

WISDOM & KNOWLEDGE

From Spiritology – By D'MChelle

WISDOM

*WISDOM SOARS WITHIN THE MIND OF ONE WHO SEEKS IT
TO LAND TRULY UPON THE LIPS OF HE WHO SPEAKS IT.*

**ONCE SPOKEN, THE TRUTH THAT WISDOM HOLDS WALKS FORTH
TO ENTER THE EAR OF HE WHO IS READY TO RECEIVE IT**

**YET QUICKLY DISSIPATES LIKE SMOKE, IF ONE CHOOSES
NOT TO ADHERE TO IT.**

**IF ESTEEMED, THENCE WISDOM ROAMS,
TRANSFORMING THE MIND OF HE WHO ENDEAVORS TO ACTUALIZE IT.**

**AT LAST, ONCE PRACTICED, AND PERFECTED,
WISDOM CAUSES ONE TO STRIVE, IN OTHERS, TO REPRODUCE IT.**

LESSONS LEARNED

TODAY I SHARE WITH YOU MY REFLECTION UPON THE WISDOM GAINED FROM MANY LESSONS LEARNED OVER TIME ABOUT LIFE AND RELATIONSHIPS.

I'VE LEARN THAT:

ONE MUST MAKE THEMSELVES HAPPY, AND THAT WE DON'T HAVE TO COMPROMISE WHAT WE VALUE TO EXPERIENCE TRUE LOVE IN LIFE.

IF WE DON'T LIKE SOMETHING WE DON'T HAVE TO ACCEPT IT JUST BECAUSE IT'S GIVEN TO US. (LIKE SOMEONE ELSE'S ANGER, AND STRIFE WHEN WE DESIRE TO BE AT PEACE) WE CAN REMAIN AT PEACE WHILE HONORING THEIR RIGHT TO FEEL WHAT THEY FEEL.

WE DON'T HAVE TO FEEL GUILTY FOR HAVING THINGS OUR WAY WHEN IT'S NOT IMPOSING ON ANOTHER AND WHEN IT ISN'T SOMETHING UNREASONABLE.

PEOPLE DON'T HAVE TO AGREE WITH OUR OPINIONS, WE CAN AGREE TO DISAGREE OR HAVE OUR DIFFERENCES AND STILL BE AT PEACE WITH ONE ANOTHER. TO RESPECT ONES OWN WILL AND WAYS AND BE WILLING TO STAND BY THEM. WE CAN BE AT PEACE WITH OURSELVES AND OTHERS, EVEN IF THEY DON'T SEE THINGS OUR WAY. NOT EVERYONE IS MEANT TO LIVE BY OUR STANDARDS BUT EACH IS MADE TO LIVE BY THEIR OWN CONVICTIONS.

IF WHAT WE SAY OR DO DOES NOT HURT OR HARM ANOTHER AND WE RESPECT THEIR RIGHT TO BE WHO THEY ARE, IT DOESN'T NECESSARILY MEAN THAT OTHERS WILL RESPECT US ENOUGH TO TREAT US THE SAME WAY. WE DON'T HAVE TO ALLOW ANOTHER'S ACTIONS TO DETERMINE OUR OWN. NOR DO WE HAVE TO LIKE ANOTHER TO LOVE THEM. WE MUST ALL ANSWER FOR WHAT WE CHOOSE TO DO.

IF WE MAGNIFY THE FAULTS AND SHORT-COMINGS OF OTHERS, IT IS THAT WITHIN OURSELVES THAT WE ARE RECOGNIZING AND THAT WITHIN OURSELVES THAT WE MUST ADDRESS. THIS GIVES ONE THE POWER TO VALUE ANOTHER'S PART IN HELPING THEM TO EVOLVE AS AN INDIVIDUAL.

