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Spiritual Awareness

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Author of Divine Heritage / August 2008

It does not take a great effort (or any effort at all actually) to grow in spiritual awareness. Just *be* aware, that's all. Spiritual awareness is simply about being mindful of spiritual Truths. You don't have to go around obsessing about these Truths to be aware of them. Nor is there really any need to constantly immerse yourself in deep thought in order to break through and "see the (spiritual) light." Spiritual awareness is not something that you can gain by force. You cannot compel yourself to become more spiritually aware, you merely have to be open to what is already within you.

Are you aware that the sky is blue? Or that sugar tastes sweet? These truths, in general, are universally elementary. Realizing them does not take any degree of deep thought or obsessive contemplation. They are just things that you are aware of. You don't have to go around constantly reminding yourself that the sky is blue or that sugar tastes sweet. Why? Because these are truths which you don't bother to doubt or question. You just accept them. And your acceptance is what informs your awareness. Whether the awareness is a spiritual awareness or the common sense awareness of the sky being blue, it's all the same. Your acceptance is what causes you to be aware, just as it is your doubt which causes you to be unaware. You cannot perceive what you do not believe. This is a spiritual law.

Your personal reality is a reflection of your beliefs. Your life experience is an expression of the ideas you have chosen to accept as true. Therefore, your reality is different from *his* reality because each of you (unique expressions of the One God) accepts a different array of ideas as true. Spiritual awareness is about transcending the darkness of your personal reality (a manifestation of your beliefs) into the light of The One Truthful Reality which is common to All. How do you transcend the darkness? The answer is simple - by accepting the light. Every time you let go of a false belief, you grow in spiritual awareness. You accept Truth by letting go of fallacy. Acceptance is about letting go, surrendering, completely giving yourself over to something. You want to grow in spiritual awareness? Simply be accepting of spiritual Truths. But how do you identify a spiritual Truth from a personal "truth?"

Spiritual Truths (with a capital T) evoke good feelings. These Truths stand alone, unadorned by justification or underlying desires. A Spiritual Truth is never a reason for anything. A spiritual Truth simply *Is*, and that is all. For instance, I am powerful is a spiritual Truth. I am worthy is a spiritual Truth. However, I am powerful *because* I am rich is not a spiritual Truth. I am worthy *because* I am giving is not a spiritual Truth. These are not spiritual Truths because they rely on reason to substantiate them. These may, however, be examples of personal "truths." I say *personal* because these ideas and experiences are not common to All; but nevertheless may qualify as a "*truth*" (with a lower case t) in the sense that these ideas and understandings may be

true to your experience because you have chosen to accept them as true. Personal truths are not synonymous with spiritual Truths, they are synonymous with delusions. Growing in spiritual awareness means letting go of these delusions.

Every time you let go of a delusion you grow in spiritual awareness. Every time you accept an idea which not only feels good, but is not adorned by any justification, you grow in spiritual awareness.

Spiritual awareness begins and ends within. This means it takes your being able to recognize spiritual Truths within yourself in order for these Truths to be apparent to you in the world around you. All of the universe is but a reflection of You, some aspect of You (as Spirit). But if you are unable to recognize yourself as Spirit, you will likewise not recognize yourself reflected in All that surrounds you. You are perfecting your knowledge of Self in spiritual awareness. As you come to more and more see your Self in others (not just people, but things, places, phenomena... literally everything) you become more spiritually aware. It doesn't take effort. It simply takes an open mind and an open heart to accelerate your spiritual awareness. You can be mindful of spiritual Truths without spending untold hours dwelling on them, just as it you can be mindful that sugar tastes sweet without obsessively reminding yourself of this fact. If you are truly accepting of a spiritual Truth you will be mindful of It regardless of whether or not you are directly thinking about It. The only effort expended in developing spiritual awareness is the effort it takes to convince yourself to be accepting of the Truths you have thus far rejected. If you truly want to believe you will. Like planting a seed, the real work in raising it up will not be done by your hand it will just be done. Have faith. You cannot help but to grow in spiritual awareness.

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