

A Small Spiritual Handbook

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**This book is dedicated to all people dedicated to realising and
expressing their Spiritual nature**

A Small Spiritual Handbook

This small book is written by one Spiritual Soul for another, you. These words are simply to remind you of what you are, and to remind you how to realise, and give expression to, what you are. These words are simply to remind you of things you already know, but may have forgotten in this world amid its distractions, deadening influences, delights and darkneses. Nothing is more important for us than to realise our Spiritual nature and to give this expression in our own unique way; this is why we are here; this is our destiny; this is all that is *truly* valuable.

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The single most important thing to know is that you are essentially a Spiritual being with all that this implies: you are immortal—death is but a change for you; you are intrinsically and infinitely valuable—all you need do is to recognise and express this truth; you are *all* that is valuable—truth, reality, wisdom, love, power, beauty, happiness, peace—your ‘work’ is to realise and give expression to what you already are; you have limitless potential; you are inherently free and creative—just remove the obstructions to their full expression; and you are destined to realise and give unquie expression to your Spiritual nature—this is an inalienable right which cannot be taken away.

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Wrongly, many of us have inverted what actually is, reality, and believe that awareness or consciousness and its experiences are an expression of matter. No: Spirit or Awareness is fundamental and life, including so-called matter, is an *expression* of Spirit. **Life is essentially Spiritual and a Spiritual expression.** We are Spiritual beings living in a Spiritual world, and this world, Earth, is part of a much greater Spiritual universe of which there are many dimensions or realms.

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You are not your body—the body is merely a means to receive and express in this world. You are not your personality or ego—this is merely an ever-changing *expression* of what you are. You are not even, essentially, the sense of ‘I’ or ‘I’-ness which sits at the centre of the personality or ego, for have you never noticed, upon reflection, how the ‘I’ had completely disappeared when you were absorbed in an activity, but you were, somehow, fully present? If we can deepen into the sense of ‘I’ eventually it will take us to, and disappear into, **what we essentially, fundamentally, are, the Spirit or Soul—pure, timeless, formless Awareness**. The Spirit or Awareness that we are comes forth from an even deeper and ultimate Source which has been given many names: God, Jehovah, Ain Sof, Brahman, Nirvana, Buddha nature, the Tao, the One, the Good, the Absolute.

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Normally, we experience but a fragment of what we are—the ego and body—and, almost tragically, believe this is all that we are—what others are—and so, more or less identify ourselves with this fragment and restrict ourselves to it—self-imprisonment—with all the emptiness and suffering this inevitably entails. **The truth is that we have depths to ourselves which, even now span the entire Spiritual universe**. There is the self with which we are familiar and which resides in this world; there is also a depth of ourselves which is in close communion with God; and between these two there is an intermediary level of ourselves sometimes referred to as the Holy Spirit, sometimes referred to as the Higher Self, but again, given various names. Restated: the Spirit or Awareness that we are has three *simultaneous* centres of attention: one in this world; one with God; and one in between these and communicating with both. It is from these deeper levels of ourselves, ultimately linked with God, that we receive grace.

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You are learning to say “yes” to life, in whatever form it takes, whatever face it presents—heavenly or horrific, kind or cruel, profound or prosaic, bright or bleak, sunlit or sorrowful—everything. When you can truly say “yes” to life—which requires wisdom—there is peace, inner peace, and this peace is an openness and space in which the Spirit may enter to transform the situation, to transform you, to transform the world—peace is powerful.

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You have a natural and intuitive sense, which is both a knowing and feeling, of what is right or good, and where this sense is self-validating, self-evident. To live according to this sense or knowing is to live with integrity or virtue, and to live Spiritually, for this is the voice of the Spirit or Soul within. (In this work I make no distinction between Spirit and Soul.) This voice and its expression is imbued with all the qualities of the Spirit—truth, reality, love, beauty, power, peace and joy—and these qualities deepen and grow as you live with integrity. As such, integrity is inherently satisfying, its own reward, self-sufficient. Although no path through this life is easy, all that is good for you and for others comes most easily and most quickly through living with integrity.

