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The Natural Soul

Barbara Harris Whitfield

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The Natural Soul

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The Natural Soul Barbara Harris Whitfield
The Natural Soul: Unity with the Spiritual Energy that Connects Us – What It looks like and how It feels The central concept of The Natural Soul is the difference between ego, the character we play in our daily drama, and who we really are – our soul or True Self. This book overflows with intimate vignettes that bring these ideas alive. Whitfield tackles head-on our current epidemic of spiritual and societal malaise and our overuse of prescription medication which usually numbs us to our soul. Our ego may struggle to understand but as we read we awaken to what our soul innately knows ? We came here as souls born into a human body and we will leave again as our soul. She uses this new way of seeing our life in other areas including: the love of our life, raising children, grieving naturally instead of numbing out in “depression,” helping others die, facing our own final passage in this life time and soul contact across the veil. The Natural Soul, Whitfield's fifth published book, offers us our souls' natural birth right ?a life of peace and joy. Previous books have garnered her appearances on Oprah, Larry King, Donahue, the U.S. Senate and U.N. in New York.

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