

## Finding Forgotten spirit



On the path of personal growth, there are times when we seem to fall into a deep, dark pit, and the light is nowhere to be found. This is what is meant by a "spiritual crisis."

Any crisis is an opportunity for healing, and a spiritual crisis is an opportunity for great spiritual healing. This opportunity can be missed, however, if we do not recognize its potential and make good use of it. Lacking a cultural framework that validates spiritual crisis, it is all too easy to turn to suppressive drugs, or become engulfed by despair and anxiety, and miss much of the opportunity for healing.

To take advantage of the healing opportunity implicit in a spiritual crisis, three conditions are necessary. First, one must recognise the crisis, and acknowledge it as an opportunity. Second, one must be willing to go into -- and through -- the experiences that arise. Lastly, one must have a real commitment and willingness to see truth, as unpleasant as we fear it may be. When we understand what is really happening, we are able to let go of our denial and resistance, and allow healing to occur. Such a crisis is also a calling to draw the Seeker back to a spiritual life.

We all have sensed a mystery in being alive. When we are holding a newborn infant in the first moments after birth, or when the death of a loved one brushes close to us, the mystery becomes tangible. It is in a radiant sunset or connecting with the rhythm of the seasons. Awakening calls to us in a thousand ways and to everyone.

The poet Rumi sings, "*Grapes want to turn to wine.*" There is a pull towards wholeness, to being fully alive, even when we have forgotten. The Hindus relate that the child in the womb cries, "*Do not let me forget who I am,*" but that cry after birth becomes, "*I have forgotten already.*"

The forgotten spirit is constantly searching for identity, self-worth and truth amongst other things. "**Who am I?**" is the fundamental question we need to ask ourselves if we are to reconnect with inner peace. Perhaps we can move towards self-knowledge by recognising what we are not. We are not bodies and we are not roles in life – partner, friend, parent etc.

To live a fully satisfying and purposeful life, we need only become acquainted with this inner 'I', to make accurate contact with ourselves, and to understand the true extent of our energy, and use it. The inner temple needs to be located, appreciated

for its potential, renovated and then maintained. This is hard but self-rewarding work. We have great peace, love, power and beauty at our disposal and the blessings we obtain by discovering these qualities within ourselves, and sending them out to the world, are beyond measure.

Deepak Chopra says to have a fulfilling life, we must realise that God or infinite intelligence is always there for us. The seven aspects of the human brain are avenues to attain some aspect of God. We progressively fulfil our lives through:

1. Family, community, belonging and material comforts;
2. Success, power, influence, status and other ego satisfactions;
3. Peace, centredness, self-acceptance and inner silence;
4. Insight, empathy, tolerance and forgiveness;
5. Inspiration, expanded creativity in art or science and unlimited discovery;
6. Reverence, compassion, devoted service and universal love; and
7. Wholeness and unity with the divine.

Spirit involves a constant process. It isn't a feeling, nor is it a thing you can hold and measure. In the unfolding of spirit many mysteries begin to make sense. The Vedas state: "*Those who know It speak of It not, those who speak of It know It not.*" Is enlightenment a secret handshake? If it is a real place to which you can journey, my best advice for you is, "**Don't talk about it, go!**"



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### Perhaps you could use a Spiritual Coach™



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