

The Soul Jar Manifesto



By: Rebecca Lewis

You've met them before... people who always seem happy and cheerful, with a never-ending smile on their face; a 'jar half-full' type of person.

Unfortunately... I'm not one of those people.

As hard as I try, my basic instinct seems to want to focus on the negative aspects of things. Because I'm not a naturally positive person, I need the stimuli from the world around me to help keep my mind healthy and to motivate me throughout this journey we call life.

My guess is... I'm not alone. Even those gifted with an easy-going, not-a-care-in-the-world attitude, still need the occasional pick-me-up.

As an introvert, I spend a lot of time simply reflecting on my life and often find myself searching the internet for inspiration.

When I come across a quote or phrase that speaks to me, I usually realize that I already know the truth of the meaning; I simply, **needed to be reminded of it.**

Example: we all know holding grudges are unhealthy, (easier said than done, right?), but it's not until I read the inspirational quote, "**Holding onto anger is like drinking poison and expecting the other person to die**", that I truly understand how self-destructive anger is.

I've always enjoyed writing; especially the feeling of accomplishment I get after a piece is completed.

I've come to realize (after attending one of Jeff Goins great webinars), that my personality type when it comes to writing is *'The Professor'*.

I'm not an expert in the field I've chosen, however, I enjoy researching and compiling information for others to read and enjoy. **It's also something I'm very passionate about.**

I know from experience, that the smallest bit of encouragement can make a **life-saving impact** on someone who needs it.

When I finally decided to start this adventure, **'The Soul Jar'** was one of the first names I envisioned.

I did some researching on the internet before I finalized the name and when I did, I came across some interesting information.

In the fantasy world, the 'Soul Jar' is an object used to contain your soul in order to become immortal. As long as your soul is safe in this jar, you cannot physically be destroyed.

Although, that's not exactly what I had in mind when I envisioned my idea of 'The Soul Jar', it embodies a similar message. **As long as your 'Soul Jar' is filled with positive, reinforcing empowerment, it will be harder for the negativity of the world to bring you down.** If we can feed our souls with the energy that it needs, we stand a better chance at having a more peaceful and satisfying life in this world.

Question is...

how can we keep this jar full?

With this blog, I hope to accomplish just that; to provide a thought-provoking, positive environment that will remind even the most unsure of people to believe in themselves and strive for what makes them happy. A place anyone can come to help fill their jar with nourishment for the soul.

**"Happiness resides not in possessions and not in gold,
happiness dwells in the soul."**

–Democritus.