



THE FOUNDATION FOR

SPIRITUAL LIVING

This issue includes...

- We Are The Church
- Be Patient With Yourself And Others
- Making Changes
- From Bondage To Freedom
- *And Much More...*

WE ARE THE CHURCH

We often say that *Spiritual Living* is a “ministry to the church without walls.” We say that because, the “church” of the New Testament, of which Jesus spoke, is not a building, cathedral or religious structure on the corner of “do this” and “don’t do that” street. ***We are the church!***

The “church” of the New Testament, of which Jesus spoke, is not a building, cathedral or religious structure on the corner of “do this” and “don’t do that” street.

The Christian church is a living spiritual organism (not an organization) called the body of Christ “*You also, as living stones, are being built up as a spiritual house, a holy priesthood... though Jesus Christ.*” —I Peter 2:5. We don’t “go to church,” we **are** the church. The “church” gathers together in a variety of locations and architectural styles... Sometimes in great cathedrals, other times in store fronts, often in homes. Remember, we don’t “go” to the temple to worship...we **are** the Temple of God!

The Apostle Paul puts it like this, “... For you **are** the temple of the living God. As God has said, “I will dwell **in** them and walk among them. I will be their God and they shall be my people.” —II Corinthians 6:16. So remember, the “church” is **not** a place you go, it is who and what you are.

HOW GOD TEACHES US TRUTH

We all get excited when God gives us some new or fresh insight about a scripture. Perhaps it is a scripture we’ve heard or read for years, but NOW! ...We really get it! And because it feels so wonderfully freeing and empowering to receive new and fresh illuminations we naturally wake up tomorrow and the day after wanting and expecting some additional flash of inspiration. The truth is, enlightenment **rarely** comes to us in a consistent succession of spiritual awakenings.

When I was a child, I use to love to watch my mother make “homemade” soup. She would cut the meat and add it to the boiling water, then cut a tomato and add it, then some celery and a potato and add them along with seasonings and spices. I was ready to eat it right then! But Mom would always say, “Son you have to let it **simmer**. That’s what really makes it taste good! You have to give it time to blend together... You can’t rush that.”

You know, that’s a great example of how God teaches us. He adds a revelation on Monday, then an insight on Tuesday, then maybe illumination on Friday, then possibly some enlightenment the next Wednesday. Then He lets it **simmer**. He quits adding for a period of time and lets the truth just simmer and blend together inside of us...that’s when it really gets good!

So, don’t be discouraged if you’re in a “simmering phase” right now. Something good is happening on the inside of you in your spirit. In due time, new and fresh insights will be added. Until then, learn to patiently enjoy the aroma of the truth simmering within you.

Enlightenment rarely comes to us in a consistent succession of spiritual awakenings.

FROM BELIEVING TO KNOWING

A **belief** is a mental assent that something is true, but has not yet been **experienced**. For instance, I **believe** that the sun will shine tomorrow, but I have not experienced it yet. To **know**, on the other hand, is based on **experience**. I **know** the sun is shining today because I am experiencing it. I **believe** I would like to travel in outer space but I don't **know** for sure because I haven't experienced it yet.

In the quiet moments of receptivity is when you will experience God.

Many of us believe in God but do not **know** Him, because we have never **experienced** Him...His presence, power and peace. For me personally, the surest way to **experience** God is through **meditation**. Jesus told us that the "kingdom of God is **within** you." God tells us in other passages to "be still and **know** that I am God." So put the two passages together and you have something like this...*"Though stillness you can*

enter the kingdom of God within you and know that I AM God."

We don't all bloom spiritually at the same time.

Begin by getting comfortable, close our eyes, and contemplate a scripture passage. For instance... contemplate, "the kingdom of God is within me!" Think about it, ponder it, then assume a listening attitude as you say... "speak Lord, your servant is listening." Then wait, listen be receptive to the "still small voice." In the quiet moments of receptivity is when you will **experience** God. It may be in a feeling, a knowing, a sense, but you will know that you are **experiencing** God's presence. It happens in different ways, but you will know. Jesus said that "you shall **know** (to be consciously aware of) the truth and (being consciously aware of) the truth will set you free."

So take the time to walk the bridge from **believing** there's a God, to **knowing** there is. The bridge is our own inner **experience** in still-

BE PATIENT WITH YOURSELF AND OTHERS

I am sure that you have noticed that, even though a rose bush is loaded with buds they don't all bloom at the same time. Some buds bloom today, some tomorrow, some a few days from now. The point is, the "early bloomers" aren't better or smarter roses than the "late bloomers". Rather, they are all "right on time" according to the life force which produces them.

So, it is with us humans. We don't all bloom spiritually at the same time. Just as it would be foolish to get impatient with the rosebuds, so it is foolish for us to get impatient with others because they don't come into full bloom when we think they should. God is the one who grows and matures each of us. Let's be patient with ourselves and each other. . . Because, God is never early, or never late. . . He's always right on time!

