

The background is an abstract, textured composition of various shades of green, blue, and brown, resembling a watercolor or mixed-media painting. The colors are layered and blended, creating a sense of depth and movement. The overall tone is natural and earthy.

Embracing Your Spirituality

Let Your Light Shine

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Embracing Your Spirituality

by

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Introduction

Some individuals may be very comfortable with this next part of the journey, embracing your spirituality. They may have a clear understanding of how to move forward and they may also have all the motivation they need to embark on their journey. But for others, embracing your spirituality may seem a lot like riding the super roller coaster at your local amusement park. It may seem pretty intimidating when you look up at it from the ground. There is that initial big incline followed by the breath stealing drop on the backside. Then you pick up speed and get tossed around by the forces of gravity. You will probably go upside down more than once and if you are lucky there might even be a corkscrew before you arrive back at the unloading point.

As you stand there contemplating whether you are foolish enough to go on the ride, you can hear the screams of those who are currently on the ride, and you wonder if they are screams of joy or screams of fear or most probably some of each. You can walk away deciding that you don't feel like it today or you can take the challenge and march courageously up to the end of the line and wait until you find yourself strapped into a seat that is in a car that is slowly moving up that big hill.

When you crest the top of the hill, you know that in just a few seconds you will be accelerating down the back side and although it may take your breath away at first, you will relax into the experience and enjoy the thrill of the wind blowing through your hair, the horizon inverting and gravity tossing you to the top of your seat. You will feel yourself being tossed about seemingly out of control. And then everything slows down and levels out and you are glad that you decided to experience that awesome roller coaster.

Embracing your spirituality may seem a lot like riding a super roller coaster, but it doesn't have to seem like that. You don't have to feel out of control. You don't have to feel like a ragdoll being tossed here and there. You can maintain control of your emotions. The choice is up to you.

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There are roadmaps available that can explain what you can expect as you experience the ride. They can give you hints about what to do in each part of the ride. Like suggesting that you don't hold your breath when you experience that first drop with all the acceleration. It will let you know what to expect next like the big pretzel that turns you upside down as it twists you. Then comes the series of high-speed bumps that try to eject you out of your seat. But it will be fine. One more, smaller pretzel and then the corkscrew. Right after that you will feel the deceleration and the track will level out. Congratulations! You survived. But you knew you would because you knew what to expect thanks to your roadmap.

That is what this booklet is. It is a roadmap for anyone who feels they need some support while contemplating the next step of the journey. The roadmap within this booklet contains five separate segments. Each segment describes how to move through this journey and stay in control. Each segment prepares you in advance for what you may experience as you continue your journey.

The roadmap starts out with the three stages of denial. The first stage is maintaining the status quo. The second stage is searching for new ways to look at your current religious beliefs. The third stage is a recognition of the aspects of who we are that religion has refused to accept. We are more than we think we are. The second segment of the roadmap is desire. Without the proper level of desire our motivation may diminish, and we may not reach our goals. Illusion comes next. This third dimension is often described as an illusion, but I suggest it is an illusion with purpose. Seeing it for what it is allows us to shift our perspective as we experience life here in this relative environment. The fourth segment is integration and expression. As we allow our new perspective to expand, we integrate our new beliefs into our third dimensional consciousness. We express our new beliefs through our actions. This leads to the final segment which is simply referred to peace. Your integrated beliefs and actions lead to a new sense of well-being.

You don't need any magic for this next part of the journey. You don't need to be ready to live like a saint or a guru in the mountains. You don't need to be ready to commit your life to a life of abstinence and denial of the physical body. This next part of the journey is for everyone when they are ready. In my opinion, embracing our spirituality is the next great step forward for mankind. Remembering that we are consciousness beyond this third dimension will change forever the way we experience life here in this relative environment.

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Are you ready to experience yourself as more than just a carbon-based lifeform living on the third rock of a sun in an obscure part of a relatively modest galaxy? Are you ready to open to the reality of your greatness? I hope so.

