Holy Spirit: Soul of My Soul

One of the traits of the Holy Spirit is related to the human soul. In the prayer “HEAVENWARDS,” Father Kentenich, founder of the Apostolic Schoenstatt Movement, calls it “soul of my soul.”

What does the essence of the redeemed man consist of? It consists in the dwelling of the Triune God, especially of the Holy Spirit, in the soul.

It means, my soul and with it, my entire person is consecrated to the Holy Spirit and inhabited by HIM. A famous French Cardinal said that the common man consists of body and soul, but the Christian consists of body, soul and Holy Spirit.

This is the great secret: the Spirit of God is in me, lives and acts in me. He is the soul of my soul. He is what is most profound in me, He is the center of my being. If that is our most intimate reality, then we have to take more seriously his presence in us, his speaking and acting in our inner self. Here we also see the importance of cultivating the Heart Shrine as the dwelling of the Spirit.

On the other hand, we can say that the Spirit has the responsibility for the growing of our love, our affection and our devotion to Mary. He has the mission of making us ever so more like his spouse. He has to convert us, slowly, into reflections of Her, into marian men and women, new beings, beings from beyond.

He calls it the whirlwind of the Spirit because through Her we have come to a closer and more personal relationship with the Divine Spirit.

Woman and soul

The Divine Spirit is the soul of my soul. And Father Kentenich thinks that the ideal woman should be “all soul.” In the polarity soul – body, so proper to the human being, the woman is experienced more as soul. This does not mean a denial or contempt of the body. It is more an accentuation.

What is more proper to the soul is to animate, to integrate and to spiritualize. Those three functions are proper to the soul, the ones the woman feels as more her own.

By nature, the woman tends to inspire soul into all that surrounds her. She gives each gesture a significant and spiritual meaning.

To inspire soul means for Father Kentenich, especially:

- To give a personal seal to all which is done;
- To seek and to place on the first level the personal YOU, before all things;
- To secure the spiritual moment in love;
- To radiate a warm atmosphere.

Therefore he commented, on returning from exile, that “the woman, through her being, has to take care that the world, life, family and human relationships are impregnated with soul and spirit.”

The spiritual element in love. It belongs to the woman to accentuate the spiritual element in love. Therefore we must take care that in our manifestations of love, the spiritual and the inner self dominate the corporal: from the caress to the conjugal act.

I think that in this context our dress is also important. It should help us, and especially others, to highlight the inner self and the spiritual.

Therefore, let us surrender ourselves to Mary, so that she can lead us to the Divine Spirit. Let us give the Virgin a privileged place in our heart so that the Spirit can take possession of it and fill it with his presence.

Hopefully that the great challenge to transform ourselves slowly into small reflections and instruments of the Holy Spirit remains clear in our mind and rooted in our heart. May the Virgin Mary, his great symbol and collaborator, guide us and accompany us in this striving.

Question for reflection

Am I inspiring and filling with soul all that I do, in my personal life and family life, in my group, in my professional life and work, in my social and cultural life?

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