to photocopy this checklist and fill out the boxes a second time after listening to the entire program to see if your perceptions have changed. Note that you can check more than one box under each heading.



Sacred Concept

- Formless
- With form/personal
- Within me
- Outside me
- Self concept
- Persona-based
- Soul-based
- Spirit-based

Belief Style

- Intracultural: there is only one true way
- Intercultural: there is only one way (or a select few) for me,
but I respect all ways
- Transcultural: all ways lead to the same Source and Force

Experience Style

- I tend to experience the sacred through deep feelings and emotions.
- I tend to experience the sacred through profound thoughts and sudden insights.
- I tend to experience the sacred through the experience of energy and sensations in my body (i.e., bliss, vibration, heat).
- I tend to experience the sacred through non-ordinary states (i.e., visions, out-of-body experiences, etc.).

Foundational Element

- Body-based
- Mind-based
- Heart-based
- Soul-based

Freedom Element

- Body-based
- Mind-based
- Heart-based
- Soul-based

Using the Spiritual Personality Orientation Scale

This spiritual personality orientation scale has been created to help you answer questions about your spiritual personality. You should answer the questions based on what you actually tend to do in life—not what you want or hope to do. If you have a lifelong trend, choose what reflects that. If you have changed throughout the years, answer based on what you actually have done in the last six months to a year. Be honest. A good friend should be able to answer for you, or at least agree with your results. Follow the instructions in the booklet and in the audio.

When you add up your score you will be able to clearly determine your “foundational element” and your “freedom element.” These are the extremes of your tendencies: what you are most attracted to and what you are most resistant to. When you add up your totals, it’s not uncommon to have “close scores” or two of the four areas as actually having the same score. Use this as a reference point

and ask yourself what it reveals. Were you always like this? Have you changed and how? Did you bias your answers? Would other people agree? You can use this as a tool for discussion with a friend or mentor.

The scale is only a doorway to self-awareness. It is not meant to give you a “type” forever, or a permanent self-image. Once you have committed to a spiritual practice plan, revisiting the scale every six months to a year will help you notice changes in your preferences. In time your extremes may tend to diminish, and you may find more evenly matched scores between each of your four areas of orientation.

Spiritual Personality Orientation Scale

Answer each question by ranking the four choices as they best apply to you. The answer most true or most common would be ranked as a “1” and the one which is least true or least common would be ranked as a “4.” It is possible that all the choices are important to you, but please pick the order that reflects your natural impulse or tendency. Try not to give two answers the same score.

1. I make decisions based on:

- A. Fact
- B. Feeling
- C. Practicality
- D. Values

2. People who know me would say I have invested most of my time in:

- A. My education and training
- B. My relationships

— C. My physical health

— D. My spiritual path

3. If I had no restrictions, on an ideal day at home I would prioritize the following:

— A. Read, “surf the net,” or listen to an audio program

— B. Visit with friends

— C. Exercise

— D. Explore a spiritual practice

4. When I think of inspiring “spiritual tools,” the things that I find appealing are: (in order of reaction and/or preference)

— A. Scripture, sacred texts

— B. Images of God and pictures of great masters

— C. Sacred music and sound

— D. I am the sacred tool, and need nothing else

5. Generally, I imagine people would say I:

— A. Think too much

— B. Am too emotional

— C. Am overly physical or preoccupied with my body

— D. Am preoccupied with metaphysical questions

6. The words that describe me best, in order are:

— A. Intellectual

— B. Deeply feeling

— C. Sensual

— D. Extreme

7. I tend to describe and remember experiences based on:

- A. A recollection of the events
- B. How they made me feel
- C. What I did
- D. What they meant

8. To me, a good experience is one that:

- A. Teaches me something
- B. Connects me with people
- C. Gets me in touch with my body
- D. Helps me feel connected to something greater
(Higher Power; God; etc.)

9. If I could be extraordinary in one area of my life I'd choose:

- A. IQ
- B. Communication with and influence over others
- C. Health and fitness
- D. Enlightenment

10. I like to be valued for my:

- A. Wit, reason, and intellect
- B. Relationships and compassion
- C. Appearance, fitness, and health
- D. Patience, peace, and sense of being "connected"

You will end up with a score for each of the letters (not each of the questions). Your most important scores are the one that rank the lowest in total and the one that ranks the highest.

Your spiritual personality is primarily made up of your foundational element and your freedom element. Your foundation element is your low score; your freedom element is your high score.

