

Sharing the treasures of your journey through writing

Spiritual Wisdom

True education begins only when a man turns from all external aids to the Infinity within and becomes as it were a natural source of original knowledge.

— Swami Ramtirtha

The most basic tenet of nearly every great philosophical system is to “know thyself.” Knowing yourself is not a narcissistic luxury, but what life demands from everyone.

Every person reaches from the heavens to earth, and perhaps beyond (see Chapters 3 and 14). However, most people are too busy focusing on their immediate, outer lives to take time to unfold all the wisdom that can be gained by unpacking and seeing more deeply into each event, moment, feeling, and experience.

Don't Forget

Life is truly more wondrous than fiction, which is one reason reality shows have become so popular in modern television.

Appreciating your story

Consider how interested people have been in every detail of the lives of famous and infamous celebrities and this month's scandal or heartwarming tale du jour? Well, that is how interested you should be in your *own* life!

Every life is an amazing story, no matter how boring the outer circumstances may seem compared to others. The processes you've already experienced while growing from childhood on inherently carry countless profound stories and lessons. Your job is to dig for the gems in everything that comes and has previously come your way.

One way to approach your untapped terrain of inner knowledge is to use the process of writing to dive deeply into events that have unfolded and continue to unfold in your own life. Whether outwardly exciting or ordinary, you can discover lessons and insights hidden within each twist and turn on your path, by writing about them with an intention to gain greater insight and appreciation.

Contemplative writing:

- **Teaches you to respect the intricate beauty of your life, while extracting its juicy lessons.** Instead of only living on the surface of daily events, you take time to honor the deeper lessons, patterns, and colors inherent in the details of every moment by giving form to them in words.
- **Opens a way for you to drink deeply from the fresh spring of inner wisdom, insight, and expression.** Taking time to write about past experiences and insights you've had keeps your higher level awareness freshly invoked in your mind as you approach the current events and thoughts of your daily life.
- **Teaches you to give yourself the respect and reverence that every human being deserves.** Contemplative writing is a way of asserting that your inner wisdom is so grand and that your life is so precious and valuable that your thoughts and experiences deserve to be explored and expressed as a novel, poem, journal, or autobiography.
- **Gives you a chance to explore and organize your memories, feelings, and beliefs into a more objective view of everything you encounter.** Contemplative writing shows you how to notice patterns of events and guides you to give structure to your thoughts and experiences so that you can see the world with a bigger-picture view.
- **Enriches your life by helping you pay more attention to life.** When it comes to life, quality is definitely more important than quantity. Paying attention to life gives you a much greater experience of life.

Ultimately, it doesn't matter whether you plan to publish your words, although sharing what you've learned — opening yourself to the extent where you're willing to share personal thoughts with complete strangers — can also be a powerful experience.

In addition, if you have done the inner work to contemplate your experiences, others can also benefit from the fruits of your contemplations. One thing I've learned is that even with very different cultures and upbringings, people share similar ranges of experiences.

If you're able to pierce through to the essence of an experience that you're writing about, others will also be able to relate to your story and apply the healings and understandings you've achieved to their own lives.

Consider

Some people prefer to set strict disciplined schedules for their writing — for example, they plan to write a certain number of pages every morning or evening — while others prefer to write only when they feel moved to express something. As with every practice, you have to know your own nature and decide what approach works best for you.

The purpose of contemplative writing is not only to share your thoughts with others, but also to teach you to look at things with a more conscious eye and to contemplate, clarify, and empower your beliefs using the tool of words.

Regardless of whether it's your calling to make what you write available to others, it is still in your best interest to take advantage of the power of words to explore and heal your body, mind, and spirit.

Don't Forget

Your beliefs create your reality. Uplift your beliefs and you uplift the world!