



Your Soul's Journey



"Know, verily, that the soul is a sign of God, a heavenly gem . . . whose mystery no mind, however acute, can ever hope to unravel." —Bahá'u'lláh

The ancient Egyptians made mummies because they believed that people's souls needed their bodies in the next world. The nature of the soul has always been one of life's greatest mysteries, since you can't see or touch it.

Today, most religions, including the Bahá'í Faith, Islam, Christianity, and Judaism agree that the soul lives on after the death of the body, and that it can

have a peaceful existence in a spiritual world.

So what exactly is the soul? Simply put, your soul is you—the *real* you. It's the part of you that's connected to God. You can honor and explore your soul by living a life that is meaningful to you, where you express virtues such as love and service. By making choices that help you develop spiritual strengths, such as compassion and faith, you can let your soul guide your life's journey.

See how in tune you are with your spiritual self. Answer the questions, then add up your points.

1. I think about my purpose on Earth, or why I am here.
Often=3 • Sometimes=2 • Rarely=1

2. I participate in spiritual social activities, such as worship or community service, with my family or friends.
Often=3 • Sometimes=2 • Rarely=1



3. When I'm feeling down or facing a problem, I ask God for help.
Often=3 • Sometimes=2 • Rarely=1



4. I make a point to do things that are helpful to my family, school, or the earth.
Often=3 • Sometimes=2 • Rarely=1



5. When I have questions about spiritual things, I look for answers in sacred writings, or I talk to friends or family members.
Often=3 • Sometimes=2 • Rarely=1

6. I remember that the most important parts of me are my character, virtues, and talents, rather than my looks or material possessions.
Often=3 • Sometimes=2 • Rarely=1

7. I respect the diverse religions and beliefs in the world.
Often=3 • Sometimes=2 • Rarely=1

8. When I'm doing something creative or challenging, I pray or meditate to find inspiration.
Often=3 • Sometimes=2 • Rarely=1



9. I try to focus on the positive things in life and in everyone around me.
Often=3 • Sometimes=2 • Rarely=1

My Score:

27–21 points: You are a super soul explorer—continue on your exciting quest! And remember, there is *always* more to learn.

20–15 points: You're well on your way to knowing your soul. Keep exploring and discovering even more about the real you.

14–9 points: You're beginning to know your soul. Try some of the activities in the quiz to explore your true self even more.