Chapter 1 – Denial Of Our Greatness

Losing My Religion

The religion that I was raised in was the greatest single obstacle to my being able to embrace my spirituality. In my opinion, it doesn't matter what particular religion or denomination of Christianity you were raised in, they are all in denial of our spirituality. The major religions of our times are, again in my opinion, full of limiting beliefs about who we are and why we are here. This is why I so strongly suggest that the first step in embracing your spirituality is to look at those limiting beliefs that are the bedrock beliefs of your childhood religious experiences.

Our beliefs about ourselves and the world we live in inform our personal filters which we use to interpret our sensory experiences. This is how we create our own personal realities. What you think is fun is different than what I think is fun. What I think is dangerous might be significantly different than what you think is dangerous. And so on. Our individual beliefs create these differing experiences. As long as we carry these deep-rooted religious beliefs from our early years, we will never be able to free ourselves from the bondage that they have created. They need to be examined within the context of our current understanding of the world we live in.

Denial is not just a river in Egypt

There are several different stages of denial. The first stage of denial is the status quo. By the way, there is no judgment associated with these different stages. Whatever stage an individual finds themselves in, is most likely where they are supposed to be at the time. The status quo stage is where your religious beliefs are not questioned. You are entirely comfortable with your current understanding of who you are and why you are here. Most of us start out in this stage and many never leave it. And that is fine. If your beliefs bring you joy and happiness, why would you choose to look for something else?

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Life is full of its ups and downs and there may come a time when you feel that there must be something more to it. You may start to look around to see if there is something that brings back the joy and the happiness. I refer to this stage as the new and improved stage. Individuals in this stage are not yet ready to question their core religious beliefs. But, there might be a different way to look at the same old beliefs that make them more meaningful. They seek out other groups or congregations that offer different perspectives on the core religious beliefs. This is a time of searching and discovery and it may provide some new and satisfying perspectives. For many, however, it leads to the conclusion that their current religious beliefs are not enough. They feel in their hearts that there is something more. This leads to the next stage of questioning their current religious beliefs.

When you begin to question your religious beliefs, you focus on the key issues that no longer make sense to you. You might even compile a list of them. As you work through your list, you might notice that certain beliefs are based on the validity of a core belief. For example, if you begin to question original sin, it might lead you to question the entire concept of sin. And if you begin to question the entire concept of sin, then you might reconsider the entire concept of eternal judgment. You get the picture, one thing can lead to another and pretty soon you have a rather long list.

This third stage differs from the preceding stage in that you are no longer trying to find new meaning in old, dogmatic beliefs. You are no longer searching for new interpretations of what you currently believe. You are looking for 21st century perspectives. Science has discovered that everything is energy in motion. All matter is made of energy and there is plenty of energy throughout all of creation. Humans are made of energy. Our thoughts are made of energy. We can use our thoughts to connect with consciousness that is beyond the definition of human consciousness. This is a new awareness that we can open to. This is where we begin to discover new beliefs.

I started questioning my religious beliefs while I was attending an all-boys Jesuit high school. When I graduated, instead of searching out another congregation, I was hoping that college would open the door to new answers. Unfortunately, I didn't find the answers during my college years. So, I decided to put the entire effort on hold. Life happens and I needed to focus on providing for my new family. College did prepare me for something that I really wouldn't understand until about thirty years later.

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When I finished my undergraduate studies, I took a job in Germany teaching English as a foreign language in a German middle school. I had studied German during high school and college, so I had some understanding of the culture and the language. After a flight which lasted all day and night, I found myself with my wife and our 2 year- old son on a train which was leaving the Cologne train station. Looking out the window, I noticed that the land on the edge of the tracks had all been cultivated into personal vegetable gardens. I had never seen such a sight. As the train continued on down the track, one thought came to me. That thought was home. As I mentioned, it would be almost three decades before I would truly understand the meaning of that feeling.

Sooner or later, your thoughts about these core religious beliefs are going to motivate you to find answers and that leads to our next section, desire.

