

## Breaking Through the Human Spiritual Paradox

Quite often I struggle with what seems to be the paradox of being spiritual in a material world. Here I am knowing I am a spiritual being; knowing I am not my body, or my feelings or even my mind, and sometimes with that realization nothing makes sense. I keep hearing spiritual teachers tell me the world is not real. Well, if its not real, what matters? What am I doing here? If nothing I do means anything, does anything mean anything?

I was working with some people this week who were struggling with a similar paradox. They needed to make some difficult decisions which involved the safety and security of their children. They did not want to make these decisions out of fear, but fear was certainly present. There were some very "real" safety and protection issues and the decisions they made would affect a number of people.

We were all a little nuts for a minute.

Then I just sat with them quietly for a time and allowed the fear and confusion just begin to settle and calm. Sitting in silence and asking for guidance I became aware that despite the human emotions and material world decisions that needed to be made, the primary motivating factor here was Love.

That is what we needed to come back to. We lost it in the fear and doubt and confusion. Love never really left, it just got clouded over by these human emotions and material world decisions.

When we got back to love everything became much clearer. The human and material stuff did not disappear, but it became less relevant. The human/material side of things became less important, less true.

Here is what I came to:

I became aware that we do not necessarily need to live in that no-man's-land of paradox between the material and spiritual world.

Your work and dedication with your children made something very clear to me. Although there were/are many human emotions affecting your decision making, the primary motivating factor has always been LOVE .

It is easy to get somewhat lost and confused when fear and the need to protect enter the scene. These are such powerful feelings that we can lose touch with our Source, and even think or believe that fear and safety are the prime movers for the actions we choose. We need to come back to knowing Love is our source and motivation.

I say all this because when we realize and accept that Love is the primary motivating factor here, it is much easier to hold yourselves and your kids in that Golden Light.\*

When we know that Love is our motivation--and you know that is true--we have much less baggage, much less stuff that gets in the way of seeing ourselves and others for who we truly are, creations of God, unconditionally loved.

\*referring to a mediation we did together