



---

# THE INTEGRATED SOUL

---

Post-Traumatic Wisdom Guide



**VETERANS COURAGE**

American Legion Chaplain, Sunny “Dos” Dosanjh

May 2026

# Dedication

To My Mother during the Air Force Years

*Nadine Helene Miller*

To My Mother during the Veteran Years

*Jean Mieko Oka*

To My Mother during All Years

*Surinder Kaur Dosanjh*

Through the smiles, laughter, tears and sorrow ...

Thank you for being "*My Mother*"

Love

Your Son

## Table of Contents

Dedication.....	1
Too Much Love with No Where to Go.....	3
Human Spiritual Evolution .....	4
The Threshold .....	5
The Last Gasp of Resistance .....	6
Liminal Space .....	7
Transformation and Transfiguration .....	8
Emergence from the Liminal Cocoon.....	9
Awareness of the Archetypes .....	10
Testing the Fusion .....	11
The Knock at the Door of Love .....	12
A Quantum-Safe Life .....	13
The Integrated Soul .....	14
Whispering to God Through Tears of Joy .....	15
About the Author.....	16

# Too Much Love with No Where to Go

## *Enduring Love Under Separation*

The transition from loss of love...without knowing where to turn, how to turn, who would understand the constant pain of sorrow, of devastation, of soul crushing loss again, and again, and again, and again, and again...

For me, it was each time I had to say goodbye to my two young daughters...

It killed my soul, again, and again, over and over ... for 10 years ... saying goodbye ... until I wanted to say goodbye to myself.

It was when everything broke inside of me ... mentally, physically, spiritually, logically ... just everything broken, shattered and I couldn't hold a single thought anymore ... that is when the light entered.

In jail, in confinement, in solitary ... I was not afraid anymore to let go ... so I surrendered to God. Thus, the music began, a new rhythm, a new melody, a new song ... and it said:

- Rebuild your life
- Stabilize your income
- Care for your parents
- Support your children
- Find a home that nourishes you
- Live from coherence, not chaos

The new musical harmony from God's Grace evoked a feeling that proclaimed, "*this is not a second chance.*"

This is your **True, First Chance**, because you're finally *The Integrated Soul* ... Whole enough to live it. So began my journey into a realm of consciousness that was grounded in an imagined, but felt, *Faith*.

# Human Spiritual Evolution

## *Emergence of My Personal Faith*

The origin of that faith, that light, entering my life was a mystery that was slowly unfolding to me. It's as if a distant flame got closer. The glow became brighter. Then a small visible fire emerged that got warmer. Eventually, the heat was warm enough to embrace me without burning me.

In that moment I realized that a power greater than my understanding had become a reality in my life ... so in my limited understanding of the moment, I called out to God. I didn't know how, therefore my mind reached for fragments of stories that I had encountered over time. Gnosticism, mysticism, shamanism, paganism, atheism, quantum mechanics anything that I thought was the God of my understanding. Eventually, in isolation at a house, in a park, by the ocean, in the woods, and in a jail cell, they emerged one by one ...

- *Jesus the Christ:* Sacrificial love, forgiveness, compassion
- *Guru Nanak Dev Ji:* Equality, humility, service, remembrance
- *Lord Shiva:* Destruction of ego, transformation, inner fire
- *Lord Buddha:* Awareness, equanimity, liberation

It slowly became apparent to me that I did not discover them, I did not choose them, they chose me. It was my final surrender, it was the letting go of me, my ego, my life, my identity.

Not that I was anybody high or low or anyone special, but because I was seeking, praying and had humbled myself enough to fall to my knees.

Shattered, broken, torn, shredded to pieces, unrecognizable by society, discarded, locked away ... these are not my tears that fall, but they are from a Soul that was once whole but now is broken ... I'm ready to leave, to die, to go where the *invisible living* become the *invisible dead* ... in that moment ... in the silence ... the Divine approached as;

- *Jesus the Christ:* for my *heartbreak*
- *Guru Nanak Dev Ji:* for my *service*
- *Lord Shiva:* for my *shattering*
- *Lord Buddha:* for my *awakening*

# The Threshold

## *Moving Past the Guardian at the Gate*

This Divine, awakened experience for me has a name: **“The Threshold”**

Every major transformation phase that emerged for me correlated to three gates:

- **Gate 1:** *Liberation* {Freedom} I’ve crossed it with Faith. I’m free, sober, disciplined.
- **Gate 2:** *Restoration* {Health} In progress with love for body, mind, spirit all aligned.
- **Gate 3:** *Vocation* {Wealth} Spiritual, Financial. This is where the resistance appears.