The lowest score represents your natural preferences and tendencies; this is the foundational element of your spiritual personality. The high score represents the transcendent element to your spiritual personality; this will be critical to know in creating future spiritual practice plans. This is the freedom element. It signifies what you resist, and your greatest opportunity for awakening.

Key to Spiritual Personality Orientation Scale:

A = Mind-centered

B = Heart-centered

C = Body-centered

D = Soul-centered

Your Spiritual Practice Plan

What follows are three versions of a “spiritual practice plan.” They are labeled “Route One,” “Route Two,” and “Route Three.” This is to discourage the pre-occupation with the idea of levels or personal evaluations of better or worse. However, it is also true that the three “routes” are designed developmentally: each is ideal for a different stage of your journey.

Route One is designed for a person who has no experience of spiritual practice or for someone for whom it has been a long time since they have had a spiritual practice. A person deeply involved in a life of stress and disconnection from The Sacred may benefit from starting with Route One. It stresses picking practices we are naturally attracted to, and having both a daily and weekly commitment.

Route Two requires that you select a practice from each of the four practice areas (mind, body, heart, and soul). At least one should be daily and at least one should be weekly. Attention should be placed on what you identify as your “primary” and “secondary” practices.

Route Three (like route two) also requires a selection from each area, a daily practice, and a weekly practice; however, it adds the requirement of selecting a practice that reflects your “freedom element.” Session one explains what is meant by the freedom element.

Spiritual Practice Plan—Route One

Body-centered

- Ritual
- Movement
- Sound

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

Mind-centered

- Prayer
- Meditation
- Sacred study

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

Spiritual Practice Plan—Route One, cont'd

Heart-centered

- Devotion
- Service
- Guru (spiritual mentor)

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

Soul-centered

- Ascetic practice
- Death practice
- Life practice

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

Spiritual Practice Plan—Route Two

Body-centered

- Ritual
- Movement
- Sound

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

Mind-centered

- Prayer
- Meditation
- Sacred study

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

Spiritual Practice Plan—Route Two, cont'd

Heart-centered

- Devotion
- Service
- Guru (spiritual mentor)

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

Soul-centered

- Ascetic practice
- Death practice
- Life practice

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

My primary practice _____

My secondary practice _____

Spiritual Practice Plan—Route Three

Body-centered

- Ritual
- Movement
- Sound

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

Mind-centered

- Prayer
- Meditation
- Sacred study

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

Spiritual Practice Plan—Route Three, cont'd

Heart-centered

- Devotion
- Service
- Guru (spiritual mentor)

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

Soul-centered

- Ascetic practice
- Death practice
- Life practice

Frequency

- Daily _____
- Weekly _____
- Other _____

Location

- Home
- Away

Community

- Solitary
- Group

Guide

- Yes
- No

My freedom element _____

Additional Material for Path of the Body: Sacred Movement

The illustrations below give you a visual guide for practicing the series of yoga postures discussed in session seven of this program.



Additional Material for Path of the Body: Sacred Sound

The chart below will help you with the pronunciation of the chant discussed in session eight of this program. The chant is the prayer or mantra "om mani padme hum," used widely in both India and Tibet.

Om (ohm)

Ma (mah)

Ni (nee)

Pad (pahd)

Me (may)

Hum (hum)

Depending on Tibetan or Sanskrit influences you may also find these words written as:

Om Mani Peme Hung

Om Mani Padma Hum

There are a great many translations and explanations of this powerful mantra. If interested, take the time to do some personal research on this phrase, how it is said and sung, and what it means. In session eight, I offer a translation for you.

Additional Material for Pathways of the Soul: The Life Practice

Below I've listed six simple steps to assist you in transforming your daily experience into the life practice. These steps are discussed in more detail in session 14 of this program, but you may find this list to be a helpful reference.

1. Transform your self-talk into prayer
2. Turn judging into blessing
3. Replace the noise in your life with silence
4. Exchange reaction for intention
5. Replace obligation with intuition and choice
6. Move from negativity to curiosity

Further Study

My book *Return to the Sacred: Ancient Pathways to Spiritual Awakening* contains extended descriptions of the spiritual paths discussed in this program, as well as many stories of spiritual seekers from a variety of traditions. For more information, please visit my website at www.returntothesacred.com.

If you wish to pursue deeper study of a particular path, you'll find many audio programs available at www.soundstrue.com.

About the Author



© SARAH PRALL

Jonathan Ellerby, Ph.D.,

is author of *Return to the Sacred* and spiritual program director for the renowned Canyon Ranch Health Resorts. He holds a doctoral degree in comparative religion and has spent more than 20 years dedicated to the exploration of spirituality, healing, and consciousness.



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