

## ***You're here to evolve***

According to many spiritual traditions, your soul is continually growing, blossoming, and evolving in many seen and unseen ways. Every soul is at a different level of evolution, and even within different levels, each evolving soul is in many grades at once.

For example, you may have learned some life lessons exceptionally well, while other realizations, understandings, behaviors, and transformations may still have a way to go. Even highly evolved spiritual beings can still have significant life lessons to learn, although they may have achieved much in other areas.

### **Consider**

If you're in a three-dimensional body, you probably have more to learn!

Spirit has entered this world through your body, personality, and set of circumstances, where it exists *in* you and *as* you. Through your challenges, efforts, successes, and even apparent failures, you are meant to learn about life and apply what you've learned.

You are meant to evolve into greater understandings and expressions as you become more spiritually aware, happy, kind, intelligent, wise, liberated, and enlightened.

The process of spiritual evolution is not about trying to become something other than who you are; rather, your spiritual journey ultimately brings you back in tune with the great soul that you always have been and will always be.

Spiritual evolution takes place right in the midst of all the experiences and circumstances of your life. Regardless of who you are, where you are, and what you do or don't have, you are on a spiritual journey. Within this journey, your responsibility is to uplift and refine what you think, feel, and give in response to whatever experiences are given to you.

## Spirituality in Action

### A contemplation of waking up

Imagine that you're in the middle of a dramatic dream, in which you have completely forgotten who you really are. In the dream, you're a criminal, wanted by the law in 12 states. You're on the run as thousands of lawmen and civilians try to secure a big reward that has been placed on your head, "dead or alive." How are you going to escape? How are you going to become free? Will it help if you work really hard to study all the maps and research data in the dream library within your dream world? Will freedom come through prayer to a big statue that has appeared in the dream under the name, "The Great Wazzoo?" Will you be able to buy your freedom with more dream cash? Not necessarily.

What is most needed in this seemingly impossible situation is for you — the you that you think you are in the dream — to wake up. You have to let go of those dream-bound thoughts, identifications, habits, desires, and attachments, and awaken to your true nature. In fact, one could even say that your dream-self will make the ultimate sacrifice and face total dissolution and "death" in the process of waking up.

After you awaken, safe and snug in your bed with your dog fast asleep at your feet, you contemplate: "What was that all about?" Did the criminal and all those circumstances really exist, or were they just a symbolic illusion, perhaps representing a subconscious desire to feel more "wanted"? The circumstances certainly *felt* real, but everything is so different now as you rest safely in your bed. It's almost as though you've been re-born from the false dream into a higher waking world where you realize, at last, who you really are. (At least until you awaken from *this* dream!)