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Integrity or virtue is essentially an *inner* condition, and secondarily the expression or action which follows from this inner state. **It is of the utmost importance to appreciate what integrity looks like.** Integrity is *all* of the following: your deepest sense or knowing of what is right or good (regarding your self-expression); that which gives you the deepest feelings of peace and happiness; a state of love—for what you are expressing, for yourself, and for others; an expression of the Soul's wisdom (regarding what is right or good); the experience of power (to express what is right); intrinsically satisfying and thus self-sufficient; a condition in which all the qualities of the Soul are implicit or explicit; something which is experienced in the region of the heart; and something experienced in the body as a sense of lightness and expansion, and as vitalising or energising.

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The 'trick' is not to cling or attach to the experiences of life but to hold them lightly. You will release your grip on life, give up your attachments, when you truly see that grasping onto what is ephemeral, ever-changing, causes you to suffer; fear, anger, hatred and sadness are inseparable from attachment and increase along with attachment. More positively, you will release your grip on life, let go, when you experience that this brings peace, and that in this peace the Spirit reveals Itself and its gifts more fully. As this occurs you discover more fully the inherent value of life, within and without, and you become increasingly satisfied with what is. The Spirit also manifests as integrity and aspiration which naturally moves you forward, sometimes with great power, but, integrity and aspiration are inherently satisfying, self-fulfilling, and so they are free of attachments even as they carry you forward and bring about transformation.

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You cannot become more valuable or somehow acquire more self-value, nor can you diminish in value or lose your self-value; **as a Spiritual being, a Divine Soul, you are intrinsically and infinitely valuable.** Your 'work' is to increasingly realise your Self- or Soul-value and to give expression to this value. You do this through living with integrity which is naturally an affirmation and expression of your self-value and deepens your realisation of it. As you come to realise or know what you really are, a Spiritual being, and your self-value, you will naturally come to truly value all others. This is not to say that you will necessarily value what they are *expressing*, which will be a mixture of light and dark, but it is to say that you will value them for what they *essentially* are—Spiritual.

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As formless Awareness, as Spirit, at the most essential and fundamental level, we are all One—One infinitely valuable Reality. Here, is the fundamental foundation for morality—for treating each other with respect, kindness and love.

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Love is a Spiritual quality—intrinsic to, inseparable from, your Spiritual nature. It is true to say that you *are* infinite Love. As with any Spiritual quality—such as Happiness, Peace, Power, Beauty, Goodness, Reality or Truth—Love is not something you can acquire; rather, Love is something you *discover*; to experience Love is to experience your Spiritual nature, and to deepen in Love is to deepen into your

Spiritual nature. Your great mistake is to grasp onto the people and things which *evoke* Love from within you. The key is to hold everyone and everything lightly, love dearly and passionately, but hold everyone and everything lightly, and in this way, paradoxically to your normal way of thinking and being, you will deepen in Love. Gradually, in this way, and also through giving expression to your love, guided by virtue, Love deepens back into your Spiritual nature and widens to embrace all of life, even the darkness.

Love is non-possessive, unconditional, irrepressible, inescapable, invulnerable, inspiring, empowering, healing, real, what you and others really are, Divine.

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Real power is a quality and expression of the Spirit. True power serves the Spirit (not the ego); it is the strength that comes from seeing virtue, from living with virtue, and *for* living with virtue. Authentic power is always found with love, balanced by love and, as needed, softened by love. Genuine power does not seek to control or possess, and is free of anger and hate—these are all corruptions of real power and arise from your false identification with and attachment to the small or little self (the ego or personality), and from the ultimately vain attempt to inflate or aggrandize and perpetuate this little self and prison you have made for yourself.

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Your will is free, free to choose among the alternatives of which you are aware. **The will is free because it is a spontaneous, non-determined or uncaused expression of the Spirit—the formless Awareness that you are.** You freely choose that alternative or option which you believe, truly or mistakenly, to be right or good. Hence, the imperative to know and appreciate what integrity looks like.

