
Five Minute Guide to Spiritual Awareness

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You are spiritual by nature, so everything you do is spiritual. Therefore there is no place you have to look to become spiritual. Religion is not the road to spirituality; it is an aspect of spirituality and man's attempt to explain spirituality. What man has attempted to do by inventing religion was to become more aware of his true spiritual nature. In doing so he has made his life complicated and has fallen victim to those who would use his desire for spiritual awareness for their own purposes.

Life is simple by nature and there is really only one declaration of life, and that is "I Am." Your life becomes complicated when you add any other words after that. The two words "I Am" is your true spiritual nature, but to explain that statement I must make things more complicated so that you will understand. If you were ready to accept your spirituality unconditionally in the moment, you would not have to travel to Tibet to meet the Great Buddha or enlist the services of a guru, wizard or spiritual guide. Nor would you have to read any farther into this article.

Because we have all been burned one way or another by immediate acceptance of what others have told us, we are skeptical of any easy process or unknown truth. Now we need long explanations and convincing before we are ready to give up any of our guarded truths. This is understandable as the ego will fight any effort on your mind's part to change or give up anything it holds as real. Ego's most dreaded fear is one of extinction and anything outside the physical realm is unknown and non-existent. So your greatest threat and opposition to spiritual awareness is your own ego or what you consider yourself to be.

Truth is a known and until your thought becomes a known it is only a belief, a trust or a faith, and these are only footsteps to the truth. Truth is absolute in the moment, but it is also as liquid as the water that surrounds the five continents. What is your truth now can change in a heartbeat with proof and acceptance of another idea and no two truths can be the same. Everyday we create new truths on the fly and we accept them as knowns even though they may never have been proven to us.

So what is the big issue with spirituality, why is it so illusive, and why should you accept my explanation or anyone else's? The first big issue is religion and the confusion around it and spirituality. Many believe that you have to be religious to be spiritual - nothing could be farther from the truth. Because man was not prepared to accept himself as he was, he created religion to help him and that became institutionalized and a big business with its own agenda. Religion has led man away from himself and his true natural spirit and has put itself in between him and what he believes to be his creator.

Humanity loves its rules, because rules give us a false sense of security, and it is false because if it is not you making up the rules. You are then at the whim of someone else who does, and rules change whether you like them or not. Rules also take away your responsibility to create and manage your own life. Following rules also gives us acceptance and intercourse with others who follow them. Because the nature of man is to be social,

rules work much of the time in the limited space of the box.

What you now believe and have believed since your physical awakening is your biggest opposition to life outside the box. You could have enlightenment now if only you could get past your own doubts and fears about it. It is your own thoughts about why you cannot have or do a thing that creates your truth about not having it. You cannot have something because you know you cannot. Because your thoughts are the creator of all you will experience, life outside the box eludes you. Change your thoughts - change your experience. It really is that simple.

You can find your spirituality only when you make the decision to find it. You don't need permission or guidance, rules, religion, affirmations, prayers, rituals or preparation of any kind. It will come to you in the moment you let go of what you now know as your truth. Simply add "aware" to "I am" and you get "I am aware" and that becomes your new truth. The universe will find you and spiritual awareness will be your new experience.

There is a Buddhist saying that goes like this; "You cannot fill your cup with tea until you have emptied it." In others words, you cannot experience a new idea as your new truth until you have let go of the old one.

If life has given you everything you desire and there is nothing else you wish to experience, then you have chosen well. If you are feeling lack or curiosity; your journey is not yet complete.

The bottom line is; spiritual awareness frees you from fear to experience all that you can be in this life. A life lived in total awareness of self, is a life lived in unconditional freedom and love.

To read more about "spiritual awareness" please click on the link below!

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