

# THE SOFT SPOT

Pulse of Spirit  
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**Karen Pritchard** is self-employed in Devon, UK, and has assisted in Emissary services and workshops around the world. Her spiritual mission is to bring the matrix of Divine connectivity into complete oneness, where each religious and human spirit realizes we are on the same level of being in love now, at this time, more than ever.

As I consider the power of love, the energy of deep thinking, and the formulation of new ideas, I want to explore the rituals we go into that allow these elements to come to fruition. Where do we go when we create? What are we doing without even being consciously aware of how we create? Without the power of love and deep thinking combined, nothing we love could ever be created. Therefore, we have to love our creative thoughts enough to manifest them.

So, what do we enter into to create life from what we love? I often meditate on what God must have thought and what he wanted to create in this universe of ours. He must have loved that thought more than anything—loved it so greatly that he made all life manifest. Beyond that, I considered *What state was God in when he loved those thoughts so deeply?* I wanted to feel and explore the power of what God must have done. Was it a ritual he went through? Did he go off for a gentle break, and the thoughts simply came to him?

It is my job as a graphic designer to go beyond the pattern of rigid thinking and into expanded creative thought processes. My yoga rituals also allow me to go deep into the elements of feeling and experience transcendently.

When I look at Michelangelo's Sistine Chapel ceiling and feel into what he painted—the ecstatic image of God and man, tips of fingers almost touching—I see the divine spark spoken of by the Gnostics. It always stimulates me to think bigger, deeper, and wider. And when I feel I am the divine spark, possessing what God is and what God passes on, I am creative—and aren't we all? We are all created in the image of God, and we are all parts of God, are we not?

So, where did God go in his thought patterns? What was the pure, divinely expanded thinking? God must have gone into a soft spot, into his own surrendering. Letting go

allows the seed of Creation to grow into becoming something manifest.

Well before babies are born, they must be in the place where the soft spot is. In their birthing, they must have a trust that is so implicit for them. They have to be totally surrendered, non-rigid, to move through the mother's body into this world. Imagine if they were rigid—they would not be able to slip through into life, taking their first breath. Just as those creative thoughts slip into our minds, a baby softly slips into being. Even the mother has to let go and surrender so deeply that she can release her soft little babe into this world. If the mother is rigid, a difficult birth could occur.

I have to surrender to create—to conceptualize and bring new ideas through, sometimes after very complex meetings with clients. I am sure other inventors, writers, artists, engineers, musicians, and architects have come to the soft spot in themselves to allow the divine birth of the new.

There are many rituals to go into to reach the soft spot. Buddhists look to the purity of life in non-suffering, yogis to samsara. Without a deep letting go and surrender of the body, we cannot reach the depths of meditation to become refreshed and soft in ourselves or become flexible enough to achieve dynamic yoga positions. And so, the soft spot is entered through the releasing of the whole self in the yogic ritual.

Fitrah is a Muslim ritual of becoming pure once more. By coming back to purity, Muslims are able to live in a clear state, which is as close to God as possible. They go through a ritualistic existence that involves surrender and a systematic way of washing the body to maintain the untouched energy from before birth.

Without any conscious consideration, our physical bodies are in a constant state of the soft spot because we trust it all to function without thinking or doing. Our body simply lives.

When I look at my new grandchild, I see the ever-so-newly innocent soft spot in her Being. And she touches my soft spot just by being natural, as she releases into our relationship. I treasure her gentle, surrendered trust in me to hold her, care for her, and naturally love her. It is then we enter the soft spot together. And so, a deep, innocent love resides between us.

When we surrender into the soft spot of ourselves, we find that place that only we know for ourselves beyond this physical world—an empty, loving, sacred space where all is welcomed. We go into something quite empty yet full enough to love us. We can trust the power of love to be released into creative ideas, or we can simply bask in the enfoldment of bliss, and the gentleness of the purest soft spot emerges in love.

## The Soft Spot

If being no-where and no-thing we enter the soft spot, is the soft spot then right there in the center of our hands? Is this how we bring healing to another person when we give Attunement?

Are our established rituals a way of reaching the soft spot? And if so, what is your ritual? How do you enter sacred space? How do you realize when you are there in your soft spot?

*Karen Pritchard*

[karenfotoyogi@yahoo.co.uk](mailto:karenfotoyogi@yahoo.co.uk)

*Beer, United Kingdom*

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