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As a Spiritual being, as formless Awareness, in your Essence, you are completely beyond any restriction or harm—**essentially, intrinsically, you are completely Free.** You may experience yourself as such even in the midst of life, and indeed, this is the essence of what is called Self-Realisation or Enlightenment. For this to occur you must free yourself from your attachments to life; you are holding on so tightly to the experiences or forms of life, believing that this is all there is, that you are locking and blocking out the deeper experiences of your Spiritual nature. To free yourself from your attachments is, in large measure, to live with true integrity—this is to give expression to the Spirit, to ride upon Its current, for the intrinsic value of doing so—a self-sufficient condition that seeks nothing outside of itself even while transforming life. The alternative to living with integrity is to live compelled by, or freely choosing to be moved by, fear, hate, anger and your attachments such as greed or the selfishness of the little self (ego). But this is really to live imprisoned: imprisoned in these negative motivations, and imprisoned in the small circle of experiences of life they keep you within and bound to.

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Liberty, that is, freedom from the restrictions of the State, is fundamentally important because you must be free to live with integrity, and not as the State, or anyone else, dictates. You must follow your inner Spiritual voice and not bow to an

outer one which demands or dictates another direction. Such obedience is contrary to your Spiritual expression, to your Spiritual growth, to your Spiritual destiny, contrary to your Self-Realisation. Why would you obey the State contrary to your Spirit or Soul? From fear: fear of the negative consequences. To live according to what the State dictates, contrary to your Spirit, is to live with fear and not with Spiritual integrity and all the Divine qualities which are inherent to or invariably associated with true integrity—wisdom, truth, authenticity, love, (real) power, joy, peace and beauty. Each of us has a somewhat unique destiny to fulfill, which is also the full realisation and flowering of our Spiritual nature. Not surprisingly, the State does not know what your destiny is, and the State's prescriptions, more specifically, the prescriptions of the flawed mortals who flock to the institutions of temporal power, are often antithetical to the fulfillment of your Spiritual destiny. You fulfill your destiny through living with integrity. Again, liberty is essential.

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Manners, customs, rules, regulations and laws, at best, give expression to the Spirit—where they embody and reflect something of Its truth, wisdom, integrity, love, goodness, value and other qualities. But where they do not, in particular, where they violate your sense of integrity, then they must be avoided, circumvented, discarded or violated. “A good man must not obey the laws too well.” said Ralph Waldo Emerson. Because something is legal does not make it moral; and integrity, not legality, is paramount to an integrous person. We must remember that laws are made by politicians, overall, one of the most corrupt groups of people history has produced. We must remember also that laws are for general application and a law which draws one person up to a higher level of morality may, if obeyed, drag another down—at least on some occasions. Of course, to be a law unto yourself is a great responsibility, requiring conscious and constant moral cultivation, courage, and a willingness to bear the consequences of your conduct. But, do we wish to be children or, adults? It is difficult to find a more eloquent distillation of our relation to the ever-proliferating mass of ‘manners’, customs, rules, regulations and laws which swirl around us than the words of the wonderful American maverick Henry Thoreau: “Must the citizen ever for a moment, or in the least degree, resign his conscience to the legislator? Why has every man a conscience then? I think we should be men first and subjects afterwards. It is not desirable to cultivate a respect for the law so much as for the right. The only obligation which I have the right to assume is, to do at any time what I think is right.”

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There are certain inalienable rights which belong to every human being because they are inherent to our Spiritual nature and destiny. These are the rights to truth, reality, wisdom, love, happiness, peace, value, beauty, power, life or immortality, freedom, creativity and uniqueness. These rights cannot be taken away from us, they are intrinsic to us and their realisation inevitable. The full realisation and expression of these rights can be temporarily restricted, by oneself or by others, but they cannot be removed nor permanently obstructed. It is important to appreciate that these are rights to experiences which, for most of, are being gradually realised as our Spiritual development deepens. Do our rights mean that others have obligations or duties to treat us in ways which give us the fuller realisation of these rights? No. While looking for the best in others, while encouraging the best in others, while even requesting the best in others, we should have no unrealistic expectations that they will consistently treat us with decency. Our only right, in terms of what we

receive, is to what Life gives us at any moment, whatever form it takes. And we meet this one right, to what Life brings, with one duty: to live with integrity.

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An independent and open mind is a rare and precious jewel. An independent and open heart is an equally rare and precious jewel. Unbound and free they are able to receive from Within and without, see and feel the truth, and creatively and fearlessly give what is needed; they inspire, transform and elevate the world. These jewels are unearthed through learning that you are a Spiritual being—with intrinsic Qualities of infinite worth—and through being true to Yourself.

