

## What Spirituality Can Do for You

Knowledge of your true spiritual nature can transform your entire world because the world you know is inherently limited by your ability to know it. The journey of spirituality gives you new eyes through which to see. My spiritual teacher used to call it “changing the prescription of your glasses.” You still see the same world as before, but it is nothing like before:

- Within every joy and behind every sorrow, you begin to perceive the same underlying exhilaration of being alive.
- Your uncomfortable feeling of being separate from the world begins to dissolve into a subtle sense of oneness with all things.
- You take greater responsibility for the circumstances of your life as you realize that everything around you is a reflection of your inner being.
- Even when you’re totally alone, you know that you’re never really alone.
- When you’re aggravated by an outer circumstance, you can sense that it is only a reflection of some deep lesson your soul is struggling to learn.
- As the ups and downs of life come like waves to your shore, you ride them with acceptance and detachment, knowing that your true home is in the ocean’s great depths — in the peaceful calm beneath the ever-changing waves of worldly life.

You won’t find this many benefits being promised on even the most enthusiastic infomercial for any product! With spiritual awareness, you’ll have:

- A greater sense of power in co-creating your life with the universal Spirit
- An enhanced appreciation for every moment of life, whether pleasurable or challenging
- A steadiness that carries you into the precious confidence that everything is all right, all the time
- Faith in a living God or Divine Nature that is present in even the smallest detail of your life
- Days filled with joyful service and inspirational inner growth
- A natural state of peacefulness and contentment
- Honesty and self-acceptance, without needing to hide who you really are
- The transformation of your limited self-identification into a greatness and magnificence you may never have imagined exists in you, *as you*