If you haven't taken the time to seriously consider the religious beliefs that are fundamental to the religious tradition that you were raised in, then let me suggest that this is a great place to start. I have created a short booklet entitled "Losing My Religion" that is designed to help lead you through this process. At the very least, it will be a starting point for you. You can download it for free from my website, www.MichaelGLove.com. While some of your religious beliefs may not be close to the surface, I believe they more or less bubble up when the time is right. My suggestion is to start with the ones that are obvious to you and see if the others don't move closer to the surface.

Chapter 2 – Desire to Seek Out Your Truth

Desire produces action. When we desire something, we are motivated to take action to acquire it. If we desire food, we take action to satiate our hunger. We can either walk into our kitchen and start cooking or we drive to a local restaurant and order food. We know how to get what we desire, in this case food. There are many times when we desire something, and we don't know what action to take. We may desire happiness, or joy, or love, and we do not know how to get it. We try some things that we think might bring us those results. But often we come up empty. This can lead to frustration that causes us to give up for the time being. Sooner or later, something or someone will trigger that desire again.

When we have a desire to examine our core religious beliefs, we may not know where to find alternative beliefs that might be suitable replacements. Sure, there are plenty of books to read, but where do you start. Books can be like princes. You need to kiss a lot of frogs until you find a prince. You can ask your friends for suggestions, but the book that may have had a significant impact on them, might not resonate with you at all. This can lead to frustration, and you might wind up putting the whole thing on the back burner again. And in the meantime, life happens. It is easy to get caught up in the daily details of life, relationships, careers, bills to pay, etc.

This is what happened to me. I got caught up in life. I put my search for answers to life's big questions on hold. I found my desire to take up the quest again when I wasn't even looking. I was divorced, living in a new city, and working at a new job. This job seemed like the culmination of what I had been looking for in my career. I became friends with a coworker who was about my same age and who was also single.

We often ate lunch together when I was in town. I was travelling a lot at the time. One day he shared with me that he was a metaphysician. When I asked him what that meant he said he studied things that were beyond the known laws of the physical world. Things like multiple dimensions and alternative realities. That seemed kind of interesting, but it wasn't until he made the statement, "You choose your parents before you are born", that I became motivated to prove him wrong.

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Negative motivation, proving someone else to be wrong, can be a powerful motivator. I told him he was crazy to think such things. He suggested a couple of New Age books for me to read and I quickly set about to debunk his entire premise. After reading the books, I began to see his point. And I kept on reading. This was beginning to make sense to me. These were some of the answers I was looking for and never knew where to look before. It turns out that my desire to find the answers to the questions that I had put on the back burner decades ago came more or less from out of the blue.

That was my experience and your experience most probably is something totally different. Your reading of this material now indicates that you most likely have a current desire to move forward to find your answers. I find that motivation fuels desire. Do you have enough motivation to read this short booklet. What happens when you get to the end of it? Will it be enough to sustain your desire to continue to seek your answers? I hope you get some insight from reading this booklet that will provide a clue to your next step. Remember, this is a journey, and it is your journey. No one else can decide for you what path to take.

Sources of Motivation

In sharing my experience with you, I revealed that my motivation came from trying to prove someone else wrong. I called that negative motivation. I suggest focusing on positive motivation if you have a choice. There are plenty of sources of positive motivation.

The two major groups of motivation are extrinsic and intrinsic. Extrinsic motivation leads to an external reward of some kind. The reward could be financial, like a pay raise or bonus, or scholarly, like good grades. It could also be something more intangible like praise or fame. Intrinsic motivation comes from within. Intrinsic motivation causes us to do something because it is fun. We do it because we enjoy doing it and there is no tangible reward associated with it. There can be other rewards though, especially emotional rewards like achievement, satisfaction, or peace of mind. Increased mastery is also an intrinsic source of motivation. Wanting to get better at something can be a very powerful motivator.

What I find interesting is that two different individuals doing the exact same activity can be motivated either by extrinsic motivation or intrinsic motivation. Imagine two individuals playing a piano. One could be playing in order to become skilled enough to turn professional. The other could simply be playing the piano for the fun of it. Both sources of motivation led to the same outcome, the individual is playing the piano.

