

NIPA SHAH

WHAT

E V E R Y

SOUL

W A N T S

DEEP REFLECTIONS ON THE NATURE OF OUR SOUL

 **notionpress**  
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INDIA • SINGAPORE • MALAYSIA





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ISBN 979-8-89277-296-9

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THIS BOOK IS DEDICATED TO

You, the intrepid explorer delving into these pages - THANK YOU!  
May the teachings from this book be your solace and inspiration.

Hemantbhai, who during my saddest of saddest days answered my calls, no matter the hour of the day or night. You offered unwavering support and told me “this too shall pass”. This book is a tribute to your compassionate soul and the profound impact you’ve had on my life.

Gurudev Namramuni, whose soothing voice and profound messages were my solace during turbulent times. Your words were a lifeline, offering insight and illuminating the spiritual path, guiding me to embrace my soul's purpose and find profound alignment.

And to my family and friends and all the souls who have crossed my path, THANKS! for keeping the universe interesting. I am constantly working to balance our karmic debt, lol.

# WHAT EVERY SOUL WANTS

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## WELCOME

Dear reader, I am humbled and excited to share my journey with you.

I am an eternal optimist; and persistent. With a never-say-die attitude, I firmly believed in the exponential dividends of hard work. Yet, if hard work were the sole measure of success, wouldn't the donkey be the king of the jungle?

My spiritual journey began during an arduous period of my life where “failure” was the name of the game - close relationships became fraught with tension, ventures faltered, and each defeat felt like a personal indictment.

My challenges bred frustration, spiraling into anger directed both inward and outward. From this anger stemmed sadness, making me, a natural people-person, withdraw from friends and family. During those lonely, despondent moments of self-imposed isolation, I wondered about *my purpose on this earth*.

One sleepless night, I came across a video bearing the simple yet profound title, *“The mind - our biggest adversary”*.

Its simplicity illuminated a path and reshaped my journey in the most unexpected way. My solitude, a once my self-imposed prison, now offered sanctuary. I delved into the tangled web of my thoughts, and heard the whispers of my soul. I learned that the sole cause of my discontent were my attachments.

The journey from turbulent anger to tranquil introspection was no easy voyage largely due to the relentless persistence of thoughts that incessantly echoed past hurts, painful memories, and failures.

# WELCOME

I discovered that the second biggest hindrance to my spiritual growth is my ego – the one that wants recognition and validation.

My biggest hindrance? My deep attachment to my family.

The process of penning this book has been profoundly transformative. Where once I prayed and sought help from divine sources, I've learned that mental peace comes from acknowledging life's inherent cycles of pain and pleasure as manifestations of past life karma.

