

AWAKENING



MindSoulSpirit

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A simple but highly effective guide to Spiritual Development.

A way to awaken the mind to the Soul and Spirit.



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TERMINOLOGY

Physical: a manifestation of mind.

Mind: dual and divided in nature.

Soul: oneness.

The Noble Emotions and States: qualities of Soul. (These states are distinguished in these notes by the use of a capital letter, for example, Service.)

Spirit: All.

Please note: For the sake of simplicity, male personal pronouns are used in these notes to indicate both male and female. We are all One in Spirit.

WAYS TO STUDY SPIRITUALITY

It is possible to learn about spirituality in two ways: with a teacher or through one's own unaided efforts. Both ways have certain advantages and disadvantages. It is widely accepted that the best way to learn and grow is to find a teacher and learn directly from him. At the world's current stage of spiritual evolution, most people need external direction regarding their actions and learning from a teacher is consistent with this.

When working with a teacher, the student needs to use the material he receives as productively as possible. Without proper participation from the student, most teachers can only impart facts and knowledge. The temptation for the student is to accumulate a storehouse of spiritual knowledge and to entertain himself thinking about it and analysing it. This leads to complication and gets in the way of the student putting what he has learnt into practice. It also indicates that he is not taking responsibility for his own learning, placing the onus on the teacher for his instruction. This restricts growth and spiritual progress.

It is essential for students to take responsibility for their own learning. In this way they 'own' their own processes and empower themselves to expand and grow. Here are some suggestions to help you to work effectively with a teacher.

- * Find an honest and sincere teacher.
- * Listen with openness.
- * Acknowledge truth.
- * Distil the information through the use of contemplation and discernment.
- * Appreciate the information given.
- * Give thanks.
- * Use the knowledge constructively and appropriately.

As we move into the future, it will become increasingly fitting to learn and confidently move forward without the guidance of a teacher. The apparently solitary and individualistic nature of this method will be balanced by sharing discoveries and information with peers who will also be functioning in a similar way. By this time, humankind's intuition and sense of right and wrong will be developed enough for him to operate from his inner truth without needing to rely on external guidance.

LEARNING FROM LIVING

Our real and most effective teachers are experience, observation and doing. The Spirit resonates in and through all things and by applying these three principles we will learn to connect and be one with life. These principles contain all the ingredients to raise ourselves and others to higher consciousness. If we can do these things, we do not need a physical teacher: life is our teacher.

We can learn most from our experiences if we refrain from labelling everything that happens to us as either as 'good' or 'bad'. If we suspend judgement of a circumstance and our reactions to it, we make space to examine it and see what it is offering us. We will also have a much easier time as most of our physical and mental suffering comes from the way we perceive events and our reactions to them rather than from the events themselves.

Great learning and expansion of awareness come from practising non-judgemental observation. Effective observation begins with being open to our surroundings. (It is possible to observe without prying.) When we observe events going on around us or happening to others, we can imagine how we might respond if we were in that position. We can study a circumstance and learn from it without having to go through it ourselves. We also develop empathy and compassion for others, which is an essential expression of spirituality.

Activity is essential as it enables us to put what we have learnt into practice. This enlivens it and gives it vitality in our lives. It also enables us to express ourselves and project our understanding and learning into the world. If we do not put our ideas into action, our minds become congested, stagnant and unhealthy.

INTUITION AND KNOWING

Intuition and Knowing are both expressions of expanding consciousness and a natural result of treading a spiritual path.

Intuition is insight that functions within the bounds of one's personal belief structure and parameters of knowledge. Intuition will naturally develop if we act conscientiously and morally according to the beliefs we currently hold, whilst allowing space for new understanding to arise.

Knowing is a Noble quality of the Soul. It is the ability to instantly tap into previously known and unknown information complete with an understanding of its implications and behaviours. This can be of tremendous benefit to one's own development and to all humankind. To develop Knowing, we need to cultivate the ability to be open to all things, internal and external without allowing personal beliefs, habits or preconceptions to restrict the possibilities. This needs to be accompanied by a fervent desire to be of Service to the world.

Remove worries and fears from your mind and firmly direct your thoughts to the Spirit.

OVERVIEW

- * Begin all thoughts and actions with a pure heart and good intent. *Right beginnings determine right ends.*
- * Do your best. *This does not mean striving excessively, but functioning moderately and effectively.*
- * Take time to contemplate your ideas and intended actions. *This is the way to gain a complete and informed picture of what you intend to do.*
- * Experience emotion without colouring your perception of facts with it. *Emotions are a spice or flavouring added to life. They are not the main course. Appreciating and sharing positive emotions is expanding and will lead to a greater perception and understanding of Spirit.*
- * Be open to receiving knowledge and process it until it is understood. *Agree or disagree with it. Come to conclusions.*
- * Always take on what is positive and useful. *Use it in your life.*
- * Add to your knowledge wisely. *Do this by thinking carefully through possibilities and expanding your understanding. By doing this, you will come to see the connections between all things.*
- * Use your knowledge constructively for the good of the world, which includes self. *This raises the knowledge to a new level and invites the development of Wisdom. When this is accomplished, you then have a new set of circumstances with which to interact and grow.*

WHAT TO DO AND HOW

Select from the various approaches listed below. If it all seems a bit too much, go to the summary at the end. For the time being, apply what is suggested there throughout your life. When you feel ready, return to the items below and begin to incorporate them into your life.

