



# Maintaining Spiritual Consciousness

The goal of maintaining spiritual consciousness, while challenging, is attainable once we decide in our hearts that it is something we truly desire. It is this initial desire that we must wrestle with until we are quite clear that this dimension of life is important enough to claim our time and attention.

It does not require that we give up other important facets of our lives, but that we learn to perceive that *all of life is a spiritual journey* with everything in life being *colored spiritual*.

We do not live life and merely do spiritual things from time to time. Rather we are made aware that because life is a gift of God, all of life is meant to be a spiritual experience. It is that unique awareness rather than our doing certain things that enhances our relationship with God. Eventually that awareness inevitably transforms

everything about us and affects everything we do and how we do it.

Maintaining spiritual consciousness is not a matter of behavior, but of attitude. It is an ongoing *perceptual adjusting*, a continual refocusing we experience, initiated and empowered by God's Holy Spirit who lives within us. Along the way we can look back and realize: "Wow! I am different. I see things differently. My attitude is more positive. I am more caring. My life is more joyful".

Our role in this life-changing process is to desire it, give it our time and attention and wait for God to make it happen.