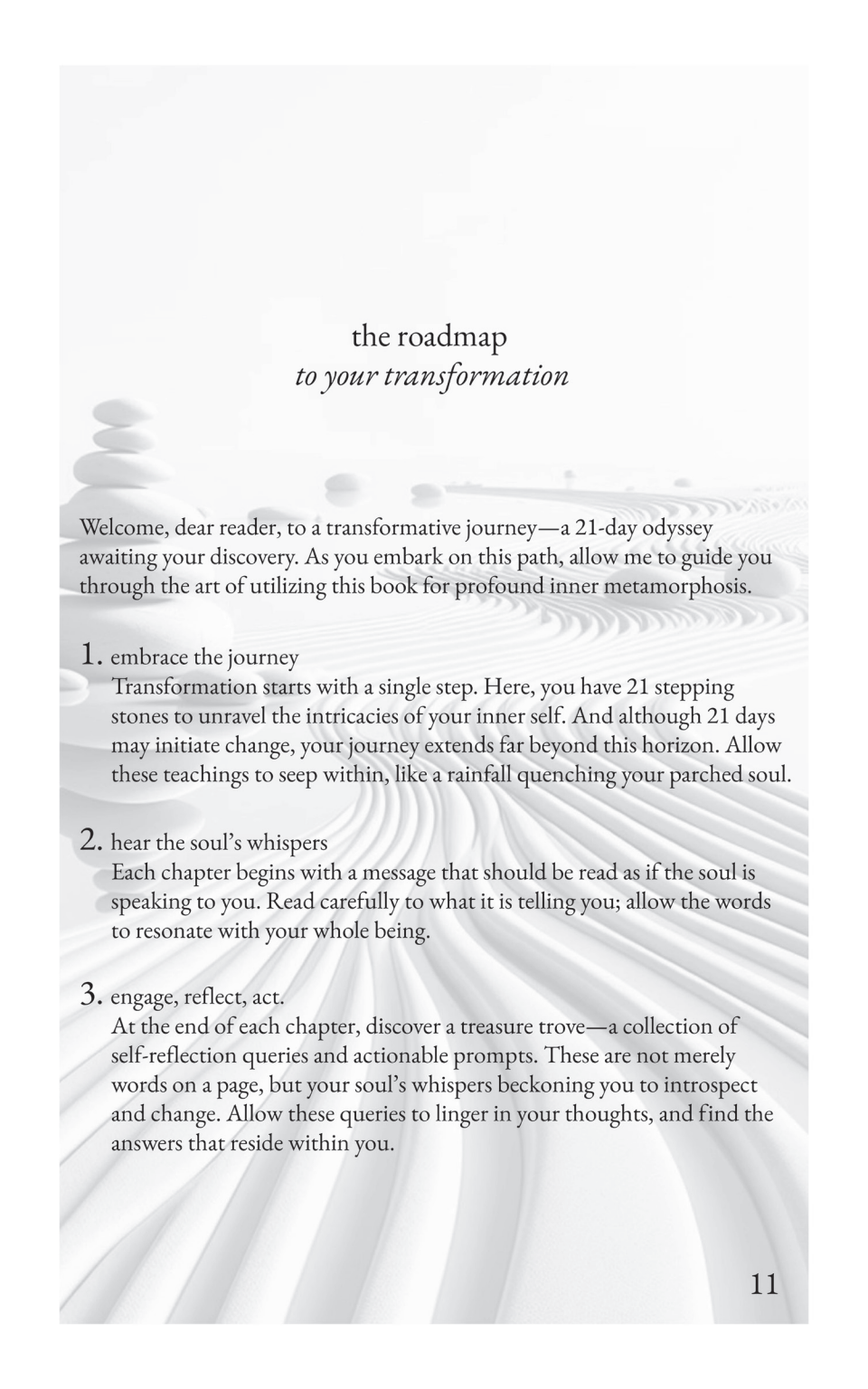
Along the way, I've uncovered a newfound humility within, a trait once absent. I'm still too emotional for my own good, and my ego unfortunately remains unconquered, but a transformative shift has taken place within. Now, when hurt knocks at my door, a quiet voice within whispers, '*Gotta pay the piper*' and surprisingly, the hurt dissipates.

I've got a long road ahead in balancing my karmic debt [the challenges I continue to face remind me of that, lol]. But now, I've discovered an enduring inner joy that remains unwavering despite life's unpredictable tides.

*I believe that writing this book has been my true purpose on this earth.*

My deepest wish is that this book has the same transformative effect on you as it did on me—may it heal your pain, alleviate your suffering, and bestow upon you the same mental clarity and peace it brought to me.

Thank you sincerely for reading. I eagerly await your thoughts on how this book has impacted you and how you're incorporating it into your daily life.



## the roadmap *to your transformation*

Welcome, dear reader, to a transformative journey—a 21-day odyssey awaiting your discovery. As you embark on this path, allow me to guide you through the art of utilizing this book for profound inner metamorphosis.

### 1. embrace the journey

Transformation starts with a single step. Here, you have 21 stepping stones to unravel the intricacies of your inner self. And although 21 days may initiate change, your journey extends far beyond this horizon. Allow these teachings to seep within, like a rainfall quenching your parched soul.

### 2. hear the soul's whispers

Each chapter begins with a message that should be read as if the soul is speaking to you. Read carefully to what it is telling you; allow the words to resonate with your whole being.

### 3. engage, reflect, act.

At the end of each chapter, discover a treasure trove—a collection of self-reflection queries and actionable prompts. These are not merely words on a page, but your soul's whispers beckoning you to introspect and change. Allow these queries to linger in your thoughts, and find the answers that reside within you.