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It seems to me that wanting to examine our religious beliefs and replace them where appropriate with new spiritual beliefs needs intrinsic motivation. There are few external rewards that can be gained by doing this internal work. However, there are numerous internal and emotional rewards that can be achieved. It may not seem obvious to you, but having conflicting religious beliefs about who you are and why you are here on this planet at this time can produce heightened levels of stress. In addition, without a clear understanding of your life's purpose, what do you use to help you make all those important life choices? How do you know if you are moving closer to achieving your life's goals?

Replacing old religious beliefs with modern spiritual beliefs that are more representative of who you are, will create more harmony in your life. Having different perspectives about life allows you to create a more inclusive big picture for yourself. It helps you to update your personal beliefs which allows you to perceive a new and hopefully expanded personal reality. Here is an example. If you no longer see heaven and hell as either eternal reward or eternal punishment but rather a place that you return to that is without judgment, that reduces your stress level about the entire concept of death. Take away the fear of judgment and death becomes a transition back to the reality that we came from. There are many more examples I could offer that can add to your greater peace of mind.

Exercise #1

Try this short exercise and see if it provides you with motivation. Find about 10 minutes when you will not be interrupted. Relax into a comfortable seat and begin with a couple of gentle deep breaths. Slowly breathe in and gently exhale back out. Do this again breathing in relaxing fresh air and exhaling out any stress or tension that you may be feeling. Continue focusing on your breath a couple more times until you feel more relaxed. Good.

Now create a short list, not more than 5, of some of the core beliefs of your childhood religion in your mind. Choose the one that has the most emotion associated with it. Good. Now imagine that the belief you chose is not true. If that belief were not true, what belief could you replace it with? Imagine what it would feel like if this new belief were true. Allow yourself to actually feel what it would be like if that new belief were true. Take a moment and allow yourself to experience that feeling.

How did that make you feel? Did it feel good? Did you feel calmer and more relaxed? Did you allow yourself to wonder what it might feel like to let more of those old beliefs go and replace them with beliefs that resonate with who you are now?

This short exercise demonstrates the intrinsic rewards that are possible to achieve when you do this work. Releasing yourself from those outdated, limiting religious beliefs has the potential to set you free to grow in ways that were not available before. I hope this short exercise provides some motivation to continue to move forward in your journey.

If not now, when?

Imagining the potential rewards of releasing your old religious beliefs may not provide the motivation you need to continue on your journey. Come back to this exercise in a week, or a month, or a year and see if it has any different impact on you. In the meantime, keep yourself open to other sources of motivation. They may come at any time from any source. I shared with you my experience. My motivation came totally unexpectedly. Perhaps yours will too if you are not feeling it right now.

Chapter 3 – Piercing the Illusion

Illusions distort the human perception of reality. One particular type of illusion that we are all familiar with is an optical illusion. There are plenty of examples of optical illusions. You may remember the picture that contains two orange circles. One orange circle is surrounded by six larger gray circles. Next to it is another image with the same orange circle surrounded by six smaller gray circles. The orange circle surrounded by the smaller circles appears larger, but it isn't. Another familiar optical illusion is what looks like water on a hot road. We often refer to that as a mirage.

Magic is a kind of illusion or false impression of reality. When a magician performs tricks on a stage, he or she is distorting reality. Did the magician really saw the woman in half? No, of course not. Did a magician make the Statue of Liberty disappear? No, but it sure looked like it did. Magic is a way of tricking the mind into believing something that really isn't true.

You may have heard the statement that life is an illusion. And no, Albert Einstein never said that. But plenty of others have made that statement. What do they mean when they say that life is an illusion? My life certainly doesn't seem like an illusion and I bet yours doesn't either. Here is what I think that statement means. There is another reality that exists that is beyond this reality. When I say beyond, I mean it is not readily perceptible from this third dimension. That other reality is seen as being the source of this reality. And because of that, it is seen by some to be more real than this reality. There is obviously a much bigger discussion of reality that I could go into here. Let's just leave that on the back burner for now. That other reality that is not readily perceptible by our human senses exists somewhere else. I'm going to suggest that it exists in another dimension.