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All of this wonderful universe is a manifestation and expression of One Soul or Spirit, and all the vast array of creations in this universe more or less embody, express, reflect, or are transparent to this Spiritual nature at their core. Naturally, we move toward those creations—people, places, possessions, experiences—which more greatly embody and express the Spirit and Its qualities such as truth, love, power, beauty, goodness and peace—it is only natural that we wish to commune with what is Spiritual (whether or not it is named as such). But our common mistake is to cling on to, to seek to possess, whomever or whatever gives us some experience of the Divine. We hold onto them in the vain attempt to hold onto the Spiritual. We have forgotten that the same Spirit lies within us—is our essential nature. When we realise this, indeed *only* when we realise this, can we release our grip on life, and with it, let go of all the fear, anxiety, anger, hatred and sadness that holding on tightly to that which is ever-changing inevitably entails. And magically, the more we let go, the more our Spiritual nature with all Its wonderful qualities emerges.

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Well-being is the release of the negative emotions of fear, sadness, anger and hate, and the filling of one's emptiness through the deepening experience of what is truly valuable and satisfying, the realisation of the Spirit or Soul and Its Qualities. The core of your emotional suffering—fear, sadness, anger and hate—is your attachments to the passing experiences of life, and the core of your attachments is the attachment to the small self, or ego, and what supports it. The core of your *emptiness* is also your attachments which shut out what is truly fulfilling, your Spiritual nature. It is *only* by releasing your attachments that you can dissolve your suffering and provide space for the Spirit to fill your emptiness. Why then are you holding on so tightly? You are finding something of what you need, the Spiritual, in the outer experiences of life, and mistakenly believe that your deep and lasting fulfillment lies in holding onto these experiences. You have *forgotten* that the Spiritual also lies in you, and can only be fully discovered there. In coming to know this, which is wisdom, you release your attachments and realise your Spiritual nature—the only true well-being.

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Fear is an illusion—not so much the experience of fear, that can be real enough, but the belief that generates the fear. Basically, it is the mistaken belief that you will lose, or fail to get hold of, someone or something and, that this person or thing or experience is necessary for your fulfillment. As you deepen into the realisation of

your Spiritual nature you will experience that you *are* all that you need, all that is intrinsically and infinitely satisfying. And so gradually you will release your grip on life, and with it your anxieties—and you will find peace.

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All of your grabbing and grasping at ephemeral things are only vain attempts to secure outside what is only and really found within. A person, object or experience evokes, reflects or embodies something of your beautiful inner and Spiritual nature and so you cling to, or attempt to get hold of, the person, object or experience to retain the experience of the Spiritual—futility, for things slip from your grip, and in the attempt you lose awareness of what is really valuable, your Spiritual nature. “For what will it profit a man if he gains the whole world and loses his own Soul?” **True success in this life, any life, anywhere, is the deepening experience and expression of your Spiritual nature—and assisting others to do the same—for *only* this is truly valuable and completely satisfying.**

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Essentially, we are all one, infinitely valuable Soul or Spirit—here is the beginning and ending point of all of our relationships. Ultimately we are all expressions of One Soul and eventually we shall all come to realise ourselves as One Soul. Inwardly, each of us is essentially One Soul; outwardly, each of us is a unique expression of this Soul. When we relate to each other, it is really different aspects of the One Soul in relation. The primary and ultimate purpose of our relationships with each other is to realise our Spiritual nature within, and to give full expression to our Spiritual potentials without. *All* the people who step into your life in some way—friends, enemies, family, strangers, lovers, haters, children, adults, the elderly—appear for this purpose: the fuller realisation of your Spiritual nature. With this deeper understanding, you can bring respect, appreciation, love, skillfulness, effectiveness, quality and optimism to your relationships.

