



Evidence of Spirit (Part 1)

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Contemplate and complete the following statement, “I am...”

If you didn’t come up with an answer, try to give the matter some more thought before moving on.

So what’s the verdict? What did you come up with? Were you able to narrow your assessment down to just one attribute, or did you come up with a whole list of things that you believe yourself to be such as: I am (my profession); or I am (my body). Or I am (this particular quality, such as stubborn or adventurous). Or I am (my relationship to this particular person - mother, wife, father, husband, etc.) Or I am (how this group of people sees me). Or I am (my social status). Or I am (my preferences, tendencies or proclivities)...

However you completed the statement of, “I am...,” it answers the question of how you regard yourself. So who exactly have you concluded that you are? And are you satisfied with this conclusion? Does it reflect the complete image of who you feel yourself to really be? Does it reflect the image of yourself that you want to see?

Take a moment to assess how these statements *feel* to you:

I am wise...
I am eternal...
I am powerful...
I am indestructible...
I am invulnerable...
I am free...
I am worthy...
I am a child of God...
I am Spirit.

Actually that last statement encompasses all of the preceding declarations, and much more. How did you feel as you considered these statements? Did it feel awkward or uplifting to you? Unbelievable or resonantly truthful? To the degree that these statements felt authentic and proper, is the degree to which you are aligned (or misaligned) with who you really are (which is Spirit). Despite the fact that proof of your Spirit defies physical sense detection; and despite the fact that there is no machine known to man capable of registering the Spirit to corroborate its existence, the evidence of your Spirit’s existence is definite, compelling and absolutely appreciable if you know

where to look; and if you're willing to have faith. Every Soul's consciousness can be awakened to the realization of what it really is. The degree of this awareness is in direct correlation to the Soul's Spiritual unfoldment.

Spirit, in relation to the Soul of a person, "is the Soul of the Soul" – as it were. The Spirit is the essence of who you are. The Spirit does not change, it cannot die for it was never born. Your Spirit always was and forever will be; the same yesterday, today and tomorrow. Your Soul, on the other hand, is your personality, your tastes, your tendencies, likes and dislikes, attractions and repulsions. Your Soul is your developing self, that part of you which is evolving, unfolding. The Spirit shines through your Soul, animating it. Your Soul has no existence apart from your Spirit. Take a moment to digest this distinction.

Those of you who read this article may do so for many motives. Some because you are yearning for answers about the Real nature of things, where we all come from and what it all means, and you have been unsatisfied with the explanations presented to you thus far. Others of you because you've been feeling this inexplicable Something within yourself for some time now, and for which you have no words to describe, and so begins your quest to comprehend what this Something is. Still others may be feeling some unrest within their adopted religious theology and are looking to either open up or corroborate their beliefs.

There may be many reasons why you're here. Where along the spectrum of motives do you fall? Do you believe in the existence of your Spirit? Are you *convinced* of its reality, or are you unsure or skeptical? Do you already feel the presence of your Spirit within you? In point of fact, the evidence of your Spirit's existence is at the core of your being, and it is readily apparent when you understand what to look for. But in order to bring stark clarity to who you fundamentally are at the center of your being, it is necessary for you to be able to identify who you are *not*. You have to be able to stand in the center of yourself, so to speak, and set aside those aspects of you which are merely your expressions, your appendages. You have to be able to distinguish between those aspects of you which are transitory and those aspects of you which are enduring. The more you are able to make these distinctions with greater and greater clarity, the more you grow in your ability to commune with your Spirit and hold yourself apart from the turbulence of life, from any unrest or uncertainty. It is a self discovery well worth your while to realize. Making this discovery, however, will be an extended journey, not a quick culminating event. All of the Universe is on this journey, the only distinction is some are still completely unconscious of this fact, while others are only abstractly aware of it and still other are very mindful of this Universal trek. All are on the Path. The purpose of all life is Spiritual unfoldment. Still the process of *consciously* unearthing your Inner Self, and making this journey with full awareness of your end-game, will be the greatest adventure you ever embark on. It is, after-all, your life's fundamental purpose to know your true nature. Wouldn't it be more enjoyable to go about making this discovery in a wakeful state? What do you think?

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