## roadmap (continued)

### 4. make it a daily habit

This book isn't a mere read; it is your daily soul food—a replenishing elixir for the spirit. Make it your daily sanctuary, a refuge to seek solace and wisdom. Approach each chapter as your soul's personal discourse to initiate a long-awaited conversation with your inner self.

### 5. be honest with yourself

In your pursuit of transformation, honesty reigns. Be candid in self-assessment, neither flinching from self-critique nor shying away from recognition of both your virtues and imperfections.


### 6. practice, practice, practice

The concepts in here may seem complex, but do not falter. Go over them repeatedly, letting the intricacies unravel slowly—each reading will bring you a step closer to deeper insight. Some may seem repetitive too. But that is by design, to etch these ideas into your mind, reinforcing understanding through repeated exposure and fostering lasting comprehension.

### 7. document your metamorphosis.

Pen down your transformation—each inked word an inscription of growth. Chronicle your journey, and witness the evolution of your inner self, a testament to the power of introspection and change.

Here's to you, dear reader! May this voyage ignite the embers of transformation within, guiding you through the labyrinth of the self, and illuminating a path toward peace, understanding, and profound metamorphosis.



*Pain and sorrow are transient, like passing clouds.  
Embrace them with equanimity, for they too shall pass.*

~ Mahavir





# 01

Your transient, earthly body is my temporary home during this fleeting lifetime.



key message  
Our body is temporary;  
our soul is eternal.

## food for thought

- Think of the body as a container holding something eternal - that's our soul.
- Our body is like a temporary home, but our soul is what truly lasts forever.
- The body changes and fades, but the soul remains eternal and unchanging.
- The soul will take birth in different forms until it breaks free from this cycle.



## our soul

### 1. pristine state

At its core, our soul exists in a pristine state, free from any karmic imprints. However, as it incarnates into various forms, it interacts with the physical world, accumulating karma through thoughts, intentions, and actions in each embodiment.

### 2. ongoing journey

The soul's journey is an ongoing process of spiritual growth. Our present actions, thoughts, and intentions wield the transformative power that shapes the course of our soul's journey across future incarnations.

### 3. building blocks

Each decision and inclination in this life becomes a building block for the subsequent stages of our soul's evolution. Our soul's regression can lead to incarnations in lower life forms like animals, plants, or less evolved beings due to accumulated negative karma.





## our soul and karma

Our soul accumulates karma across multiple lifetimes, carrying its consequences into each new birth. These karmic imprints shape our circumstances, behaviors, relationships, physical attributes, and experiences.

Shedding this accumulated karma liberates the soul, allowing it to return to its original pristine state. Once free from the cycle of life, death, and rebirth, our liberated soul once again exists freely in the universe.



*The liberated soul's energy merges seamlessly with the universe's energy and becomes an indistinguishable part of its cosmic symphony.*

The free soul integrates with the universal energy and harmonizes with its vibrations, resonating across space and time, in a state of absolute freedom and unity with the cosmic symphony of existence.

---

*The liberated soul transcends the limitations of individuality, finding itself interconnected with all living beings.*

---





## the soul's regression

There is one category of souls that is incapable of achieving liberation. They face regression and are unable to achieve liberation due to malevolent actions leading to severe entanglement in negative karma

They accumulate an immense amount of negative karma, creating an entanglement that hinders their spiritual progression. This entanglement leads to a state of regression, where the soul finds itself incapable of ascending toward liberation.



The gravity of this negative karma forms a barrier that prevents the soul from evolving spiritually and reaching higher realms of existence.

---

*The cycle of life and death for our soul is a path of learning and transformation, aiming to return to its pristine state.*

---





## transgressions and consequences

Transgressions, whether through actions, thoughts, or words, leave an indelible mark on the soul. Like ink on a parchment, they inscribe themselves deeply within, altering the soul's landscape.

Severe transgressions include intentional acts of extreme violence, such as deliberately causing harm or killing someone.



Deliberate and heinous acts also include acts that cause widespread suffering, such as instigating wars or engaging in mass destruction that results in the loss of innocent lives. These acts are not only evil and malevolent, but also profoundly disruptive to the harmony of the universe.

This belief underscores the significance of mindful actions and ethical conduct in shaping the soul's journey.