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We misunderstand our enemies. Enemies are benefactors in disguise. Enemies are people who help us by exposing our weaknesses, darkneses and deficiencies, and by being the necessary catalysts to bring forth our redeeming Spiritual nature and qualities. Enemies come to catalyse and hasten our growth when more gentle means are ineffective; they are hard but necessary teachers. Will you learn to find your power and be courageous? Then you must face an enemy—many enemies. Will you learn to love while holding lightly? Then you must face someone you love passionately but who rejects or leaves you. Will you learn to be integrous? Then you must have people who will attempt to force, threaten or lure you away from what is right and good. Will you learn to know and be yourself? Then you must have enemies. And in coming to know yourself you will eventually find that you are essentially One Soul with all people—even your enemies. Here is part of the divine comedy: an enemy is only an aspect of the One Soul provoking another aspect, ‘you’, to realise its full potential. In this light you can accept your enemies, perhaps even appreciate and love them. Indeed, an enemy marks the boundary of your love; but eventually your love will have no boundaries, and know of no enemies.

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Justice is universal and inescapable. It is part of the all-pervading law of the universe that like attracts like—what is often called karma. Everything you express, internally and externally, brings back to you experiences of a like nature; and through these experiences, the suffering or joys they bring, you are learning more deeply what is good and not so good, what is true and what is false, what is real and what is fake, and as you learn you grow. So, be and express what you want to attract. Indeed, be and express what you wish to become.

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Gifts, deliberately given to you by the deeper levels of your self, by the Soul or Spirit, are often called grace.

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Surrender is to let go and turn a matter over to God even while you are doing what you can; it is a cooperative work. In due course it becomes our normal way of being.

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Forgiveness is the release of hate or anger toward another, oneself, Life, or God, and which comes through the wisdom which *truly* sees that no real harm has been done; or that difficult experiences were actually valuable or good or led to, indeed were necessary to bring forth, that which was valuable or good; or that the person who inflicted the suffering upon you knew of no better, not really, and could not have, at that stage in his or her development, known of any better. This wisdom which releases hate and anger, which is heartfelt, efficacious and transformative, is a gift from the Spirit—and so, forgiveness comes through grace.

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Compassion is our love for another which is evoked through his or her suffering. **Compassion is the love which extends from one Soul or Spirit to another to ease his or her pain and suffering.** Pity, by contrast, is someone identified as the small or little self (ego) feeling sorry for, and being superior to, another also believed to be a small or little self. Your compassion is evoked by suffering and it is developed through suffering, your own suffering; for it is only through your suffering that you can truly have empathy and sympathy for another who is in the midst of pain and suffering, and a genuine wish to assist him or her. Growth in compassion is one of the things which comes from suffering in this world and which redeems that suffering. The most compassionate act is to assist someone—if you are able—out of ignorance and foolishness and into wisdom, for it is wisdom which releases us from our attachments which cause our emotional suffering and which shut us away from the Spiritual with its qualities of love, joy, peace, beauty, value, goodness and strength.

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Life, whether at the universal or individual level, moves in rhythms. There is a dynamic, ongoing and inexorable oscillation between light and dark—between the opposites (both resting in and more or less expressing the Spirit). As one pole moves towards its extreme point, it increasingly evokes its opposite and a movement back in the other direction. **Through this dynamic oscillation between the opposites the**

universe evolves and individuals grow and develop. When we live with virtue we harmonise with this oscillation and our growth, and the evolution of our planet in so far as we influence it, is optimal. For some time now our world has been moving toward the pole of increasing mastery or power over the so-called material world, particularly through technological development. Okay. But recently our world has also been sliding into a state of greater moral degeneration and darkness, for as we have moved in the direction of greater material mastery we have become *addicted* to it, and increasingly *disconnected* from our Spiritual nature. Increasingly, morally deficient and degenerate individuals have insinuated themselves into senior or key positions of power in our major institutions—obviously in banks, corporations, governments, militaries, intelligence agencies and religious organisations, and less obviously perhaps, into the media and our legal, health and educational institutions. This has happened across the world, and in countries where we would least expect it. To a large extent these organisations and institutions have become corrupt and rotten at their cores, despite the many good, but often ‘sleeping’, people who compose them. Once again there is a darkness creeping across the face of this Earth; but once again there is a light being evoked by the darkness, rising to meet it, and which will ultimately eclipse it. It is time now for each of us to turn within, strengthen our connection and communion with the Soul or Spirit, and to live with greater wisdom, virtue, love and *true* power—there is no other way. New laws will not help us now—not unless they are a codification of virtue and are for people of sufficient virtue. Redesigning our institutions will not help us now—unless they reflect virtue and are staffed by men and women of virtue. Only true Spirituality will help us now, will redeem and elevate us, and bring a brighter period than has ever blessed this planet.