The resistance is not a flaw. It’s a *Guardian at the Gate*. It asks: *“Are you ready to live as the Whole Person you claim to be?”*

This is where the blocked path existed for me; the resistance experienced *at Gate 3*. In order for me to receive wealth, to act with purpose, to be of service, I had to evolve as a new identity in order to reintegrate into this world. Gate 3 is where my new body of life became visible to family, friends, community and society. Gate 1 was introspection, Gate 2 was physical exertion and meditation ... now Gate 3, I required a new approach, a new method.

### Gate 3 Methods

Each gate had a doorway for me. For Gate 3, the following methods were used to move closer to the threshold at the doorway ...

- **Identity anchoring:** No longer the ego-driven person, but a person forged by faith
- **Tiny daily actions:** Breathe, slow down, observe, do 1-3 tasks per day, not unlimited
- **Purpose before motivation:** Action creates motivation; become the rhythm of life
- **Service as fuel:** Helping others dissolves ego, self-doubt and welcomes Grace
- **Spiritual alignment:** Prayer, fasting, meditation ~ mind, body, spirit act as one
- **Embodied discipline:** Exercise, nutrition, rest ~ self-respect for the life within
- **Narrative rewriting:** I’m not the person who fell; I’m the person who rose

These are not theories. I read about variations of these tools by those who rebuilt empires, movements, and nations. Now they are used by me to cross the threshold, Gate 3 is open.

# The Last Gasp of Resistance

*Look How Easy it is to Live Here*

They are not vices; it's the way things are ... it's in your nature: "**The Realm of Evil**" as whispered to me in every waking moment.

**Spiritual Firewall:** The *Threshold* that cannot be crossed by evil

At every turn I was falling prey to the powers of evil. These negative energies whose labels would include negative forces, demonic entities, energy "sucking" vampires that diminished my inner light and were constantly in my mind. It's as if spells, curses and bad omens had been thrust upon me, unbeknownst to me and kept me pinned down in a pit of darkness. I couldn't understand what was going on until I started to name the experiences:

*Destructive Ego, Hatred, Anger, Jealousy, Envy, Lust, Greed, Gluttony, Alcohol, Drugs, Self-Sabotage, Imposter Syndrome, Sloth, Procrastination, Anxiety, Depression, Despair, Suicidal Thoughts...*

In that downward spiral ... I saw that life in this current body was going to die ... so I surrendered to the God of my understanding. The Warrior Spirit was always there but deeply buried by the vices. So, I drew strength from multiple sources of education, experiences and traditions in order to make one final stand ... then I invoked from the heavens the Spiritual Warriors to stand by me in this battle ... build the Spiritual Firewall I did.

Emerged from the Light into my mind, heart and soul:

*Lord Hanuman:* **Strength & Devotion**

Anchored my will, stabilized my mind, and fueled my disciplined action

*Archangel Michael:* **Protection & Courage**

Cut through my fear, dissolved psychic interference, and fortified my spiritual perimeter

*Sri Guru Gobind Singh Ji:* **Humility & Truth**

Aligned my ego with service, sharpened my discernment, and restored righteous clarity

This Spiritual Firewall removed the confusion caused by the negative, demonic, evil forces by integrating the Spirit of the Divine. **Nothing crosses that threshold**, *nothing gets past them without my conscious, spiritually aligned thought process.*

**Spiritual Awareness:** That's when all fear, uncertainty, evil and doubt left me. My eyes, heart, and soul became aware of something primal, something true ... I was in a new space.

# Liminal Space

## *The In-Between: Where Ego's Die & Souls Awaken*

Where I found myself was in a space between *Grace* and a *Broken Spirit*. The threshold where the old world is gone but the new world hasn't fully formed. It's been described as the hallway between identities, the dawn between night and day, the spiritual "pause" where transformation happens. The word comes from the Latin *limen*, meaning "threshold."

**In Psychology:** Liminal Space is the period where:

- The old identity is no longer true
- The new identity is not yet stable
- The mind feels disoriented, uncertain, or suspended

For me, this is where *Resistance* made its last gasp to reel me back in:

- Self-sabotage appeared
- Imposter syndrome rose up
- Old patterns pulled me back, temptation all round
- New patterns felt fragile, not trustworthy

It took me a while to understand that these were not signs of failure, but of transition.