Multiple Dimensions

I am not a scientist, and I am not going to attempt to discuss multiple dimensions. For this discussion, I am only interested in that other dimension that some of us suggest we exist in while simultaneously existing in this dimension. The French Jesuit priest Pierre Teilhard de Chardin is quoted as saying, " We are not human beings having a spiritual experience. We are spiritual beings having a human experience." I would like to add to that statement by saying that we are having a human experience in this third dimension while simultaneously existing as spiritual beings in a different dimension. Some refer to that different dimension as the fifth dimension.

The addition of the word simultaneously is critical to the understanding of the biggest illusion of them all and that is the illusion of separation.

The Illusion of Separation

Our earliest memories are filled with the experiences of being separate from others. When we separate from our mother's body at birth, we pretty much become self-contained units of human life. We are given these magnificent bodies which house our consciousness. We have two legs which we learn to use that give us mobility. Our two arms allow us to grasp the things we need. Our five senses allow us to perceive the beauty and wonder of this third dimension. We learn how to think for ourselves. Our early years are pretty much a journey to self-sufficiency. Each human being has the potential to be totally self-contained. And that is the attraction of the third dimension. It allows each and every one of us to experience separation.

We have been told that the other dimension in which we exist is different than this third dimension. Makes sense, why experience two dimensions that are similar. In that other dimension there is a type of connection among all levels of consciousness that we have a hard time grasping with our human minds and our three-dimensional perspective. Indeed, we humans have a very limited understanding of consciousness altogether. That other dimension is also not restricted by time as we know it. That other dimension is a dimension of creation.

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The major, modern religions, at least the ones of the west, promote this idea of separation. Some even promote the idea that we are so far removed from Source that we need intermediaries, priests, ministers, and rabbis, to intercede on our behalf. And more than that, some even proclaim that we need to be saved by a redeemer. That is a lot of separation.

I can understand why those teachings resonate with so many individuals. They reinforce our concept of human independence. They make our sense of separation much more real. The illusion that they promote is one of separation. In reality, we have never been separated from that part of our consciousness that exists in that other dimension. It is time to see beyond the illusion of separation and embrace our greater reality.

Beyond the Illusion

Thousands of years of believing in the doctrine of separation which has been reinforced through religious teachings and dogma have brought us to this point in time. Are you ready to see the illusion for what it is? Are you ready to have the magic trick explained? Once you know the secret behind the trick you can still enjoy being entertained by it. You can allow yourself to go along with it. It is a little bit like Santa Claus. As a child you start out believing in Santa and then as time progresses you understand that Santa is more of a concept than a real person. That doesn't stop you from giving gifts during the holiday season. Santa symbolically represents the spirit of giving. Human beings symbolically represent the concept of separation.

We now have the opportunity to shift our perspective to a broader understanding of the purpose of our life here in this third dimension. One of the major motivations for visiting this dimension is to experience separation. And we get the added benefit of the perception of time as being linear. We mostly experience time as constant and moving forward. There are some exceptions for that. Some individuals experience time slowing down. But for the most part, our experience of time in the third dimension is constant.

Our new perspective allows us to continue to act independently while at the same time knowing that we are connected to something larger. We have a lifeline to information, knowledge, and resources that we use to attribute to a central figure of our religion. And if we chose to leave behind all organized religion, we may have felt cut off from all of that. Now we know that our connection to our greater consciousness has always been there.

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You may be asking yourself, “Just how do I know that this broader perspective is real?” There are an increasing number of paths that lead to this perspective. Many involve direct experiences like meditation, or guided journeying, or past life regression. Certain plants have been used for thousands of years to help people connect to a greater reality. One approach that has always interested me is near-death experiences (NDEs). I find the stories that individuals share of their near-death experiences to be very compelling. If you ever have the opportunity to speak directly to an individual who has had a NDE do it. It will leave quite an impression on you. Several really good books have been written about NDEs. There are many other ways available. I’m sure there is one that can lead you to that broader perspective.

You will begin to feel more and more comfortable with your new perspective. Keep in mind that as you embrace these new beliefs, you will want to share them with your family and friends. This can be more challenging than you might expect.