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Of the darkness in this world, perhaps the most difficult to accept is the existence of people who deliberately desire to inflict suffering and pain upon us and others in the attempt to satiate their selfish desires for survival, sex, possessions, power and self-aggrandizement—who even enjoy the infliction of suffering. Some people even seem like demons in human form let loose upon this planet. We will *not* transform this situation with anger and hatred and our own selfish desires; we can *only* transform this situation through deepening into and giving expression to our Spiritual nature. One key here, not easily found or even wanted, is the realisation that *everyone* is fundamentally *innocent*. Fundamentally, people deliberately desire to inflict suffering on others to satisfy their own selfish ends because they don’t know of any better, not really. They are ignorant and stupid and cannot and, for the moment, be otherwise. This is an inevitable part of being human and of human development. When we come into this world as infants we lack intelligence and wisdom, and in this condition we create delusions and illusions, cling obsessively to things, close out the awareness of our Spiritual nature, and in this darkened and empty condition generate suffering for ourselves and inflict it on others. In particular, no-one chooses at first to be identified with and attached to the little self or ego (personality), and closed off from the Spiritual, with all the emptiness, greed, lust, obsessiveness and suffering this generates—this is just a more or less inevitable part of being human. **Evil, as the deliberate and desired infliction of suffering on others to fulfill one’s desires, is really an act of ignorance and stupidity, which is also a condition of innocence—like a child the person knows of no better.** Even when a person is conflicted about perpetrating suffering on others to fulfill his (or her) desires but does so anyway, he knows of no better, not really. The ‘evil’ people who are infesting our institutions, some of whom even have the grandiose ambition to subjugate this wonderful world and its people, are ignorant, stupid...and

innocent; as yet undeveloped in the most important, human ways they lack wisdom, virtue and love; they are disconnected from the Spiritual; they are empty and lost souls. They deserve our compassion even as we bring forth the best from ourselves to bring their nefarious activities to a close.

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Wisdom is knowing the truth of what actually is, of reality—its origin, being, laws and direction—where this knowing can come through intuitive insights, reason or through knowing something by being it—knowing-by-being. As such, wisdom embraces not only this world but the rest of the Spiritual universe, and wisdom includes knowing the truth of what is good. Intelligence is much more concerned with, and a product of, reason and logic, that is, conceptual thought, including conceptual truth, as it applies to the normal domain of experience, particularly the so-called physical world, particularly its causal laws. Wisdom then is higher, deeper, more fundamental and often, more universal in scope than intelligence. Wisdom should be the guide of intelligence. Intelligence without wisdom, particularly the wisdom of integrity, is the most dangerous force on this Earth. Intelligence is important, we must not be stupid, but this planet is far more in need of wisdom than intelligence. Essentially wisdom is a bestowal of grace from the depths of our Spiritual being in response to our longing for the truth for its own sake, or because we deeply experience and realise that the way we are now living is too empty and painful.

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Truth and reality are profound and difficult topics—but they are essential to our well-being, our morality, and our Spiritual growth and Realisation. So, let us be resolute and keep coming back to these subjects, and as we do so, until they become clear, let us live with integrity which, we will eventually find, is an expression of Reality and the Truth.

Truth is the absolutely accurate, certain, unchanging and complete knowing of reality or a part of reality. Reality is the actual nature of what is or exists, as opposed to our mistaken beliefs or delusions and illusions about what is. Truth is absolute, that is, it is certain, final, unchanging, complete. Truth is also objective, that is, it can be known by anyone who has developed the requisite capacity. (The child will not understand that one plus one is two until he or she has developed the requisite capacity.) Truth can be said to be relative in so far as it approximates to absolute and objective truth. But, without an absolute and objective standard so-called relative truths are of all the same level and importance—and here, both for an individual and for a society, is the realm of confusion, nihilism, nothingness, disorientation, being lost and directionless, living in the dark.