THE UNIVERSE AND ALL THAT SURROUNDS US WILL EVENTUALLY MANIFEST THROUGH OUR EXPERIENCE THE TRUE REFLECTION OF OUR THOUGHTS AND FEELINGS ABOUT OURSELVES, OUR RELATIONSHIPS, OUR LIFE, AND THOSE AROUND US. SO TO CHOOSE WISELY WHAT WE DESIRE TO EXPERIENCE, DISCIPLINE THE MIND AND BODY TO ONLY ALLOW ONESELF TO REFLECT AND ACT ON THAT WHICH SUPPORTS THEIR DESIRE AND THEIR PURPOSE. THIS IS THE WAY TO BEING-NESS .

How GOD PROVIDES OUR NEEDS, OUR WANTS AND OUR HEARTS DESIRES THROUGH OUR MINDS MEDITATIONS. KNOWING THAT OUR INNER EXPERIENCE WILL BECOME OUR OUTER EXPERIENCE AS WE FOCUS ON AND APPLY ACTION TO OUR MEDITATIONS. THEREFORE WE CAN HAVE ALL THAT WE DESIRE IF WE REMAIN PATIENT, PRUDENT, AND TRUST OUR OWN INTUITIONS ACTING ON THEM OUT OF LOVE FOR SELF AND OTHERS.

TRUTH IS TRUTH, NO MATTER WHO SPEAKS IT.

WE WILL ALWAYS SEE THE SUN WAY BEFORE WE EVER REACH IT. AND AS IT IS WITH THE SUN, SO WILL IT ALWAYS BE WITH OUR DREAMS. WE WILL ALWAYS SEE OUR DREAMS AND VISIONS BEFORE WE EVER REACH THEM. THIS IS WHERE OUR NEED FOR PATIENCE COMES IN.

TO JUDGE BY ACTION, VERSUS INTENTION, WITH THE COMPASSION OF KNOWING THERE IS ALWAYS MORE THAN MEETS THE EYE TO ANY SITUATION.

LOVE SHOULD BE FREELY GIVEN, BUT TRUST MUST BE EARNED OR PROVEN THAT ANOTHER IS WORTHY OF IT, IN ORDER FOR ONE TO BE COMFORTABLE IN GIVING IT.

TO VALUE THE SHEDDING OF TEARS, FOR BY THEIR RELEASE THE WOUNDS OF THE HEART ARE CLEANSED AS THEY WASH AWAY THE HURT AND PAIN THAT CAUSED THEM, AND SO THE HEALING OF THE SOUL CAN BEGIN.

WHO WE REALLY ARE IS TRULY WONDERFUL, EVEN BEFORE IT IS REVEALED FOR THE WORLD TO SEE.

NOT ALL THINGS ARE WHAT THEY APPEAR TO BE, WHAT MAY SEEM TO BE AN OBSTACLE MAY TRULY BE WHAT'S SAVING US FROM DISASTER OR PROVIDING US WITH AN EVEN GREATER GIFT.

LOVE IS WHAT WE MAKE IT, SO MAKE TIME TO ENJOY IT, MAKE SURE IT'S TRUE, MAKE IT OFTEN AND MAKE IT OUR GIFT TO ALL. WHEN THE LOVE WE GIVE IS TRULY UNCONDITIONAL IT HEALS THE SOUL AND LAST FOREVER.

WE AND GOD ARE ONE IN THE SAME, SO THE MORE WE TRUST OUR HIGHER SELVES THE MORE GOD SHINE FORTH **His/HER TRANSFORMING POWER IN OUR LIFE'S EXPRESSION. SO IT IS FOR ALL.**

ALL THAT SEEK TO FIND GOD MUST SPEND TIME IN THE DESERT OF SOLITUDE AND SEPARATION FOR IT'S IN THE QUIETNESS THAT YOU WILL HEAR LOUDLY THE WHISPER OF GOD'S VOICE, SEE CLEARLY GOD'S VISION OF YOUR LIFE'S PURPOSE, AND ARE GIVEN THE POWER TO FULFILL YOUR DREAMS DESPITE THE OBSTACLES THAT YOU FACE.

