

NEED - Spiritual Theme of the Month

February 2021

THIRST: There is something inside that does not go away; a constant, regardless of circumstance or people. That "something," provides both drive and stillness. It can sometimes get covered-up, but never leaves. It is the call of the Spirit; *My Spirit*. The Real Me is clear and unwavering. And amazingly, when I follow my true feelings, I am successful. The more I am tuned-into it the more I really live life. In the end, there is only what I have pulled together for myself; everything else is a means-to-an-end. My level of freedom and inner peace is never really in doubt. I know exactly how I'm doing at any given time. Sometimes I'm doing well and sometimes . . . not-so-well. The reality is, I will be parched until I am fulfilled with purpose. That is why there is a desire; a *thirst* to grow and evolve. In this opportunity of mine, it can get challenging. I can get complacent, or even scared into distraction and diversion, but the true feeling is always there (and I simply tune-back-in in order to re-discover who I really am).

ESSENTIAL: Undeniable and inevitable. Meaning, I am going to do what I have come to do. It may take me a while, but I will get there. I imagine it as a deep strong river; my intellect and emotions may cause me to fight the current, but eventually I will be heading down stream, one way or the other, regardless. When I visualize myself, with Spirit, flowing down the river of life, connecting with opportunities and people, I stop fighting currents and cross-currents; I naturally just flow towards my goals. When I experience pressure (especially if there's a habit of pressure), it's a sign. It means there is something for me to look at and grow through, in order to flow better. Principally, the troubles begin when I confuse my learned "preferences" with that which is essential to me spiritually (how I feel inside). I can start thinking that a thing, a group, or even some particular person is my identity. It is like getting 'caught' in a game instead of 'playing' the game. When I do this, I will eventually create a void. And then I will seek to fill that void. The problem is, if I think my identity is "out-there," I will have a distorted — and contorted —way of filling the void. If I do not clarify things for myself, my energy will become progressively more negative. And this is what is referred to as Meals and Lodging for Confused Souls. That which is essential is rather easily defined: It is my Spiritual . . . because that is what I take with me. Everything else is an indulgence.

REQUISITE: I am in awe of the simplicity of the Universe & Spirit. Yes, I know there are innumerable equations, theories and "scientific hypotheses." And even more practicing doctrines and "religious orders." They are all good and like many things, have a place. But actually, it is all significantly more fundamental. All the 'knowledge' and 'actions' must be purified into wisdom. If not, everything remains latent and frozen . . . until I succeed in distilling it. I too will find myself repeating lessons until I become wisdom. I am not saying this in some philosophical or arcane manner, I am simply saying the more I have an experience to match my understanding, the more it all melds into one (and thereby simplified). To put this a little more bluntly, if I desire to graduate from the opportunity I have created, I must simplify my life and give the nitty-gritty its due. It is a requisite in outgrowing planet earth. That is why I must discern what is trivia and what is

not. It might be important for someone else (and I honor that), but is it important for me, I must routinely ask myself. And when I say "simplify," it doesn't mean I am giving things away. It means I become one-with-all. It means I become so free that I am of true service in all I do.

CRITICAL: It is very important that I recall my purpose in my daily life. Not so much that it distracts me from the moment however. But just enough to insure that I am "involved" in my opportunities. It is *critical* that I have a sense of fun & fulfillment in my life. Without this attitude will have difficulty reaching my full potential. I do not have time to waste in this way; I have done that before and I do not need to do it again. Being too lackadaisical leads to a feeling of being hollow after a great deal of work. What I am saying is, I am returning to the basics . . . but it is more than that. It is a beingness. This of course is not easy to accept if I get stuck in a semi-intellectual state. Or even if I am bouncing around in an unbalanced feeling state. As a matter of fact, I will even 'justify' my suffering and all the complexities in life when I fight "My Plan"; my purpose. In other words, I get all involved in decoys and distractions and start believing it is too risky to get involved. Well . . . I am worth the risk. The dirty little secret is, there will always be tragedy, turmoil and even waste here . . . because there will always be states-of-consciousness that are working through that. If, nonetheless, I am working to improve my energy with my Guidance, I will avoid a lot of wear and tear. I will make better use of and really start enjoying my time here.

COMMITMENT: There is no fear when I am clear. When I know who I am (and what I am) **everything** becomes easier. And if I make my life easier and more fun, I will be more present. And when I am more present I will have little fear. It is a virtuous cycle. Whether I am on the battle field or in the board room, whether I am at the hospital or at home . . . I will be free. It's like a veil being removed or a heaviness lifted. It all starts with the decision to live my plan and the *commitment* to follow-though. It is the energy of love; regardless if it's tough or gentle, it is *commitment* to my love energy. It is never wishy-washy, but consistently solid, free and peaceful. There will be times I feel compelled or impelled. There are situations I can experience Fight or Flight. But always I remember and know why I am here . . . why I have come. I breathe in My Life and exhale My Service. It is said, go after your wants like they're a need. And fulfill your needs like they're a want! My *Need* is my purpose; my need is me, all the time.