The Incredible Journey

by Patricia Hayes (from the 2002 Healing Arts Journal)

Connecting with Spirit and awakening our spiritual memory is a fascinating accomplishment. The journey begins with an insatiable desire to know the unknown, the part of us that lies hidden deep within our heart and soul, “Isn’t there anything more than this? Why am I here?”

All spiritual quests begin with questions. When the questions begin to infiltrate our conscious thoughts often and loud enough, the heart of our heart and soul has broken through the barrier that both protects and prevents our self-realization. This barrier is the Great Divide that separates Spirit from Matter and our conscious awareness. This barrier will remain intact until our soul has reached a pivotal point in its evolutionary progress.

The Great Divide protects us while we increase our conscious awareness of physical reality. There are many lessons in the great classroom of physical experience before we are ready to access our higher mind and spiritual abilities. You cannot give a high-powered race car to a child. He hasn’t developed the skills or the wisdom to handle the power and speed.

We were all Spirit before we descended into consciousness and matter. In this descent, called involution, we gave up the involuntary attributes of Spirit such as the sentient gifts so that we might be able to join the great evolution and development of individual consciousness. Involution like evolution isn’t an easy process. Our evolution is the journey to develop our individual awareness through free will or more easily understood, the right to choose. Only through experiencing our separateness can we choose a sense of Oneness and be able to say, “I am that I am” with full understanding of our individual awareness and our connectedness to the whole.

We begin awareness with the discovery of self and move through the painful stages of self-love and finally to unconditional love. We experience isolation in our state of separateness. We feel a sense of abandonment, fear, anger, unworthiness, futility and chaos while we are learning to maneuver in the physical

world and discover what we are all about. When we finally find some sense of power, we quickly abuse the power and that is an important process in our spiritual maturation. We learn what we aren't before we learn what we are. When we reach the stage that we wish to use our loving power to help others rather than our power of force over others, we have progressed significantly.

Healing the wounds that are born of ignorance is the mission of the enlightened.

At times the stages of our growth feel like an eternal sentence in hell, a state of being where one is punished forever for things done or not done. And then we finally reach the dark night of the soul. We feel like we are at the bottom of all physical existence and don't know how we can continue like as it is. This dark time is another pivotal stage in our evolution. If we look up for an answer because we have none, we see a glimmer of the light of Spirit. If we don't look up, we fall deeper into the darkness until our individual matter ceases to exist on the physical plane in the lifetime. Everyone has their own dark night of the soul. As the Light of Spirit begins to filter through our conscious awareness, new questions form in our thoughts. "I feel I am here for some special reason, but why?" and, "What directions should I take?" At this point, we are willing to stray from societal consciousness and the judgement of many of our loved ones to see the truth of self.

Our spiritual quest is now underway and our soul cannot be silenced. The lessons continue as we integrate our spiritual self with our personality. The great divide easily falls away and our spiritual memory begins to return. Perceptions of past lives remind us of our soul's progression. Through past life realizations, we have seen our soul's progress but realize we are still repeating negative experiences because we have not enlightened some of our thoughts. Now we are free to see how these old thoughts and feelings of unworthiness and fear have blocked the light of our Spirit and our true expression for lifetimes.

Enlightenment is the process of bringing light to our dark and faulty thoughts and emotions. When the light is able to penetrate the darkness of our consciousness, our inherent wisdom moves into our conscious thoughts. The awakening has begun. The discovery of self is in the making. One wondrous realization after

another unfolds before our disbelieving rational mind. Yet another portion of our mind, our higher and intuitive mind recognizes truth. We struggle with disbelief and "knowing" until finally our lives have changed for the better and we can no longer deny the wisdom of our higher mind and the inherent abilities of our heart and soul.

Our life in matter begins anew with greater perception. We realize our purpose and catch glimpses of all the various directions our life will now take. Our heart has been gradually healed from its many breaks. Our conscious mind is connected to Spirit. Our Spirit is strong and our intent pure. Our Spirit is active in our everyday life. Our abilities are limitless. Our wisdom is at hand, our love flows outward without fear of abuse and our perception and focus is keen.

"Suffering on earth so that one day I'm happy in heaven" is no longer an option. The state of harmony, beauty, abundance, love and wisdom in happening now in daily life. Loving relationships, enjoyable, inspired and productive works are a part of everyday life. Taking time for self is a necessity and enjoying the beauty and abundance of earth is equally as important as accomplishment.

Guiding the awakening of Spiritual memory for all those with questions is the purpose of the enlightened.

The knowing of one's sacredness increases with the continual enlightenment of the mind. Humility accompanies the sense of sacredness. The desire to share spiritual knowledge and healing with others who are searching for light begins to surface. The desire to bring greater love and wisdom into our physical world began with a few simple questions, "Who am I" and, "Why am I here?"

No longer motivated by competition or sheer will of achievement, our heart and soul accomplish their intentions. We are no longer driven to be the best or have the most. We always give our best and manifest what our heart and soul desired. We are loving, wise and abundant. And, because our Spirit knows abundance, wisdom and love, we bring these qualities into the physical dimension ever expanding the Light of Spirit into Matter. We are about our Father's business, dissolving the darkness of ignorance, evolving consciousness in matter with light.

Spirit is on Earth through the aware ones. More and more individuals awaken every day.

The healing of one individual benefits us all. The spiritual awakening of one person increases the potential for all. We are all inextricably interwoven through Divine design.

Connecting with Spirit and manifesting goodness and plenty on earth is the joy of the enlightened.

We are in the midst of a spiritual renaissance, one that will catapult many into the heart of their heart. From this center, inherent genius will flow to create a new dimension on earth unlike any before. Unrestricted by time, free of dogma and prejudice, the aware ones will create new spaces of harmony, inspire purpose of being and be instrumental in breakthroughs in science, technology and human consciousness. The Light of Spirit shines in the physical world and emerges in conscious awareness for all to see. To seek it or resist it will always be our choice. Those that are looking for greater light, love and purpose in their life will be attracted to the new dimension and all that it creates and nurtures on earth. Old archetypal thoughts that sabotage and sustain ignorance such as “I have to struggle for everything I get” will be replaced with new thought structures of strength and caring, thoughts that are empowered with goodness and plenty such as “Everything I touch turns to Gold and everyone that I love is in Light.”

To Light the Way is to know the Way. Light brings clarity. Clarity provides harmony and peace of mind and heart.