**In Spiritual Traditions:** Liminal Space is sacred:

The Spiritual Firewall provided the protection and "safe space" to allow me to receive signal instead of noise. It aligned with what I understood and clarified the phrases when:

- Prophets hear God
- Monks receive clarity
- Warriors confront their dark knight or evil shadow
- Saints undergo purification
- Shamans cross between worlds

It is the **wilderness**, the **desert**, the **cave**, the **40 days**; Faith based healing and recovery.

# Transformation and Transfiguration

## *The Middle Phase*

During the Liminal Space phase, a person is no longer who they were, and not yet who they will become. Such was my existence, everywhere and nowhere.

### **In Anthropology / Spirituality**

In rites of passage, initiation ceremonies, Liminal Space became known as the *middle phase*:

#### **Separation → Liminal Space → Reintegration**

During my American Legion Chaplain services throughout the San Francisco Bay Area, I had ten years of sitting bedside US Military Veterans during their last days of life. I conducted the *We Honor Veterans* Pinning Ceremony and held that space between separation of active-duty service to the final “*Oath Fulfilled*” hand salute.

Almost all the Veterans I served still lived in “*no man’s land*” ~ not on active-duty service anymore but not quite reintegrated back into society. Forever stuck in the Liminal Space.

I found that many spiritual traditions see this as: “*A sacred but unstable period of becoming.*”

### **Liminal Stages of Transition**

Anthropologist Arnold van Gennep, who coined the term Liminal, described it as a three-part process:

1. **Separation:** You leave the old life behind e.g., leaving jail, stopping alcohol or drug abuse, shedding the old identity.
2. **Liminality:** The “*in-between*” stage. It often feels like a void, a wilderness, or a waiting room. It is uncomfortable because it lacks the solid ground of a settled identity.
3. **Incorporation:** You emerge into your new role e.g., the person who is present, as a family member, friend, in a new job, new service role, businessperson, new career, new calling in life ... just present as the whole person ... as an *Integrated Soul*.

# Emergence from the Liminal Cocoon

## *Wholeness Precedes Division*

I was perceiving a false unity in a world that is actually acting out of division. Thus the Liminal Cocoon provided me a space, a time, a presence to shape the new Identity that emerged.

## A New Realization Forms

When I started to emerge from the liminal cocoon, life started to take a shape of *“just happening”* that *now feels less like becoming something new* and more like:

- Returning to original integration
- Reclaiming what was never actually lost
- Letting the external life catch up to the internal truth

Key movements and life unfolding’s experienced as:

- Internal union of energies now aligning with external expression
- Accepting the dissolution of internal energy boundaries
- Leading with humility, gratitude, faith and above all, knowing that there was a thread of patience that flowed in *“Divine Time”*

Discernment over Illusion started to become noticeable as:

- Ego-driven lives, leading with and all about the personal, small “i” not God
- Identity, role, title, and status prioritized with the ego-driven, self-serving self
- Countries, governments, institutions and organizations who structured themselves with fake personas, mottos, mantras and platitudes

# Awareness of the Archetypes

## *Self-Observation with Spiritual Depth*

This is where confusion set in throughout my life from science, religion, philosophy, psychology and I had to clear up the mess. I had to form my own opinion, knowing that I could be completely wrong, but had to base it on my experience and understanding at this time. So I leaned into the archetypes that stirred my emotions, my feelings and integrated them into a Whole Soul.

### **My Left-Brain Archetypal Energy**

Logical thinking, masculine forms of energy, *not sexually orientated by organs or nature's biology*, but structural and linear that allowed me to live with the Stoic Warrior mentality.

### **My Right-Brain Archetypal Energy**

Creative thinking, feminine forms of energy, *again not sexually orientated by organs or nature's biology*, but intuition and holistic perception that allowed me to live with the Compassionate Chaplain mentality.

### **The Integrated Soul Archetype**

Thinking is no longer an activity but the positioning of the Spiritual Firewall to allow God's Grace to flow through me. I've become a conscious conduit of the Divine flow of love, which naturally balanced my internal nudges that evoked thoughts, words and actions.

This resulted in me having a way of living with outcomes that balanced:

- Clarity with Compassion
- Discipline with Mercy
- Courage with Empathy

As a result, this way of living produced *different external outcomes* than when those archetypal energies were fragmented. The external world started to mirror my inner state of being.

The resonance was so powerful, that I could only smile in awe, in total disbelief, yet there it was in my lived experience, i.e., my external reality, the daily moments, thoughts, actions, results and outcomes were mirroring my internal state of integrated love, the integrated whole...*the integrated soul*.

