

#7 Sensing Spirit

Learn to tune into your vibration and energy. Your whole body is needed for awareness of spirit. The body is an organ designed to sense spirit. It may take a few attempts to feel your own spirit, but with practice, you will can very familiar with it. Spend quiet time and see into yourself with a sense of wonder and an open mind. Sense the spiritual essence of your friends.

When sensing your spirit, what words, emotions or images come to mind?

Discover Your Spirit

Consider the task of eating a simple strawberry. Focusing all your senses on the luscious fruit will heighten your awareness of your experience. If your mind is preoccupied with something else, you will miss its tart taste, scent, smooth feel and early-summer sheen. Similarly, cultivate a focused presence when you want to feel spirit. Slow down and pay attention. You will gradually understand your spirit's texture and beauty.

Developing an understanding of your spirit allows you to share a special form of intimacy with your friends. You may rediscover your ability for sensing spirit in each other. Become fully present in the moment. While you are in this human form, learn to bring forth your living spirit and experience this oneness.

My spirit senses your spirit.

Go beyond your five senses and transcend the mind. We are all able to sense more than we think. Foster a sense of self, a sense of community and a sense of oneness that extends to the infinite universe.

We sense spirit with our known five senses, and spirit to spirit. Notice the spirit of those around you. Observe their flavor and fragrance, see their brightness, hear their vibration, feel the effect as their spirit touches your skin, muscles, bones and organs. Sense another's spirit with your spirit. Learn the rhythms of spirit: opening and closing, expanding and contracting, absorbing or repelling, centered or unbalanced, hurting or healed.

Be open to what the spirit of another truly wants to communicate to you as you sense each other and communicate spirit to spirit. One of the best times to sense another's spirit is when he or she is still. The window of intimacy is also often wide open when people are laughing, dancing, loving or grieving. Become aware of the movement, vibration, pulse and breath of spirit.

Spirit as Light

Just for fun, let us pretend that our spirits follow natural laws. Think of spirit as light. Modern physics tells us that light is both particle and wave. In this metaphor, spirit, like light, is both particle (matter) and wave (energy).

Now consider the following theory of spiritual relativity. Simply stated, "Spirit creates reality." Thus spirit and matter are interchangeable. Began to imagine spirit with both physical mass and the properties of energy, my thinking opened up. Spirit can neither be created nor destroyed, it can only change form.

Spiritual energy is in every cubic inch of the universe. The empty space between atoms is spirit. Spirit is the cosmic glue that holds us together. Our bodies are not solid, mostly water and space. We are a fluid dance of atoms in constant motion.

Spirit is the divine spark that gives life. We are spirit, being conscious. The power to alter consciousness arises from spirit. Spirit eternally expands and evolves as the physical universe expands and evolves.

Let Your Light Shine

Each of us is gem-like. When the clear light pours through us, we impart our unique color and vibration onto spirit. We have many facets that bend and color this light as it passes through us. Consciousness is refracted light.

Relationships are like two colors mixing to create a new color. You have your spiritual colors and your friend has hers. The wavelengths of both of you combine and amplify each other to create an "us." As we shine our colors onto each other, light to light, a rainbow of colors appears.

The light in me sees the light in you.

Time to show your true colors! We see the light in each other and our own inner radiance is reflected back. Become a full spectrum being and let your light shine through. Know your spirit as you recognize what nurtures and strengthens your light. Use the presence of the sun as a daily reminder of spirit.