

Appreciating your depths

We are not human beings having a spiritual experience. We are spiritual beings having a human experience.

—Teilhard de Chardin

Human personality isn't an item or a stable object. You are a *flow* — a spiritual light that becomes fragmented into the many colors that make up your multifaceted personality.

Therefore, it's possible that you may feel and act a certain way in one moment and very differently at another time. For example:

- If you're in a great mood, you may be extra charitable toward the people around you, tossing out friendly smiles and kind words as you go through the day.
- If you're in a bad mood, you may instead find yourself impatient and angry with the same people in the very same situations.

Your responses to the same situations can vary drastically depending on your mood or personal state of consciousness at the time because you aren't just a single, limited, tangible object. You are the flow of pure spirit expressing itself freshly in every moment as you. Think about your own life and how you act and feel in the following situations:

- When you're playing with happy children
- When you're teaching someone who is eager to learn from you
- When you encounter someone who thinks you're an idiot
- When you feel confused, upset, or fearful
- When you feel the power and light of grace shining through you

Get to know all the facets of your gem, and you'll find it easier to experience the spiritual light that is shining through your gem.

Don't Forget

On your journey of spiritual evolution, each facet of your personality grows and blossoms. You may be very spiritually mature in some ways, while in others, you've still got more work to do. Even the aspect of your personality that gets irritable, and the parts of your mind that entertain thoughts you wish were entertaining someone else's mind, begin to move higher from wherever they are to become freer and lighter.

Once you realize how big and amazing your personality and everything else is, then you can also relax a bit more about the small details of life and have faith in this amazing universe.

Consider

Don't be too upset with yourself if you falter here and there on your spiritual journey. Even the upward flow of spiritual evolution will appear to have some ups and downs.