

#8 Spirit Exchange

A spirit exchange is the transmission of energy when we open our spirits to another. A spiritual conception occurs when two or more people exchange their spirit. A new spirit is birthed with each encounter.

Exchanging spirit is as natural as breathing. Think of spirit as the air you breathe. Feel your breath, maybe for the first time. Is the air dry or moist, cool or warm? Notice the energy as the spirit enters and the nerve endings in your nose are stimulated. Hear the soft sound as the life-giving breath rushes in. Be thankful to all the plant beings that gave their spirit to the air now in your lungs. Sense the spirit breath flowing into every cell in your body. Breath invigorates the spirit. The fact that you are alive and breathing is proof that you absorb spirit. Hold your breath as a reminder of just how long you can live without a fresh supply of this spiritual nutrient. Each breath is a miracle.

During all human encounters there is an exchange of spirit. The quality of the spirit exchanged is affected by the virtues that the individuals bring to the relationship.

Exchanges are mutual; energy flows both ways. When you transfer spirit with another, you both feel bigger and brighter. When you share your passions, you share your spirits. The more you give to your friends, the more flows into you. The quality of spirit energy is enhanced and strengthened with each exchange. The spiritual mass of both individuals increases.

Be alert for those moments when the spirit of a person opens to you. The opportunity for a spirit exchange may pass if you hesitate or hold back. Make an effort to match their openness at a split-second's notice. Be intentional and synchronize with the spirit exchange. Follow through. Who knows whether an encounter may develop into a lifelong friendship. Seek your kinship through bonding, spirit to spirit.

Your spirit naturally seeks to expand to a higher level of consciousness through a spirit exchange. To grow spiritually, you need to deepen your spiritual exchanges. Seek them from a variety of sources. We can only go so far on our own. Spiritual exchanges create spiritual intimacy. When you exchange with another, you nurture each other's spirit. We form spiritual families for the expressed intent of being involved in each other's growth. We need each other to evolve spiritually, with love, to evoLove.

Who do you exchange spirit with?

Resonate

Sense the resonance between you and another, the movement and the vibration of your combined energies. Feel your growing love for this person.

Seek those with whom you feel a mutual recognition of spirit. It might be a humming, a pulsing, an echo, a kind of inner heat or smile. You will not be able to form a bond at this

deep level with just anybody. They must resonate with who you are, as you do with them.

Our spirit resonates with certain people like neighboring strings on a sitar. They are like a note of music we harmonize with. Our life forces are energized when we are together. Even when we are apart, we are connected despite distance. We feel the love we hold for each other whenever we recall their name.

How can you increase your spiritual intimacy?