

Give Up Being Spiritual

By Colby Wilks

I don't like spiritual people. I find them boring, uninteresting and full of it. They tend to read books by people wearing purple and have stickies on their mirror that say, "I love myself." There is a place for books by purple-clad people and affirming sticky notes. However, in many cases the spiritual people are disassociated and using their spirituality as a means to cope with dysfunction rather than stepping away from it or resolving it.

You know you have come upon a spiritual person when you must watch your speech around them. You correct yourself. You consciously stop yourself from saying "should" and complaining. You may think that is a good thing: watch what you say or the power of attraction is gonna get you like the boogie man. Consider that watching what you say, because you are going to be corrected by a spiritual person is a contraction, rather than an expansion. It does not feel freeing to be with the spiritual people, it feels tight and closed.

Now consider the spirited people. They are excited about what they are up to, what adventure they are having, whether it be a trip, a fundraiser for orphans in Nepal or the cup of licorice tea in front of them. They are interested in life and therefore interesting to be with.

Colby Wilks says that in contrast to spiritual people, spirited people are excited and interested life, and are interesting to be with.

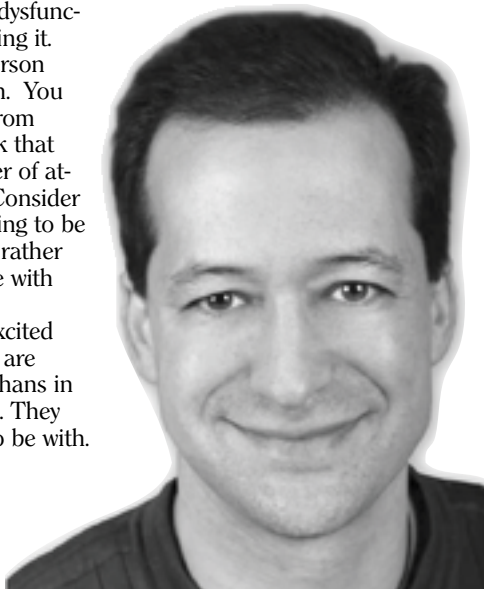
Think about it when someone is talking about what they are really excited about. They are engaging. They put out energy. When you are with a spirited person you don't watch your speech, in fact your speech naturally changes to be affirming. Their excitement is viral; it infects you.

So, my dear one where in your life are you excited? Can you focus on that? Speak about that? Most of the times when I eavesdrop on conversations (I do eavesdrop, so much fun) I hear people complain, rather than talk about how amazing this or that is.

Where in your life can you dip into a little more excitement? Today, what if you give up being spiritual and went for spirited?

Originally a counselor/coach, Colby recognized that there was a power beyond traditional therapeutic meth-

ods that could shift what seemed unchangeable, the very core of a person. He trains others to be their own teacher, to access spiritual states and to overcome blocks. To learn more about Colby visit: www.HealThroughSpirit.com



What Legacy Will Adults Leave Children of the World?

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Children need to be able to reason and connect with how they feel and perceive life. Every adult is a role model. Children instinctively know if what is heard and seen is not aligned with what they feel and experience.

Life is a constant flow of change necessitating consistent evolution of our perceptions and understandings. We must all be prepared to meet these changes from a place of heartfelt appreciation for our life and the lives of one another and the planet.

As with any new understanding that touches the very fiber of our being and provides newfound clarity, it is natural to want to share what we have come to recognize. Words that come from youngness present a fragile picture to a child who hears from a trusted adult something that just doesn't fit in the conditioned beliefs they rely on in their world. As we awaken everything we thought or believed is questioned. There is loss and there is grieving as we part with the familiar and welcome the unknown.

In particular, children of awakening adults become more aware of old patterns and layers of conditioning that no longer seem to fit in their reality. When an adult shares newfound understandings with a child it is important that they experience corresponding behaviors and actions that come from a place of truth and gratitude. Commitment is personal, it begins with the individual, and it is absolute born of compassion. Only then is there room for the adult and child to heal one another and make room for clear understandings that succinctly reverberate in hearts and minds.

Speaking from my own experience, when I reflect on the various cycles created through actions with my daughters, in particular with my youngest whose life was turned upside down, the pain experienced was a direct result of the disparity between awareness and youngness. At the age of 12 I was introduced to the world spirituality and was particularly top heavy as a young metaphysician searching for deeper understandings separate and apart from myself. It was no surprise then that what my daughter heard was often times quite different from the conditioning she observed growing up. Within this huge dichotomy, connecting with her on a level of feeling recognition occurred much later in her adult life which can never really make undone the wounds created from an immature perspective. Don't allow inertia to gain momentum in your child's life, the only time you have to reap the benefits of each precious moment you have together is right here and now. When children go out into the juxtaposed world will they know how to connect within and have the skills necessary to move through life in ways that will leave them rejoicing for what they recognize or will they continue with resistance in a fog that impedes and consumes.

One of the most difficult aspects of expanding awareness and the understanding of the physical, mental, and spiritual elements of our humanity is the discovery of how crucial it is to be resolved and mature to any given subject. Initially it's a fine line to walk, which

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at some point becomes whole without any dichotomy or separation between that which makes sense to us and that which is.

Children who hear words and see behaviors contradictory to what their trusted role models “preach” is the exact formula of what creates resistance, anger, and hopelessness. Before sharing always incorporate the emotions, opinions, and behaviors that have already conditioned the child. Open the dialogue with heartfelt inquiry and listen closely to what the child doesn't say; therein lies the origin of the cycles we experience. The violence, anger, and physical, verbal, and sexual acting out in youth today is in direct corollary to the disparities they feel, see, and hear from adults in their world. All the material possessions and options engaged in won't align the vibrational energy field we emit outwardly.

A reversal of the current shift is not possible; however with acceptance, compassion, and resolve the fibers of the collective energy field, also referred to by the renowned author Gregg Braden as “The Divine Matrix,” will provide infinite opportunities when different choices are made at the point of convergence where the past meets the future. Our species and our planet can thrive beyond survival, one human at a time, with commitment and implementation of the changes necessary on a personal level. Gradually as adults and children awaken to our own truths and the intangible feelings and emotions associated with how we perceive the world around us will humanity be victorious. Please embrace each new moment, it's all we have.

Karen is a writer and offers project development support to people with a global vision regarding life skill and spiritual understandings offered to children and adults worldwide. Visit her StoryTell Treasure Books website at <http://kandresen.ycnfoundation.com> or contact her at inquiries@kandresen.com.

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