REPRESSING THE EXPRESSION OF OUR THOUGHTS, FEELINGS, AND DESIRES HINDERS OUR ABILITY TO BE WHOLE AND COMPLETE AND PRODUCES EVEN MORE SUFFERING OF THE SOUL.

PHILOSOPHY OF ME

WHAT IS DESIRE MOST IN THE SCHEME OF OUR EXISTENCE IS
TO LIVE OUR LIVES IN THE PATH WE'RE MEANT TO FOLLOW.
TO LOVE TRULY FROM THE HEART; AND TO NOT LET THE WORLD TAINT THAT PURITY OF OUR INNER VISIONS OR CAUSE
OUR HEARTS TO HARDEN. TO SPEAK TRUTH OF OUR EXPERIENCES THAT CREATE WHO WE ARE AND TO BE AT PEACE
WITH OURSELVES REGARDLESS OF WHAT OTHERS MAY EXPECT.

WHEN IN PRAYERFUL MEDITATION WE BECOME AWARE OF THE PEACE & LOVE OF GOD & SELF THAT SOLITUDE
PROVIDES AND OUR POWER TO TRANSPOSE THE OUTER TO MIRROR OUR INNER VISION. THIS PEACE WITHIN OURSELVES
WE ARE MEANT TO SHARE WITH OTHERS TO HELP THEM RECOGNIZE THE POWER WE POSSESS IN GOD, TO SHAPE OUR
WORLDS AND CREATE THEM TO BE WHATEVER WE CAN BELIEVE FOR.

TO BLESS OTHERS, AND BE THERE FOR THEM TO SUPPORT THEM IN THEIR DREAMS WHERE OURS MEET TOGETHER, TO
ENCOURAGE THEM TO FOLLOW THEIR OWN PATHS WHERE OUR PATHS DON'T MEET, OR JUST TO BE THERE FOR THEM IN
WHATEVER WAY WE CAN.

THERE IS SOMETHING ABOUT BEING IN SOLITUDES EMBRACE THAT I FIND IS NOURISHING TO THE SOUL AND
NECESSARY FOR OUR SPIRITUAL GROWTH, PEACE OF MIND AND HEALTH.

OUR STRENGTH IS BUILT BY OUR LABOR TO OBTAIN OUR FREEDOM AND TO FORGIVE DESPITE THE BLOOD, SWEAT, AND
TEARS WE SHED.

WE ARE AT OUR BEST WHEN WE CAN EXPRESS, WITH PEACE, CONFIDENCE, AND LOVE, THE JOY THAT LIFE BRINGS.

LIKE A BIRD WE ARE MOST BEAUTIFUL WHEN ALLOWED TO ROAM FREELY, TO SPREAD OUR WINGS AND FLY. WHEN
CAGED, OUR RESILIENCE IS DEPLETED AND WE NO LONGER REFLECT THE STRENGTH IN GOD THAT WE POSSESS.

THERE IS SUCH DEEP MEANING TO WHAT I HAVE LIVED THAT HAS CREATE THE STRONG SPIRITED INTUITIVE SOUL THAT
I HAVE BECOME. I SEEK TO LIVE INTIMATELY WITH ALL THAT IS IN MY OWN LIFE AND WORLD YET LIVE FULLY
PRESENT IN EACH MOMENT.

*AS WE PAY ATTENTION TO OUR INTUITIONS THEY DIRECT US TOWARDS WHAT IS TRUE FOR OUR JOURNEY FOR WE HAVE
NEVER BEEN GIVEN A DESIRE, A VISION, OR A MISSION, WITHOUT THE POWER TO MANIFEST IT. OUR DREAMS MANIFEST AS
WE COMBINE CONTEMPLATION WITH ACTIONS AND FOLLOW WHERE OUR HEART LEADS. SO TAKE HEED TO WHAT SPURS
YOUR PASSIONS AND REMEMBER THAT WHAT WE GIVE WILL RETURN 100 FOLD. I AM THAT I AM, AND THIS TRUTH HAS SET
ME FREE.*