It serves as a warning against the deliberate infliction of harm or negative intentions, emphasizing the need to align our actions with principles of non-violence, compassion, and morality. This helps avoid the soul's entanglement with negative karma to impede its spiritual progress.



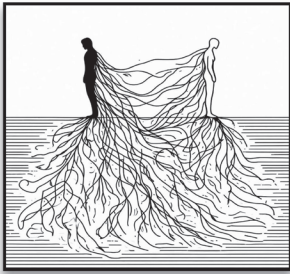


## pure and impure souls

Soul substances exist in the universe in two distinct states: pure and impure.

Pure souls are liberated from karmic entanglements, these souls reside in a state of happiness and bliss.

Impure souls are ensnared by accumulated karmic residues, these souls exist in a state of unhappiness and bondage.



Each soul moves through these states based on its karmic imprints, transitioning from one life to another until it gains spiritual purity.

As souls traverse through various births, the distinction between purity and impurity lies not merely in their states but in the intricate journey each undertakes. Souls with fewer karmic imprints enjoy existences filled with comfort and happiness while impure souls navigate through existences ensnared in cycles of challenges, suffering, and unhappiness.





## characteristics of pure and impure souls

### pure souls

free  
*perceptive*  
knowledgeable  
*blissful*  
intuitive  
*wise*

Each soul holds the potential to embody divinity upon realizing its pure nature. In this realization, God is not a creator, sustainer, or destroyer of the universe, but rather a state of purity and perfection.

The impure soul symbolizes the roots of our pain and suffering. These souls contribute to the cycle of turmoil in our lives, clouded by misconceptions and trapped in karmic residues.

### impure souls

delusional  
*hindered*  
attached  
*ignorant*  
selfish  
*entangled*

As our soul sheds karma, clarity and contentment gradually emerge, shaping our positive experiences. Conversely, the accumulation of negative karma taints our soul, filling our life with hardships and obstructions.







## the mind and soul connection

Our mind is the conduit between our soul and the external world. As long as the mind exists, this connection exists. Our mind has two properties: singularity and individuality. Both play pivotal roles in shaping karmic imprints on our soul.

*Singularity of the mind* refers to our mind's ability to focus on only one thought at a time and the intensity and depth of the thoughts or emotions experienced.

*Individuality of the mind* means the personalized and unique nature of our thoughts due to our unique perspectives and experiences.

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*The concepts of singularity and individuality underscore the importance of internal transformation rather than external control. Instead of attempting to change external situations or others' behaviors, our focus must be on reshaping our own thoughts and actions.*

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## karmic impact of thoughts

Each focused thought or emotion carries its own weight in creating karmic imprints, influencing the strength and complexity of the soul's karmic bonds.

### cycle of negativity

Continued engagement with negative thoughts establishes a cyclic pattern, reinforcing similar negative intentions and actions.

### entanglement in lower realms

Accumulated negative karmic imprints draw the soul towards lower realms of existence, characterized by suffering and impediments to spiritual growth.

### influence on future experiences

Negative thoughts and intentions contribute to the creation of future experiences that resonate with similar negative energies.

Our thoughts and emotions manifest in various ways, determining whether we experience pain and suffering or happiness and joy.





Consciousness  
manifests in many ways;  
intelligence, intuition, bliss,  
perception, emotions,  
will, attitude, behavior,  
and awareness of  
pleasure and pain.

## self-reflection



1. Which practices can I adopt to discern the temporary nature of my body from the timeless nature of my soul?

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2. Which specific emotions are tied to my possessions, and how comfortable am I with gradually parting from my most cherished belongings?

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3. How do I identify and progressively release my material, emotional, or relational attachments that contribute to my entanglement in karmic cycles?

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## take action

Outline specific steps, set achievable goals, and devise a practical plan derived from your newfound insights. Your journey continues here—turn introspection into tangible progress using the prompts and examples provided below.

1. I commit to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*[examples: noting arising sensations and emotions, identifying their roots, etc.]*

2. Before making any purchases, I will  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*[examples: distinguish wants and needs, make mindful buying decisions, etc.]*

3. I will observe my thoughts with impartiality to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*[examples: gain a clearer perspective, identify subconscious motivations, etc.]*