Truth may be defined more narrowly as the absolutely accurate, certain, unchanging and complete knowing of the Reality which is the Spiritual World, that is, of Oneself as pure Awareness and/or of God or the Absolute, and/or of the Mind of God which holds the essential Pattern or Forms on which the entire Spiritual universe with all its dimensions or levels or realms, including the so-called physical and Earth, is modelled. Likewise, in a more narrow sense, the Spiritual World alone is often given the title of Reality. Many Spiritual traditions do just this. If we define Truth and Reality in this narrower sense, as the knowing and existence of the Spiritual World, then anything less is said to be an approximate or relative truth or reality.

The deeper aspects of yourself, which lie intermediate between yourself ‘down’ here in this world ‘below’ and God ‘above’, and which are given various names such as the Holy Spirit or Higher Self, look to the Spiritual World as their reference; **the deeper aspects of yourself compare your experiences in this world below, including your conduct, to the Spiritual World, and in doing so, pronounce on the truth, reality, goodness and beauty of these experiences** (in this world) relative to the Spiritual World. You receive these pronouncements from the deeper aspects of yourself as wisdom, of which your integrity is one, important, aspect.

We come to know the truth in three ways. We can know the truth of reality by being reality—knowing-by-being. Here knowing and being are one and the same. This is the foundation of *all* truth. For example, you know the truth that awareness exists because you *are* awareness; similarly you that there is existence because you are existence, part of it at least. Truth is also known through *intuition* as a direct or immediate insight into the nature of reality. Truth is also known through reason. Reason is the capacity of thought to give us the conceptual truth regarding the nature of reality, its being and laws. For example, it is reason which finally works out that we do not experience two types of existence, the physical and consciousness, but only, ever, the latter. Reason though has at least one major shortcoming: it cannot *fully* know an experience by being it. Instead, reason knows the truth of experiences conceptually, that is, via concepts, which are by nature a *representation*, albeit accurate, certain and unchanging, of reality.

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Truth is the alchemical agent of Spiritual transformation. When you see the truth of yourself then inner and outer transformation *spontaneously* occurs or begins to occur. **To find the truth you must love truth for its own sake; the aspiration for truth alone must be your motivation and love.** If there are other motivations, sooner or later they will draw you away from the truth. Further, as you inquire into the truth, the inquiry itself, the process of uncovering the truth, must be for its own sake; for if you are trying, grasping, to get somewhere, wherever and whatever that is, this too will interfere with the revelation of the truth.

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For some years now the world has become increasingly frenetic and troubled; to be continuously caught up in it is unhealthy—physically, psychologically and Spiritually. **Take the time to contemplate: rest your attention on something you love, for the love of doing so, and allow all other thoughts to dissipate.** If they arise, don’t fight them, but just gently return your attention to what you love. The peaceful, uncluttered and alert space created by contemplation or meditation naturally opens and reconnects you to the deeper Spiritual aspects of yourself—the source of all that is truly fulfilling and transformative.

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At the heart of the universe, of each person, of you, lies absolute Goodness—the Spiritual. **Everything is more or less an expression and reflection of absolute Goodness; all is relative goodness grounded in absolute Goodness.** As you move through life you get to choose between the good and the not-so-good. This is a lighter and more truthful way of seeing and living life, rather than as a contrast between good and bad. The universe is evolving to ever more greatly reveal the

Goodness at its heart. You may align yourself with this evolution by dropping your attachments and aversions with their associated and false notions of good and bad, and living instead with integrity. In this way you have particular experiences of greater and greater goodnesses, which are for themselves, but also stepping stones to the absolute Good.

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The Spiritual is also absolute Beauty. The more an experience or particular form embodies, expresses, reflects or is transparent to Beauty, the more beautiful it is found to be. To commune with beauty, to deepen into the experience of beauty, is to commune with and draw closer to the Beautiful, to the Spiritual—to God. As with love, all children should be surrounded by beauty. When you have developed an appreciation of what is beautiful you can also more easily appreciate what is virtuous or moral in your self-expression and that of others, for what is virtuous is generally found to be beautiful in nature also; and what is without virtue is generally found to violate one's sense of what is beautiful.

