

NEGLECTING OUR SPIRITUAL PATH

Over the course of several weeks we have heard from several Reiki people that say they are either neglecting their spiritual work or have said: “I have been so busy that I’ve not been doing any spiritual work.” They mean, I haven’t been actively practicing my Reiki and living by the principles.

Well these statements prompted me to take another look at what we call our spiritual path.

When we first begin our quest to find inner peace, harmony etc. we all tend to go out and buy lots of books...you know, those ones that keep calling to us at Chapters. Just when we finish one we go on to another as the thirst for knowledge, enlightenment is overwhelming. We take training and attend workshops all with the loving intention of becoming more harmonious with the universe.

It’s exciting! We start to put what we’ve learned to practice and once again we feel that wonderful sense of calm and peace and believe we have told our ‘Ego’ to get lost! Oh, isn’t life grand!

But it’s easy to do all this when life is still and we sit curled up, comfy and cozy reading our books or sitting with like-minded people sharing our beliefs. Is this what spirituality is? Somehow I don’t think so. To me, this is just being a loving person trying to find some quiet time.

While we read and learn and try to figure out what we should believe in and how to live, we may want to consider this:

Spirituality does not require you to believe in anything!

Hmmm. That’s quite a statement. And we may become rather confused and see it as an affront to our nature.

Yet, our feeling that spirituality related to beliefs is honed through religion. Religions are institutions built around a particular idea of how things are. When those ideas become hardened and set in stone, they are called dogmas and they become largely unchallengeable. Organized religions require you to believe in their teachings.

No, I’m not saying that’s good or bad and I know that I’m treading on dangerous ground because you think I’m taking a shot at your religious beliefs. I can assure you that I’m not (although I have made fun of Catholics in all of our trainings – I will admit to that). It’s just that, when we speak of “spirituality” don’t apply religious teachings.

So, if spirituality doesn't require you to believe in anything – what is it exactly?

Spirituality continually invites you to notice your experience.

Hmmm. Sounds so simple and so very complex at the same time.

So, by not doing Reiki you aren't affecting your "spirituality" at all. By not taking a look at your actions and examining lessons learned, then you are.

True Spiritual work is done when we find ourselves in situations that could be stressful or around people who are negative. This is the time to stand back and examine our behaviours, how their energy affected us and whether or not we truly acted outside of our Ego.

When being on a Spiritual path one allows spirit to take action and to put our Egos aside. We often talk in classes of how life is full of challenges and that life is school. So, when you go out each day into the real world, see each activity, adventure and stress as an opportunity to continue to develop and go deep within yourself to find that inner peace, wisdom and calmness that should be there all the time.

It relates to the principles: Just for today.... You can try to live your life by these principles but how do you know you are if you don't take stock of your experiences.

Being "spiritual" is a day to day process that one develops so that it becomes comfortable over time. Yes we all wander off the path but it is in the awareness that we return. We don't have to preach to people; we don't have to say it's our way or no way; we just need to be "in Spirit" all the time and when the business of our day wants to make us believe otherwise, we know that is just Ego talking.

Life is never too busy to just be "You" so remember to be a spiritual being living in your human body.