"God is never early, or never late... He's always right on time!"

HEALING, RESTORATION AND WHOLENESS

In order to be completely healed and restored to wholeness, which was our original birthright, we, somehow, must be willing to be totally exposed to God's unconditional love and grace. . . Not seeking to hide anything, or holding anything back, nor reserving a part of ourselves just for ourselves. All that we are must be totally exposed to all that He is. As this occurs, anything unlike Himself disappears. We are healed and restored to the spiritual wholeness which has been the divine intent since the beginning of time.

THE WORK OF CHRIST IN YOU

The work of Christ within you is not to help **your** potentiality, but to free you to allow Him to express **His** potential in, through and as you. A piano of itself has no skills to express the sounds within. The potential of the piano is best expressed when the talents and skills of a master musician are being expressed in and through it. So it is with us. We are the instruments, He is the Master musician, and how we live our lives is the music. . . Either masterfully or amaturely. . .Discordantly or harmoniously.

THE CHILD WITHIN

Invite the little child within you to come out and play sometime. He or she has probably been "cooped up" in the house for a long time and is ready to play! Take a few minutes everyday to let the child within have some fun. Do it now before you forget how. We adults have a deadly habit of remembering the unimportant and forgetting the important. Don't be guilty of "child neglect." The little kid inside of you needs some attention too, you know!

MAKING CHANGES

We, ourselves, do not have the power to bring about permanent change in our personalities. That is the function of "Christ within you." It is the nature of Christ to constantly be reproducing **Himself** . . . Not making phony "replicas" of Himself, but reproducing Himself in, through and as us.

*Refuse to
"jump through
the hoops"
of the
petty tyrants
and
"religious
do-gooders"
in your life. . .*

As we allow Him to express Himself in us internally, He manifests Himself through and as us externally. Internal expression always precedes external manifestation. In other words. . . the cause (an awareness of Christ in you) must always precede the effect (a change in your personality and behaviors).

Seeking to make yourself over with God-like qualities sounds real noble and "religious," but in reality is ludicrous! The only One who can instill permanent change and God-like qualities in you is God.

The **Creator** is the only one who can change His **creation**. We in our own strength can manufacture temporary superficial changes, but which at their best are counterfeit.

Lasting change is an "inside job" that eventually will show externally in your behavior.

Refuse to "jump through the hoops" of the petty tyrants and "religious do-gooders" in your life who are demanding immediate behavioral changes from you so you can look and act more spiritual (usually according to their self-made standards).

Allow God to change you from the inside out. . . In His way, and in His time. Then the changes will be lasting and permanent because the One who created you in the first place is the only One who has the power and right to change what needs changing along the way.

CHRIST IN YOU

“Christ in you” is the measure of your being **who** you are, and **what** you are capable of doing. Paul said in Colossians 1:27, “The mystery that has been hid through the ages in Christ in you. . .”

If I truly recognize that Christ not only **gives** me life, but actually **is** my life, then I have no business seeing myself separate and apart from Christ. The moment I view myself separate and apart from Christ, I sense inadequacy, insufficiency and unworthiness. Likewise, as I see Christ expressing Himself **as** my life, living in, through and as me . . .the animating presence of all that I am, then I can readily embrace the truths which Paul experienced when he said. . .”It is not I who live, but Christ who lives in me.” Therefore, “I have all sufficiency for **all** things.”

**“Christ in you”
is the measure
of your being . . .
who you are,
and what you are
capable of
doing.**

That’s the key! Who are you looking at? Christ and His infinite all sufficient life expressing in, through and as you? Or are you focused on a finite self-concept separate and apart from God?

When you consciously realize that Christ **is** your life, and you do not exist separate and apart from Him, then you will understand

Jesus’ words when He said. . . “I can of my own self do nothing.” In essence, He was saying. . .”without the conscious acknowledgement that the Father is the One who does the works in, through and as me. . .I cannot forgive sins, heal the sick or raise the dead. But **with** the realization that the Father’s life is my life, I am capable of being, doing and having all He wants to be, do and have because it is Christ who is **being, doing** and **having**.

That is still God’s message to us today! Stop seeing yourself separate and apart from God and consequently depending upon your own limited resources. Begin to realize, as St. Paul did, that “It is not I who live but Christ who lives in me.” Upon the realization you will be **knowing** the truth that “I can do all things through Christ who strengthens me.”

Separate and apart from Christ, we live a limited, finite existence. But

with the conscious realization that Christ **is** my life, and He is expressing Himself **in, through** and **as** me, then life is filled with the infinite possibilities of God Himself.

“Choose this day who you will serve...” a false concept of yourself separate and apart from God, or the reality of your being...”Christ in you,” your “all sufficiency in all things.”