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You are awareness, for take it away and you would not be. Thus, we are content to let the body die in which no flicker of awareness is present or could return. But as awareness, are you not the product of matter as we have been told the Materialists and the Darwinian Evolutionists? No. If matter is held to be something *other* than awareness, then something, awareness, cannot come from what is other, for here, by definition, there is nothing of the supposed product in its supposed source. For the same reason, awareness cannot become or return to matter. Alternatively, if matter is held to *be* awareness, then there is no real distinction between them; but in calling awareness 'matter', let us not introduce any foolish notions about the nature of awareness. Neither is awareness a *transformation* of matter—which really means a reconfiguration or rearrangement of the essential nature of matter—for matter is essentially composed of spatial particles and most states of awareness, and Awareness itself, have no spatial dimensions. And if matter is held to be essentially non-spatial, then we are *really* talking of awareness. Awareness does not come from matter and does not return to matter. Are you then awareness simply as a flow of ever-changing experiences? No. As you observe your passing experiences you can have the direct, intuitive and self-evident realisation that accompanying all of your particular or limited experiences there is a common, unchanging element which is itself not particular and which you call Awareness. Awareness is the unchanging 'light' in which all of your passing experiences appear. You are the unchanging and therefore timeless Awareness in which the experiences of life appear. You have no beginning and no ending in matter or even in time. **You are an immortal Spiritual being.**

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There is death for the body—its disintegration and end as a 'vehicle' for your Spiritual development, but **there is, can be, no death for you as Spirit, ever. For you, and me, death is essentially a change—a change in the experiences which are appearing in the Awareness that you are.** Life in this world is a series of experiences within Awareness or Consciousness and, at 'death', there is a change to a new series of experiences which, speaking loosely, is to enter into a new world. Death is a door. What will be the nature of the life you enter into after death? The law of justice or karma is implacable, inexorable: what you experience after death, at least initially,

will reflect and correspond to how you have lived in this life and, more specifically, to the character you have developed. After ‘death’ your learning continues; you will assimilate the experiences of the life on Earth you have just lived; distill what is best and discard the dross; commune with your Spiritual nature to the degree that you are able; and finally you will prepare for your return to this world to continue your journey—which again, will be largely a reflection of all that has gone before.

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You are not an accident of blind evolution. You are not a flicker of consciousness in some recess of a physical brain and doomed to be extinguished forever when it dies. These are but the fearful, life-depressing and muddled thoughts of someone stirring from a fitful sleep. You are a deathless and divine Spiritual being inseparable from God. **You have a unique destiny to *play* as part of the greater unfolding of the Spiritual universe.** The blueprint of this destiny is held by the deepest part of yourself as it gazes upon the Mind of God which is itself the fundamental Pattern of the universe. Through living with wisdom and integrity you cooperate and harmonise with the unfolding of the universe and realise your unique destiny. Through ignorance and stupidity, beset with fear, anger, hate and attachment, you move out of synchronisation with the universe and throw yourself into disharmony. The inevitable result is emptiness and suffering. But eventually these will evoke your longing for truth, and living the truth brings you back into harmony with the universe and with your destiny. Your destiny is to fully realise your Spiritual nature while being a unique and ever-expanding expression of the Spirit in the universe.

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Humour is the natural, spontaneous and precious condition that occurs when we see our stupidity or that of others from a higher, saner perspective. Humour is also the release of and relief from our negative emotional states, and so humour is essential for our health. From a higher perspective, life is a comedy, a Divine comedy, often a black comedy—learn to laugh at it, and yourself.

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When you believe that you are the ego (or personality) and the body, that this world is all that there is, and that your fulfillment is dependent upon them, then there is no trust in the process of life and no peace—for it is obvious that in a moment any or all of this may be taken away. **When you know what you really are, a Spiritual being possessing within all that is infinitely valuable, and know what the world really is, an ever-evolving expression of the Spirit perfectly designed for your Spiritual realisation, then you can trust in Yourself and trust in Life.** Now you can be true to Yourself, now you can accept and appreciate whatever Life brings to you, engaging with it, loving it, but holding it lightly, confident that whatever appearances there may be to the contrary, all is well and all will be well.

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