Chapter 4 – Integration and Expression

What does spiritual mean to you? What types of individuals do you think of when you think of spiritual personalities? Do you think about angels? Perhaps you recall images of saints who lived long ago? Maybe you think about gurus who lived in caves in the mountains? Perhaps you think about clergy like priests in monasteries or nuns in convents? Maybe rabbis in temples or an imam in a mosque. Do you think that if you became spiritual you would have to alter your lifestyle to become more like any one of those models of spirituality? You don't have to change your life and start living like a saint to embrace your spirituality.

As you integrate the new beliefs that are forming in your mind, you will naturally gravitate to new ways of living your life. You might feel more connected to your physical body and listen to what it needs. Perhaps you will become more conscious of the food that you eat? You will certainly begin to interact with those around you differently. You might become more compassionate and less judgmental. But you are not becoming a saint. You are becoming something different. You are becoming a human being who remembers their connection to their spiritual self.

This new perspective that we are more than just human beings living one lifetime and then are judged and rewarded with blissful eternity with God or eternal damnation with the devil is reflected in our thoughts and our actions. I mentioned earlier that I believe we use our personal beliefs to create a filter through which we perceive our reality. Your new filter, the one based on your new perspective, is very different than your old filter. This may not be apparent to you, but it will become apparent to those around you.

They will observe that you are behaving differently. You will develop new interests and the things that used to draw your attention may no longer. The activities that you previously participated in may no longer interest you. For example, instead of meeting your friends for drinks after work and socializing, you may prefer to take weekend hikes in the country. This is likely to confuse your friends and loved ones. Unless you have shared your journey with them, they will notice this change of behavior and may not understand it. They may not understand why things cannot remain the same.

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You might find that some of your friends are also seeking answers to the same types of questions that you have been pursuing. They will probably find your experiences to be very interesting. But in all likelihood, most of your friends and your family will not understand why you are questioning your old religious beliefs. If they are happy with their religious beliefs, then it will be hard for them to understand why you are not as content as they are. This is when you must resist the urge to try to convince them that you have found something better. Just as you are entitled to your personal reality, whatever that may be, they too are entitled to their personal reality, whatever that may be. It is not a question of being right. We all come here to experience life and it is through experience that we grow.

Personal Responsibility

When we see ourselves as self-contained units of human consciousness, we can learn to take responsibility for what we do and think. Taking responsibility for our thoughts and our actions is very challenging for some people. We all have the opportunity to learn personal responsibility and it may take longer than you think. Personal responsibility is one of the most important life lessons that we can master.

Once we take personal responsibility for what we do and what we think, we can objectively evaluate our actions and the choices we make. This allows us to have a better understanding of the potential outcomes of our thoughts and our actions. Are they bringing us the results that we desire? If not, then we can choose differently. This is how we become better creators of our personal realities.

Opening Our Hearts

There is an old indigenous peoples' saying that goes something like this, the longest journey that you will ever take is from your head to your heart. Remembering your spirituality puts you on that journey. I used to think that this saying applied more to men than to women. Being a man, it is easy for me to relate to men being more in their heads than in their hearts. For men, opening our hearts can be very challenging. Men love to have role models, and this is a role model that we don't encounter all that often.

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Over the years I was surprised to find out that this saying also applies to many women, but for a different reason, I think. I am not a psychologist, and I am not trying to make judgments, but I think there is a common perception that women's hearts are more open than men's hearts. However, it seems to me that many women have learned to protect their hearts. Understandably, they create defenses, or walls, to protect themselves. If you are a woman, as you begin to embrace your spirituality, I suggest that those defenses need to be reevaluated.

Remembering your spirituality will have a natural influence on your heart since the basis of spirituality is love. When you allow yourself to connect with the energy of that other dimension, you open to love. This is of course a different type of love than human love. This is unconditional love that is yours no matter who you think you are. You may at some point in your life have thought that you were undeserving of love. This type of love does not judge. It takes you as you are. There is an endless supply of it. Allow it to comfort you and the more you invite it in, the more at peace you will become.