All the following items will put you on a path to Soul and therefore on the way to Spirit. Then, as you progress through life, your next step will naturally unfold before you. Through the use of these suggestions you will, given time, be able to raise physical attitudes and approaches to Noble Emotions and States.

It's easier to work toward spirituality if your everyday affairs are in order, although it is not absolutely necessary.

- * Spirituality does not come from what you do, but from how you do it.
- * Do what is right. Adhere to civil laws as this will connect you with the consciousness of your society. *Acting harmoniously here will lead to the development of a personal sense of what is right.*
- * Be self-directed. *Act from your own opinions of yourself and your progress rather than from the criticism or opinions of others. This can be achieved while remaining open to the wisdom and insights of others. The only thing ever to take personally is wise advice. Keep in mind that the opinions of others are usually a statement about themselves rather than about you.*
- * Don't be ashamed of who you are. You are an expression of the Divine. *Express who you are. This allows your mind and Soul to grow at their best possible rate.*
- * Allow others to be themselves. Each person is unique and special. *View them positively and supportively.*
- * Develop an inquiring mind. *Search with discovery in mind. Value and use the answers you receive.*
- * Be responsible. This enables you to 'own' your thoughts, actions and circumstances rather than blaming others for them. *This means you can process knowledge and circumstances so as to make them your own and use them constructively.*
- * Continue to search and discover without force or pushing. *This enables the mind to flex and expand without stress.*
- * Seek to understand all things but judge nothing. Be 'for' rather than 'against' life and all its manifestations. *Look for the good in everything without being blind to apparent negativity. This teaches the mind to flow with all things.*

- * Be kind to everything and everyone including self. *Being kind puts you in touch with your own heart and the hearts of others.*
- * Be tolerant. *This prevents your own negative behaviour or that of others from disturbing what you have already created.*
- * Make allowance but not excuses for your own apparent mistakes and those of others. *Be flexible.*
- * Be patient. *This enables your circumstances to form and perform at their optimum level.*
- * Be accurate in thought and word. *This means that knowledge and information you have already processed remains truthful and unaltered. It allows clarity of mind.*
- * Respect the Masculine and the Feminine forces within you and outside you. *This approach enables the development of humility as well as allowing one to be in the right place at the right time.*
- * Act with compassion. *Like kindness, this is a road to the heart.*
- * Moderate excessive behaviour. *This leads to Balance, which stops the see-sawing effect of physical living. It ultimately allows the opportunity to raise consciousness to Soul.*
- * Maintain judicious involvement with people and circumstances. *Use discernment to determine where you should be and with whom at any given time.*
- * Don't isolate yourself. *Express a love of others and of life. Everyone needs the vitalising effects of interaction.*
- * Enjoy your own company. *Be able to be comfortably alone when appropriate. Loneliness is a state of mind whether you are physically alone or not.*
- * Give kindness, love and respect. *Every person deserves to be accepted and loved, including you.*
- * Embrace life, change and newness. *After traumatic or upsetting events, you don't need to work on letting go. If you choose to engage with life rather than with the trauma, the uncomfortable feelings will quickly become a thing of the past.*
- * Temper judgement, opinions and the use of intellect with compassion. *This allows the union of head and heart.*
- * Complete all thoughts and tasks. *Completion is a process that leads to Soul.*
- * Extrapolate. *This is the bridge between old and new. Expanding and building on existing knowledge encourages movement, progress and growth.*

- * Make amends where applicable for your own and humankind's indiscretions. *This repairs damage and makes space for renewal.*
- * View everything as one. *Acknowledging the connectedness of all things raises one's consciousness toward Soul.*
- * Share wherever it is appropriate to do so. *Sharing creates a bridge to the Soul.*
- * Know love and kindness for people who lack these qualities. *This allows you to take responsibility for other peoples' inability to change, thereby taking on their problems as your own. It is a way to be of Service. Lack creates discord while rightness creates harmony. Being of Service in this way brings people into accord with each other.*
- * Appreciate and give thanks for all things, whether apparently positive or negative. *This is initially a pathway to happiness and ultimately to Unity.*
- * Happiness is a matter of perception. *It comes from our outlook on life and not from our circumstances.*
- * Have fun. *Taking ourselves and life seriously gets in the way of spiritual progress.*

SUMMARY

Be kind, respectful, open, sharing, thankful, honest and caring toward yourself, each other and all Life. All things are living.

*"Know there is a season and a reason for all things.
Once this is accepted, all things are possible."*

John & Lyn St.Clair-Thomas