

Spiritual Maturity: Spirituality and Sensibility

Many of us are conscious that we have lived many lifetimes. As holistic practitioners we chose to live and work during this time of great transformation on Earth. The idea was that our skills and abilities to heal, awaken, and inspire peace would assist in raising the human condition into a new era. Many groups of spiritually mature souls in all levels of society are working together to this end.

Spiritual maturity can be described in many ways. The Map of Consciousness by Dr. David R. Hawkins is very illuminating. The Spiral Dynamics model of human development and cultural evolution is also very helpful in understanding the wide variety of levels of consciousness we see being expressed. Basically, being spiritually mature involves awareness, love and integrity.

Looking at current political, religious, business and technological trends, it can all seem quite confusing and incoherent. Some people are living in technological safety and splendor while others struggle daily to survive, to eat and to live another day. There are many promising developments that may lead us to world peace and greater prosperity. It is also obvious that the basest aspects of being human; control, greed, pride and ignorance are also alive and well.

Despite the chaos, there is a sense of moving forward - growing as a people and planet. Sometimes that road is bumpy and other times it is traveled with ease. One way or another, more and more people will reach spiritual maturity, but as holistic practitioners we must not wait for the world to become perfect. Our job, in a deeper sense, is to become beacons of awareness and love. As we become more spiritually mature we see the outer reality in a different light, no matter what is going on.

Some spiritual systems are not logical; there are concepts and practices that seem paradoxical and even harmful. Where is the spirituality and sensibility? Are there common denominators we can abide by? Here are some tips on how to stay centered in spiritual maturity - timeless, universal ideas that permeate many teachings.

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Explore the Mystery

Despite science, philosophy and real life experience, our existence is in many ways highly unpredictable and mysterious. You can spend much time meditating, visualizing, and analyzing in seeking to find the meaning of life. As holistic practitioners we are often driven to uncover the best and healthiest ways to live and then share that information with others. However, what works for one person does not always work for another.

A spiritually mature person no longer tries to figure out the universe and set other people straight on its workings – you explore it. You are curious rather than obsessive. Instead of thinking you have it all figured out, you are open to new ideas and perspectives and simply “Share” what you know. Whatever existence and/reality is, it appears that it changes frequently and evolves; it grows – we grow. A spiritually mature explorer can fall into a pit or reach the top of a mountain – all with an attitude of humility. When you see spiritual authorities telling you how it is, consider them simply opinions for you to examine – not absolutes.

Love the Essence

The human condition can be filled with both great suffering and joy. We, as souls, have been placed into physical bodies and are faced with the chaos of short lifespans. It can be a struggle to make sense of it all, to find peace with it, and at times move through life. Every human is in the same boat and yet each person faces the chaos in a different way.

When a spiritually mature person encounters people who are egotistical, neurotic, obnoxious, fearful, uncaring, narrow-minded or acting as a victim – they realize that is their way of expression – in that moment. That is their life strategy - which may or may not change. We can always love their essence as a creative being, but we do not have to feel obligated to love their behaviors. People are not their behaviors; they are just explorers trying to make sense of their experiences. Being spiritually mature also means loving yourself - unconditionally. We can strive to be conscious, rather than perfect. Our bodies can age, but we are not the body. All the things that make

us each unique can be loved, allowed and accepted - no matter what others think.

Release Utopia

Utopia is an abstract concept. In your mind utopia may be the right job, the right relationship, the perfect place to live, the right spiritual teacher or teaching, or the perfect lifestyle. A utopia can be that ideal state, thing or place that many grasp for to find peace, security and meaning. Does utopia exist? Can it be obtained?

A spiritually mature person realizes that there is no absolute security; change is the only constant. Jobs can be lost, relationships can end, neighborhoods can lose their charm, and your lifestyle can abruptly change as you grow. It is good to have goals and ideals, but there is rarely anything solid hold on to forever. What is available now? What can you do in this moment? What is there to enjoy in your current experience? Everything is temporary in the endless life cycles of creation and destruction. Utopia may not be a destination, but simply enjoyable moments along the way.

Give and Share

Perhaps the only thing of lasting value is what we can give and share with others. Although it seems that many people are focused on taking and hoarding because they think we live in a universe of lack, the opposite may be true. It may be that we live in a universe of such unlimited abundance that all there really is to do is share what we have.

A spiritually mature person gives without the need for praise or even thanks. They experience joy from the act of sharing. They know that whatever energy they give out will come back to them in a variety of forms – but that is not why they give. They understand that giving and receiving are natural laws of life. They are grateful for what they have and that more is always available to them and others. There is no lack. Whether it is inspiration, money, making someone laugh, or helping them feel good about themselves, there is an endless supply to give, share and bless others. Helping is about enjoyment, not because you feel you have to.

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Spiritual maturity will come to everyone in their own time - their perfect timing. A sensible way to heal the hologram is taking small actions that reflect a higher consciousness every day. When you look at the chaos of the world around you from the eyes of a spiritually mature person you will have greater peace and happiness in the now – which is all there is.

About the Author

Egan Sanders is an Intuitive Counselor, Coach and Spiritual Development Teacher who helps people accelerate their personal and spiritual growth, and experience greater happiness, clarity and fulfillment. Egan also assists Holistic Practitioners to increase their income, transform challenges, and be more effective in their work.

Egan is the author of the free report, "25 Ways to Clear Blockages to Well-Being" which is available at his website (www.egansanders.com). Egan also offers inspiring and practical information in his two newsletters. Healing the Hologram is a quarterly newsletter dedicated to assisting holistic practitioners to succeed, (www.egansanders.com/practitioners.html). Path of Joy is a monthly newsletter for those traveling the road of Personal and Spiritual Growth, (www.egansanders.com/growth.html.)