Chapter 5 – Peace of Body, Mind, and Spirit

As we grow into our new spiritual personality, our outside appearance may not change noticeably. Sure, we may be a little bit more relaxed because we have worked through some of the issues which used to cause us stress. We may have a little bit of a smile on our faces because we are enjoying life more fully. The biggest changes will likely be internal ones that others might have a hard time perceiving.

As we shift our perspective to a more spiritual one, we open to insights that can provide answers to those important life questions like, “Who am I”, and “Why am I here”? We may never really understand the reality of our greatness while we are here in this third dimension. But, we can certainly gain a far richer understanding of who we are beyond this relative world. Asking the question, “Why am I here”?, is really asking two different questions.

The first question is, “Why am I here in the third dimension on the Earth”? We have discussed how this third dimension allows us to create the illusion of separation and why that is important. Rather than seeing ourselves as travelers marooned on a blue rock orbiting a sun not knowing how we got here or if we shall ever be rescued, we now know that we chose to come here and we can rest assured that when we are done, we will return to our true home.

The second question is, “Is there a purpose to my life”? When we accept our gifts that were given to us at birth, we can appreciate how they support us in accomplishing the goals that we established for ourselves in this incarnation. Digging just a little bit deeper helps us to more clearly define what those goals are. As we gain greater clarity about the intentions we set for this lifetime, we can make choices that more directly lead us to those goals. Decision making can be guided by what brings us closer to our more clearly defined personal goals.

Moving Forward

The more we integrate the new beliefs that we have adopted, the greater the impact will be on ourselves and those around us. Losing judgment allows us to be more compassionate toward others. When we get cut off in traffic by a distracted driver, rather than yelling something rude or making a crude gesture, we may consider that we have also inadvertently cut someone off in the past. We can give them the benefit of the doubt. When we see a desperate individual panhandling by the side of the road, we don't have to think bad of them. We don't know what their life has been like. The same is true of someone drinking too much in a bar. We might find their obnoxious behavior offensive, but we don't know the pain they are carrying. Addiction seems to be at an all-time high. Whether it is alcohol, or drugs, or something else, we don't know their individual circumstances. Rather than standing in judgment and suggesting that the above individuals get a job, or stop partying so much, or clean up and stop wasting their lives, we can offer them compassion.

In order to offer compassion to anyone, we need to open our hearts. Compassion comes from the heart. A little bit of compassion goes a long way and when we practice compassion to others, it helps us to feel safe in opening our hearts even further. Compassion is a form of human love. Some say that in order to receive we must first give. When we extend our love to others through compassion, it does indeed make it easier to receive compassion and love from others. And that leads to a greater sense of peace in our lives.

Each day provides an opportunity to more fully experience and trust the new beliefs that we are discovering. The understanding that we are spiritual beings having a simultaneous experience in two different dimensions of experience opens us to even more expansive perspectives. We open to new possibilities of experience not only for ourselves but also for all of mankind. As we individually evolve, all of mankind evolves.

I hope you have found this booklet useful. I intended it to be a roadmap for those who felt they needed support for this part of the journey. The next part is up to you. The next part is where real change occurs. It is unlikely that much has changed for you since you began reading this booklet. Hopefully you have a better understanding of what the journey would look like for you. But, you really haven't taken the journey yet. You have just read about it.

Embracing Your Spirituality

It is a little like watching a video about anything, let's say scuba diving. You get to see what it looks like underwater, but you haven't learned any of the skills that are needed to actually scuba dive. You haven't learned about the different pieces of equipment and what they do. You haven't learned about diving underwater. What conditions you can expect and how far down can you safely go and for how long. And most importantly, you haven't experienced it for yourself. How will you react when you are underwater and breathing through a plastic mouthpiece.

If you are ready to actually do the work, then congratulations. If you feel you would like some additional support in actually doing the work, then I have some options you can explore on my website at www.MichaelGLove.com. Feel free to contact me if you would like to discuss anything you read about in this booklet or if you have questions about actually doing the work. Please let me know how I can support you moving forward.



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