



# Becoming Aware of God's Spiritual World

I am told that we use only a small percentage of our lung capacity for normal breathing. We use an even smaller percentage of our brain capacity for thinking, reasoning, learning and remembering. The extensive unused portion is there, available and needing to be used so as not to atrophy.

The same is true for our spirits and our spiritual capacity. We are spiritual beings as well as physical beings having been created in the image of the Holy One whom we assume to be pure spirit. Yet we live as if we are only physical beings utilizing our physical anatomies as our primary equipment for living, leaving our spiritual capacity mostly dormant much as we do our lungs and brains. Because of this error we miss at least half of life's opportunities. That is a severe loss.

There exists an entire world of reality that is strictly spiritual in nature. It is totally accessible to us and we are fully equipped and quite capable of participating in it because of our own spiritual capacity. However, this world of reality goes largely unexplored because we are too busy living inside the box of physicality.

We need a spiritual iPhone programmed to reveal to us the wonders of this incredible spiritual world. There is so much out there. There is an entire world of spiritual reality that we are equipped to enter and experience.

Perhaps you have had glimpses of it in special moments. There may have been experiences in your life that you cannot explain with the limited information available to you. Moments of *aha!* may have occurred. Epiphanies may have given you rare visions of another world of existence.

Embarking upon a spiritual journey is being open to these phenomenal experiences and to whatever is out there that God presents to us as possibilities. The journey will inevitably be filled with mysterious occurrences that lie beyond our comprehension, but which prove themselves to be authentic, bearing the fingerprint of God. At first we are incredulous, but along the way these phenomena turn us into believers while remaining tenaciously inexplicable themselves. That is the transforming nature of spirituality.

A few people have told me that spirituality is a puzzle to them and they *don't get it*. For some others it holds no interest or attraction. However, when God's own Spirit awakens within us a sense of *longing for more* and when familiar religious practice no longer satisfy that *something inside us*, there comes a time when spirituality beckons. The Holy One comes into focus as never before; we feel the pull, and are drawn into this new world of reality. The journey begins!



Our first response is almost always one of gratitude. *Thank you Holy One for inviting me into your spiritual world where you meet me. Enable me to release myself into your care. You are the potter—I am the clay.*