Christ not only gives you a proper self-image, He is your proper self-image. . .He is your identity, and beside Him there is none other.”

*Christ not only
give you
a proper
self-image,
He is
your proper
self-image. . .
He is your identity.
“and besides Him,
there is no other”*

FROM BONDAGE TO FREEDOM

“Why do you stay in prison when the door is wide open?” – Jalaluddin Rumi

Freedom is a matter of dependency, not on the thing that has you in bondage, but dependency on the completeness of Christ within you. Your **conscious awareness** of Christ is the freeing power from any addiction, craving, want or need.

Jesus tells us that...“you shall know the truth, and the truth shall set you free.” We learn from other scriptures that Christ, the living presence of Christ, **is** the truth. We must also understand that to **know** means to be **consciously aware** of something. So placing these two revelations together you have this truth...“As I am consciously aware of Christ within me, my conscious awareness of Christ sets me free.” You shall know (to be consciously aware of) the truth (“I am the way, **truth** and life”), and the truth (Christ within) will set you free.

So, the irony is...Dependency on Christ sets you free. We tend to think of freedom as a condition of independence. Not so, spiritually. Spiritual freedom is the product of “inner-dependence.” Freedom by depending on the life of Christ within. “Now the Lord (Christ in me) is Spirit; and where the Spirit of the Lord is (consciously realized), there is freedom.” – II Corinthians 3:17

OUR SPIRITUAL SOURCE OF ENERGY

“I am the machine and God is the Operator. I am the house and God is the Indweller. I am the engine and God is the Engineer... I move as God moves; I do as God empowers me to do.”

-Sri RamaKrishna

This quote pretty well animates a couple of my favorite scriptures that describe Christ as the energizing life-force of our individual lives. St. Paul put it like this...“...it is not I who live, but Christ who lives in me...” – Galatians 2:20. He also states, “The secret which has been hid though the ages is **Christ in you**, the hope of glory.” – Colossians 1:27

Jesus tells us that we are like branches on a tree. That means, the life of the tree **is** the life of each branch. How much life do we have? Jesus tells us that He has come to give us “life and life abundantly” –John 10:10

The key is not just what we have, but what we are **consciously aware of having**. Therefore, as I live in a **conscious awareness** of His life being my life, I am energized, shown which way to go and directed step by step.

A **conscious awareness** of “Christ in me” releases all the energy needed to do the task He has set before us to do; because it is actually His life functioning **in, through** and **as** us.

“In Him we live and move and have our being.” –Paul the Apostle

YOU ARE NEVER ALONE

One of the characteristics of God is Omnipresence. “Omni” means all, only and everywhere. Therefore, God is always present. In order to develop a **sense** of His presence being with you wherever you are, it helps to first contemplate some truths about His ever-present presence.

The following is a guided contemplative meditation designed to help you attain a conscious realization of God’s presence in your life. Read it one sentence at a time, stop, be still, contemplate the underlying meaning, and listen for the “still small voice,” within.

“Since God is everywhere present, He is my constant companion, and I am never alone. Whatever I do, wherever I go, God is with me. I am guided by his presence. I am guarded and protected by His presence. His presence is closer to me than my breath. He is nearer to me than my hands and feet. “God is Love,” and nothing can separate me from his love. Therefore, any feeling of aloneness or separation I may experience is illusion, not reality. I focus on the truth that ‘I am complete in Him.’ I am now resting and relaxing in the fact that wherever I am, God is. I am enjoying my constant companionship with God. I know I am never alone, For He is always with me.”

Jesus said that God...” shall give you a comforter, and He will abide with you forever.”

John 14:16

Cultivating a conscious awareness of
God's presence is foundational to
experiencing the kind of peaceful life you desire.
His peace and His presence are inseparable.

• • • •

God is never bound by the conditions and limitations of
the physical world. If He does not like his options, He will
create new ones. Remember, He's God!

• • • •

Life is a celebration! Try dancing to the
music. . . it's more fun than just watching others.

• • • •

Your beliefs and judgements are the filters through which
your life passes before your eyes. Be sure false assump-
tions and prejudices haven't clogged the system and
restricted the flow of energy, enthusiasm and enjoyment.

• • • •

If you are lost, be willing to be guided.

If you are hurt, be willing to be healed.

If you aren't willing, be willing to be willing.

• • • •

Your urge to improve, express and increase
is the spirit of God compelling you to
allow Him to be all He is in all you are.
He cannot be confined to the status quo.

The Purpose
of
THE FOUNDATION FOR
SPIRITUAL LIVING

*is to present a whole-istic
approach to Spiritual Living through
the seven key areas of our lives . . .*

*Spiritually, Mentally, Emotionally, Physically,
Relationally, Professionally and Financially.*



– Being all things to all people that we may include everyone. –