

#6 Spirit

Spirit is the source of life, the vital principle, the animating force, the essential nature.

Many cultures have a word for spirit: Indian-prana, Egyptian-ankh, Greek-pneuma, Chinese-chi, Tibetan-lung, Hebrew-ruach and Japanese-ki. Indigenous people often have a term like Great Spirit. Scientists today make references to spirit as "subtle energy" and "the electric flow of life". The movie Star Wars coined the phrase "May the force be with you." Animals, plants, rocks, solar systems are life forces. Spirit is essence, cosmic energy, divine influence. Everything is alive with spirit and must be revered.

No explanation of spirit will ever be complete enough, so each person need to find what spirit means to them. Defining spirit is like the dilemma of attempting to teach meditation or explaining the Tao. I refrain from using soul because religions seem to have their various ways they prefer to define it. Whereas the term spirit belongs to no one group.

Spirit can be only partly be grasped by the linear mind. Until you have experienced spirit directly, it will just be another interesting idea or abstract theory. When you do experience spirit, be prepared to be pulled out of your normal frame of reference. If you are not mouth-dropped-open-awestruck by life regularly, you're missing the greatest show on Earth. Understand spirit and at the same time savor the mystery of never knowing the whole picture.

Spirit Beings

When two people mate, they can create a new being. Their progeny exhibits qualities of each of the parents. Similarly, through a spirit exchange, a new being is created, representing the spirit of the relationship. Our energy fields connect and an unexplored aspect of spirit emerges. A fresh life is born.

When we bond in friendship, we create such a new spirit. This light-being grows as our relationship grows. We feel mutual responsibility to feed this new life with our virtues. When we nourish our relationship, it nourishes each of us. We depend upon each other's strengths without losing individuality. Our combined forces result in interdependence.

Embrace the spirit.

