



CORE - Spiritual Theme of the Month

January 2022

ESSENTIAL: To believe. It is fundamental to the spirit; to the real me. I am not just speaking of believing in the great-out-there. I am not just speaking of the belief in a cause, or believing in people. I am coming from that which is *essential*; the belief in self. There is “*essential*,” then what is important and then preferences. All of them are good & pure. But without a firm and fundamental belief in my-self, I will be sidetracked by the peripheral; and, eventually, involved in nothingness. I can be surrounded by beautiful and great things but none of it will penetrate. On the other hand, the more I believe in myself, the more I will turn any situation into gold (any situation). This is the prerequisite to living free and it is *essential*.

DEPTHES: Starting with countless little streams, water flows into the ocean, continuously. This does not cease. And yet the ocean does not overflow. There is a cycle, a rhythm & routine, which I am part of. It is both within me and all around me. It is a flow, that can lead me to the source. When I allow myself to “flow” the *depths* of the universe open to me. Or to say it another way: My commitment to my purpose propels me toward greater *depths* of feeling which then enable me to soar to new heights of understanding. When I give myself to my mission, that is the evolution of the soul, I am of service in ways that reach into the soul. I no longer dabble in the superficial, but deal in what is real. I am that I am.

BASIS: Outer encouragement is good. Outer positivity is good. But it is what I have inside that counts. I have strived toward things and have fallen short. I have played games and lost. When I do, in general, people have been supportive (some weren’t). And yet, I did not feel the satisfaction of achieving my goal. This is normal and not for me to be ashamed or angry. Where I get into trouble is when I make having or achieving things, the *basis* of my identity and happiness. It’s rather easy to know when I am doing this: I become bewildered, bitchy, belligerent, bound, blocked and beaten. In short, I start living a life of limitation. My true *basis*, my only *basis*, is the continuity of the soul.

HEART: Gravity is connected to the heart. The need from the *heart* is the call to the universe. When someone asks, “What do you want?”, it is not trivial, for I know it speaks to why I am here. Sure, there are some things I “want,” but the question is really about true fulfillment and real happiness. I am someone who wants their needs. Translation: I seek personal & spiritual growth, in all I do with all I am. I can enjoy all “things,” however, it is how I work with them that counts. I will inevitably feed confusion if I make the means more important than the end. Or worse, I will become confused myself. I am here for something simple and it is that which I take with me.

KEY: “Life is a game.” It is a game I take seriously, but not so serious that I cannot laugh at myself sometimes. This balance is important so I can do my work here. That is because I need to be involved. I cannot sit on the sidelines of life and expect to grow. In other words, energy in, equals, energy out! “Knowledge is a treasure, but practice is the *key* to it.” And that is why I am here, to “practice.” I don’t need to be perfect; I bring out my perfection along the way. At some point, I have to accept that complicating things is a big waste of time. I go through many things, get filled and then empty through simplicity. But something will remain, and that will be the *core* of me.