

are you more spiritual than you think?

"God is Spirit, and those who worship Him must worship in spirit and truth." john 4:24

spirit is so closely knit with emotions, we often confuse the two. emotions can deceive oneself while spirit never will. to be spiritual is to recognize that you are part of something greater – and to wonder in the vastness of all that ‘is’. religion serves a purpose by guiding ‘lost souls’ along the path to find an ‘inner truth’, but by no means will there ever be one well-accepted truth which we humans can use to define ourselves. even christianity, when based on religion rather than a relationship, suffers that fate. but here are a few signs that you may be spiritual.

1) you gaze at the stars - "when I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained..." psa 8:4
are you fascinated by something greater than you are, the phenomenon of creation is as mysterious and beautiful as the stars. you can't help but feel awe and inspiration with your back pressed to a wavy mat of grass, staring into the cosmos which is truly is a reflection of the light within. if you find stillness in the grandeur of the universe, you are experiencing a ‘wave’ of spirituality; you’re connecting to a truth deep within, and calming the ego which claims self is all.

2) you try to think happy thoughts - "whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever

things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." phil 4:8 kjv
words have power, but thoughts gave energy. thoughts are energy – where attention goes, energy flows. if you're seeking to maintain a positive mindset, you're naturally already praying... to what or whom, you may not fully know yet. but without even knowing it, you're creating a message that's sent out into the energy of the universe and being invited back into your own experience.

3) you offer a helping hand - "but whoever has this world's goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him?" 1 john 3:17

recognized as the "law of abundance," or the golden rule (luke 6:31) in christianity, and karma in others, this fundamental teaching extends beyond tradition and religion. the principle teaching is to embrace that you and everything that exists are one. therefore, the actions you inflict upon another will in return be cast unto you. if you're a "do-gooder?" you're more in the flow than you think.

4) you feel serenity in nature - "and the earth brought forth grass, the herb that yields seed according to its kind, and the tree that yields fruit, whose seed is in itself according to its kind. and God saw that it was good." gen 2:12

you recognize your created status with the earth. so the fact that you naturally feel drawn to explore and experience more of the woodlands, ocean, or flowing prairies is a sign you're tapped in more than you

think. many lessons can be derived from 'be-ing' in the stillness, and that is one of nature's greatest gifts. one truly spiritual can see God's hand in everything.

5) you follow your guided intuition - "your ears shall hear a word behind you, saying, 'this is the way, walk in it,'" isa 30:21

intuition is the recognition of your highest self and the 'plan' behind it all. it can be the voice of 'reason', the essence of 'God', or your own realized truth. whatever you decide to 'label' it as, it helps you identify positive and negative emotions, and, in effect guides and controls your decision making.

6) you seek truth - in all situations - "you shall know the truth, and the truth shall make you free." john 8:31

you really believe that and always seek the unvarnished truth. whatever your religious orientation, the belief that truth is essential in living a well-balanced life and creating an existence of meaning is accepted in many cultures around the world. you cannot form healthy, sustainable relationships unless you are honest with yourself and others; likewise, you cannot build a house on shaky foundation. truth is an integral part of being aware of who you are, and when you seek it you explore the vastness which 'is' all.

7) you honor life - "my life was precious in your eyes this day." 1 sam 26:21

albert einstein said: "there are two ways of looking at the world, one as if everything is a miracle, and second, as if nothing is". either way of perceiving

the world influences your mindset and expectation for life. so if you're aware that this reality you're experiencing is a gift and you choose to honor yourself and be present, you are indeed engaging in a very spiritual perception.

8) you recognize the power of forgiveness - "whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you" mark 11:25

you believe the individual needs to forgive to be in the flow and feeling your best. it is best to let go of those whom have trespassed against you in the past, send them peace, and move on into the future. you may already be seeking to do this in your own life or asking for help from a friend, family member, or counselor. in this action, you are benefiting your spirituality, even unknowing, because it will beneficially impact your life.

if you are doing these things, you may be more spiritual than you think. spirituality isn't always manifested in goose bumps or heavenly visitations. it's an everyday doing of the right things. and if you do practice these, i believe one will eventually be lead to the author of all life and truth, Jesus Christ.

scripture tells us we are without excuse. "for since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse." rom 1:20 look around you, experience the wonder of existence and let the Holy Spirit awaken you into all truth. if you recognize

yourself in any of these spiritual traits, i believe
you are well on your way to a deeper communion with the
Holy Spirit.