# Testing the Fusion

## *Self-Observation with Spiritual Depth*

My questions then became:

- If I unify my **Inner Archetypal Energies**, does my *Speech* change?
- If my *Speech* changes, do my *Interactions* change?
- If my *Interactions* change, do my *Outcomes* change?
- If my *Outcomes* change, does my **Reality** shift?

As I explored this emerging understanding of myself, my entire life began to make sense. All those “outer dots” the external forces of family, friends, colleagues, teachers, society had been orbiting around me, shaping me, influencing me, directing me, until I no longer recognized who “I” was.

I didn’t know how to break free from that inherited identity. I wanted to become free-flowing, like an electron whose orbital path is unknowable in the quantum realm. I didn’t know the true orbit of my inner dot, my life, my soul until it was finally observed.

So I stripped away the outer dots, one by one, until only the inner dot remained. And when I observed it directly, I finally felt and understood my own heart, my own soul. That was the moment my spirit emerged.

From there, I began an iterative self-experiment: listening inward, using practices that humans across history have used to reconnect with themselves. Slowly, a picture formed, an outcome, a role, a name I never expected... but finally understood.

- **Contemplatives:** *Inner Stillness*
- **Mystics:** *Connection to the Unseen*
- **Philosophers:** *Search for Meaning*
- **Behavioral Psychologists:** *Understanding of the Mind*
- **Cognitive Scientists:** *Clarity and Observation*
- **Martial Artists:** *Courage to Stand in Crisis*
- **Trauma Healers:** *Presence with Suffering*



Chaplain

# The Knock at the Door of Love

## *Arrival of Grief, Sorrow and Sadness*

They emerged, becoming visible in my mind. Three external dots. And started to orbit my inner dot. At first I wasn't sure what these feelings were. They subtly started to swell up in my body, mind and soul. Then they announced themselves not as my kids, marriage or my family but as *Grief, Sorrow and Sadness*.

I was sitting in the parking lot of the Sikh Gurdwara Temple in San Jose, California overlooking the city from the East Bay Hills. My Spiritual Firewall active, my mind with God and my body at ease. Next move? Then the nudge arrived. My Spiritual Firewall was built to keep out vices and now I had this knock at my mind's door. Discernment kicked in, I knew these weren't vices but three dots who had lost their orbits, their original home. So they knocked on my home, where I had no external dots orbiting me anymore. All I had was space to accommodate anyone who came along. So I let them in, they passed through my Spiritual Firewall and into my allowed space for *Grief, Sorrow and Sadness* to breathe. And breathe they did.

I was not expecting the next nudge. There was something calling to me ... distant, yet within reach. It sounded like "*Meet those that are no longer here in body, but in spirit.*" So I made my way near downtown San Jose to Oak Hill Cemetery where I had conducted hundreds of American Legion, Military Veteran Honor Guard Funeral Ceremonies. Drove around and past all the Veteran gravesites and eventually to the top of the hill where a huge, new towering white cross was built. I placed my hands on the base of the Cross, and it felt like a wave of energy hit me similar to what I felt at the tomb of Christ in Jerusalem.

At the top of the hill, sitting near the base of the Cross of Christ, I could see the Sikh Temple Dome glistening afar in the East Bay Hills. For some reason, I sat next to a random tombstone, inscribed with her name Zamora. From within me a sound emerged ... I started to sing to her, to the felt spirits and energy all around me. Notes of Grace with my voice.

I sang of faith, love, happiness, and joy ... how I used to remember them and now, how I missed them. Then I sang to *Grief, Sorrow and Sadness* which felt like I was singing and walking to a doorway. And I felt love, so I called it Heaven's Gate. In some quiet loving way, I walked *Grief, Sorrow and Sadness* to the Gate and ushered them through ... they were no longer in my orbit but now held by the Grace of the Almighty. And in that moment, faith, love, happiness and joy changed their tune within me, a new chapter had begun.

Shortly after, my phone rang. It was Laura from the Gate of Heaven Cemetery in Los Altos. She asked me if I could speak at their Memorial Day Service ... My inner dot smiled and my outer voice said yes.

# A Quantum-Safe Life

## *When Spirit and Science Unite*

It was inevitable that life would balance my scales ... for 10 years there was loss, now the next 10-year cycle provided a vision of a life balancing out. I laid out the vision, strategy, and the execution and realized that the outcome is done with the blessing and grace of God.