EMBRACE THE WHISPER

THERE IS A VOICE INSIDE US ALL THAT DIRECTS US ALONG THE TRUE PATH FOR OUR LIFE. IT'S A DIVINELY MADE GUIDANCE SYSTEM INHERENT IN ALL OF US THAT LETS US KNOW WHEN WE ARE IN ALIGNMENT WITH OUR TRUTH; THAT LETS US KNOW WHEN THOSE AROUND US ARE OF HELP OR HINDERANCE, WHEN THINGS AREN'T RIGHT AND WHEN WE ARE OR AREN'T IN THE RIGHT PLACE.

THERE IS A VOICE INSIDE US ALL THAT GENTLY WHISPERS THE TRUTH OF OUR INNER AND OUTER STATE, AND WHEN WE IGNORE THIS DIVINE VOICE WITHIN WE SUFFER LOSS, HARDSHIP, STRUGGLE, ANXIETY, EMOTIONAL PAIN AND PHYSICAL DIS-EASE.

WHEN IGNORED THE VOICE THAT WAS AT FIRST A WHISPER, STARTS TO BECOME A NAGGING FEELING THAT SOMETHING IS WRONG, "YEAH, I KNOW THAT WHAT I'M LIVIN' IS WRONG FOR ME, BUT..."

THE TAPE WITHIN OUR SUBCONSCIOUS MIND THAT REPEATS OUR PAST FAILURES, AND TRAUMATIC EXPERIENCES AND THE FEAR THAT WE ARE DESTINE TO EXPERIENCE THEM AGAIN. THIS FEAR DRIVES THE PRESSURE WE PUT ON OURSELVES TO FIT IN, OUR NEED FOR LOVE AND ACCEPTANCE BY OTHERS, OUR INSECURITIES AND FEELINGS OF INADEQUACIES NEGATIVE SELF IMAGES ETC. THAT WE CARRY FROM PAST REJECTIONS, THE LOUD DEGRADING, DEVALUING VOICES FROM OUR PAST AND OUR ADDICTIONS THAT BELITTLE US KEEPING US FROM TRULY HAVING THE COURAGE AND STRENGTH THAT WE POSSESS TO WALK AWAY FROM WHAT NO LONGER SERVES OUR HIGHEST GOOD AND ALLOW US TO EXPERIENCE OUR GREATEST POTENTIAL, OUR GREATEST JOYS, OUR DREAMS AND ASPIRATIONS.

WHEN IGNORED THE WHISPER BECOMES A MOAN, A SCREAM, AN INNER SLAM AGAINST THE WALLS OF LIFE THAT CONTINUE TO TAKE US LOWER AND LOWER, FURTHER AND FARTHER AWAY FROM WHAT WOULD BRING US PEACE, WHAT WOULD CREATE THE ANSWER TO LIFE'S AILMENTS THAT WE SEEK. IT BECOMES THE BALL AND CHAIN WITHIN OUR MINDS THAT KEEP US IMPRISONED IN EMPTY CYCLES OF SELF DESTRUCTIVE BEHAVIOR UNTIL WE FINALLY COME TO THE PLACE WHERE WE CAN NO LONGER RUN... NO LONGER IGNORE THE BILLOWING FIRES OF PAIN, DYSFUNCTION AND DETERIORATION OF OUR QUALITY OF LIFE. WE ARE FORCED TO THEN ACKNOWLEDGE WHAT WAS AT ONE TIME A WHISPER... A WARNING THAT HAS BECOME A GIANT OVERWHELMING MONSTER TO SLAY.

"HAD I ONLY EMBRACED THE WHISPER AND FOLLOWED WHAT IT HAD TO SAY." SO... RECOGNIZE THE VALUE AND EMBRACE THE STILL SMALL VOICE WITHIN. REMEMBER THE LESSON WELL LEARNED AND LET A NEW LEVEL OF HEALING BEGINS AS YOU ALLOW THE WHISPER TO BECOME YOUR BEST FRIEND.