



Spirituality 101

Our mission: Earth & Water Wellness is dedicated toward helping enrich personal and spiritual growth within our clients.

The term “spirituality” is often used loosely, and may mean dramatically different things to various people, so the following article seeks to define and explain spirituality within the context of our mission at Earth & Water Wellness.

It’s All About the Soul

At the core of spirituality is a belief that everyone is a soul incarnate. Essentially, souls are eternal beings that choose on occasion to incarnate into physical bodies on temporal realms such as Earth. Although many religions also teach belief in the soul, there are differences with what we are speaking of here. For one, religion tends to acknowledge the soul almost as an afterthought, something that we happen to possess, but only taking on importance after death. In contrast, spirituality stresses that we are souls first and foremost, and everything else follows from that primal fact

Many religions also teach dogma that says humans are born “sinful” and evil, and must be redeemed through various rituals and practices or else face eternal punishment. People can believe what they want, but the soul is oblivious to religion. Spiritual teaching simply points out that the soul has existed eternally, and chooses to incarnate for its own purposes. Even though it inhabits a physical form, the soul is intrinsically part of God and inseparable from God. What takes place in the “afterlife” is an

interesting enough study, but not as important as understanding what the soul seeks to experience here and now.

It's all about the soul, because we each find ourselves here on this journey, but may not realize why or even who we really are. The ego-based mind we employ to navigate physical reality is not very good at sensing spiritual reality. From its limited perspective, we are suddenly thrust into a cold, frightening environment with nary a clue as to who we are or where we came from. The "amnesia" effect of incarnation is valuable for the soul to start each life with a clean slate, so that past lives that may have featured the same lessons and "cast members" do not inhibit us from plunging into our current lessons with full intensity.

It's all about the soul, because many of us get stuck and don't have a clue why. The soul often intends a challenging regime of lessons and experiences that made sense during pre-birth planning, but seem overwhelming when mired in the fog of ego-based consciousness. Since the ego has no recollection of signing up for such challenges, it tends to view life as stressful and filled with suffering for no good reason. Yet, much, if not most suffering results from resisting the lessons that our soul planned. Generally speaking, the soul will not plan suffering for its own sake. The only way out is to complete the lesson and fulfill the soul's agenda. Embracing the soul's agenda is the quickest route to happiness, fulfillment, and reduced suffering. In order to do that, we must gain some understanding of the soul and its agenda.

It's all about the soul, because a shift is taking place in human consciousness that causes spiritual understanding to be more readily accessible. Many mystics say we are headed toward a higher dimensional existence, with the entire planet making the transition. However, we still also exist as humans on a physical and causal plane. The exciting thing is, we can now more readily access and experience the best of both worlds. We can live with one foot grounded on Earth and "One Foot in Atlantis".

My term for this process is "The Fully Actualized Life" as featured in many posts on this blog.

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