The inner dot, my life, my soul, my spirit aligned with the following flow:

1. **Vision:** *My Responsibility to* “Provide Space for the Energies ”
2. **Strategy:** *My Discipline to* “Maintain the Spiritual Firewall”
3. **Execution:** *My Action to* “Live in the Moment of Reality with each Next Step”
4. **Outcome:** *My Faith to* “Experience God’s Flow of Divine Grace”

I’m no longer married to outcomes for they arrive at the pace of the Divine. I’m married to the obedience of the *Vision, Strategy and Execution* to allow my inner dot to flow freely in the cosmic energies of space, time and the quantum soup of love.

Thus the calm behavior. That feeling of being grounded. Not forcing anything. What the mystics and spiritual leaders of faith call:

- ***Hukam*** (*Guru Nanak Dev Ji*)
- ***Thy will be Done*** (*Jesus the Christ*)
- ***Letting go of Attachments*** (*Lord Buddha*)
- ***Surrender to the Divine Flow*** (*Lord Shiva*)

So my inner dot, flowing free, orbiting with the energies of love is now emerging into the external, physical, societal, earthly domain of reality.

It is singing and dancing, smiling and laughing, living and loving each and every moment. Whether the eyes are open or closed ... the only reality that they now observe, experience and cherish is the understanding that love internal is being manifested all around me as love externalized.

# The Integrated Soul

## *The Two Worlds Inside You Were Never "Two"*

The *Left Brain* and *Right Brain* Archetypal energies within me were always whole. It was not delusion, fantasy, or wishful thinking, but the confusion of external forces that muddled my inner light into thinking they were two. Now as the levers of the universe continue to move and the cosmic wheel of life turns, the natural emergence of existence takes shape.

I recognize both energies as the "*levers*" and "*wheel*" that usher in a new phase:

- **Left Brain / Divine Masculine** (discipline, courage, protection, clarity)
- **Right Brain / Divine Feminine** (compassion, nurturing, creativity, healing)

They were never meant to be split into "*roles*" or "*genders*." They were meant to be

*One Consciousness*  
*One Essence*  
*One Soul*

In science, it's called the "*Unified Field*". As a child, it's often referenced as "*Inner Stillness*", "*Creative Consciousness*", and "*Spiritual Perception*."

For me, the labels are useful when sharing an account of one's personal experience ... but not when it confines me to a strict, rigid way of thinking ~ especially when my inner dot is free flowing.

So, with your permission, I'll use a label for this lived experience of Post-Traumatic Wisdom that culminates in an action called my "**True, First Chance.**"

It's where I became whole enough to live again. My journey into a realm of consciousness, grounded in faith, hope, love and patience. It's where after fifty years of seeking, searching, living, crying and dying, that I continue to emerge from an encounter with the God of my understanding.

The God that loves, the God that heals, the God that forgives. The God that provides the bonding as in the Japanese art of Kintsugi, of mending that which was once broken, and emerging from the darkness into light as ...

*The Integrated Soul.*

# Whispering to God Through Tears of Joy

## *Internal Union, External Expression*

It's a full moon and the time is 4am. The stars are visible and the constellations sing their song. What is this hour? How strange the silence? It's not like the day when the rhythm of life changes...

But now, it's 6:30am and the sun is shining brightly on me. I feel a love like a cosmic embrace. The words of Amazing Grace are subtly flowing into and through me, like Kintsugi gold — slowly bonding, healing, and repairing what was once broken. And for no reason, or perhaps for a reason known only to Grace, the following emerged as I became a conduit for the speech and prayers for Memorial Day...

*Mother*, may that smile in your heart stay true

*Father*, may your courage remain steadfast next to Mother

*Brother*, the crown is yours, take care of Mother

*Sister*, continue to sing, dance and love like Mother

*Son*, grow, love, share, serve and take care of your Mother

*Daughter*, plant flowers, grow flowers and may you be blessed like your Mother

*Mother* do not look for me at the table

For I am no longer there

Look within your heart

*Mother* do not look for me running around the house

For I am no longer there

Look within your soul

If you do want to see me ...

Go to the park, to the woods, to the water, look up to the open sky

That's where you'll see ... my spirit soar

*Love,*

*Your Spiritual Son*

# About the Author

Sunny “Dos” Dosanjh is a United States Air Force Veteran and Chaplain for the American Legion, District 13 Santa Clara County California. For more information please visit:

Website: <https://www.veteranscourage.org/>

Email: [sunny@veteranscourage.org](mailto:sunny@veteranscourage.org)