

Spiritual Speak vs. Spiritual Mastery

By Phyllis King

Most of my clients are spiritually oriented people. They consider themselves seekers of truth. Many accumulate rooms full of books, DVDs and audio courses. Many have consumed the information in the materials. The missing link for those who still struggle is the piece of implementing what they read or watched. We have to integrate the information from the mind into the body and make it ours.

It is human nature to desire relief in a moment of discomfort. When we open our minds to read or learn something it's a quick fix, an immediate stimulation. Yet, too often we don't apply what we learn. Why is that? I see that people want an immediate result. The stimulation of buying a book or a course makes us feel good for the moment. We are temporarily relieved of our discomfort when we take an action we believe is good for us. Yet we stop short of completing the learning cycle because we don't apply what we read, or heard or watched.

Many people master spiritual-speak but not spiritual practice. Spiritual mastery eludes us because it requires stillness and attention. It requires self-reflection. It requires patience and the ability to hear the inner voice.

Human beings are ravenous for external stimulation which drowns out the inner voice. We fall for the lure of "if I just get..." or "if I just reach..." I will be happy. Until we take into our consciousness that happiness cannot be discovered outside of us, we will struggle. The answer to our inner angst is always found in our inner universe. Not sometimes. Not 98% of the time, 100% of the time.

We live in a culture where stimulation is everything. Consumerism has created a contest like environment. Creative minds spend all their time generating newer and better ways to stimulate the public. Technology keeps us plugged in and stimulated more than ever. We look for stimulation from what we eat, to what we wear, to what we purchase, to what we view on television or read. We now have been trained to be stimulated in order for content to have any value to us. From that vantage point the unconscious is easy prey to a gravitational pull that causes us to

orbit our lives around avoidance. Avoidance of what is real and true in our own lives.

In order to break the stimulation addiction we have to discover what it is we so want to avoid. Is it fear? Are we afraid of losing something? Do we fear we may have to make a change?

The answer to “what do we fear?” is different for everyone. I believe that underneath all of it we are afraid of feeling powerless. If we have to change we may become overwhelmed by the change. If we have to let something go we may experience pain during the “losing” process. That is the very definition of a scarcity consciousness. The negative “what if” drives the internal dialogue.

Behind “I feel powerless” and a scarcity consciousness is the point of view that we are making life happen. It’s the ego. The ego says “I am in charge.” “I am doing it.” “It’s all on me.” Everything we have in life comes to us through the grace of the divine design. We are merely conduits of her bounty. The best goal for any of us is to set an intention. Then to go about the business of being clear vessels in which to channel divine grace. That’s it. The more we surrender to that awareness the more spiritually fit we become. The more life flows for us. The struggle evaporates.

It is when we attach ourselves to the notion that “I’m doing it” we exclude the abundance and ease we desperately seek.

How do we know when the ego has us by the throat?

1. Our Natural Barometer

Our bodies and emotions are natural barometers. They give us real time feedback that reflect how we are responding to life. They reflect what we believe is true. If we are stressed, frustrated or otherwise resistant to our life in the moment we are in, ego has us by the throat.

Divine wisdom knows that we can’t be given a learning experience we don’t need. Otherwise it wouldn’t be allowed to touch us. When we live in that knowing, we can relax and trust.

2. The Either / Or Proposition

If we only see two choices, either this or that or my life won't work out, we are looking at life through the ego's lens.

The divine design is unlimited. There are more possibilities to answer our dilemmas than we can imagine. When we learn how to surrender to divine wisdom, we free fall into the knowing that we are loved and protected. Whatever befalls us is for us. Nothing else. When we live from the vantage point that life is conspiring for our highest good a very interesting thing happens. Life conspires for our good.

Quantum physics has proved what we perceive to be true influences tangible matter. Perception truly does become our reality. Time is going to pass one way or another. We can be in resistance to it, or in the flow with it. If we break the addiction and the dance between stimulation and avoidance everything will become easier.

Every day, no matter what befalls you choose to trust that life is conspiring for your highest benefit. It takes 30 days to change a thought pattern. Test it for yourself. I assert that the inner work you do to maintain your view from trust is the most important work you will do to live a life filled with happiness and ease.