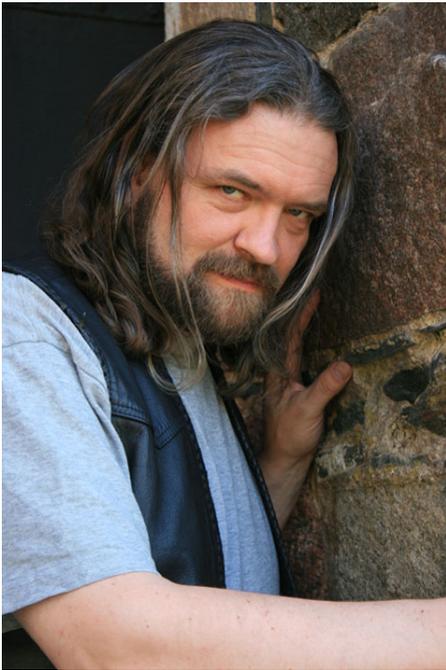


A Measure of a Spiritual Journey



You've been working hard. You've put the time in learning, practicing, creating your belief system in some way that makes sense to you and doing your best to walk your talk.

Awesome! You are squarely and solidly on your spiritual path – you are well on your way on your journey.

But are you making any headway; are you getting to the place you believe you are trying to get to? And how would you know?

Here is one reliable measure of a spiritual journey that can answer the age old question, 'How am I doing?'

Ready?

How well do you handle the day to day stresses in your life?

How well do you handle the big inconveniences that come along every so often?

Do the painful events in life take you out of the game? Or do you bounce back like a rubber ball?

There is one thing that can be definitely said about all spiritual paths. They all create the power of inner strength. If you are working hard on a spiritual path, you are creating inner strength that will assist you to get through life more gracefully.

As I read and listen, I see a pattern in so many teachings about spirituality. The pattern is a belief that the more spiritual a person is, the less stress and painful unwanted events that person should encounter. This is absolutely false, because a well founded spiritual person will discover the reality of our reality, and therefore get in contact with the world as a complete system of never ending evolving events.

What is true however, is the fact that a well founded spiritual person has more inner strength and tools of knowledge to get them through that dark night or that painful event.

And it's important that we understand that distinction because another truth about a spiritual journey is that everything is connected – wanted and unwanted events – dependant on your perspective. And the perspective changes as you walk a path that makes you blossom and become who you are. The old statement that we can only go as high as we have been low is a spiritual fact. We must venture into the so called dark corners of our reality to have the contrast to actually see the so called light for what it is.

Maybe for some that doesn't seem very comforting; suffering through our darkness is for most people a very "blood pressure raising" thing to endure.

Growth and expansion comes in much bigger and faster ways when we are in a moment of researching our own darkness. It is those things, the inner sulphur of alchemy, that are uncomfortable that keep our feet on the spiritual path, that bring us back to the path, or lead us there in the first place for the largest part.

Isn't it wonderful news to find out that the mere fact that we are on a spiritual journey is creating the inner strength we need to endure our struggles?

So how well do you handle the darkest moments in your life?

How long does it take you to bounce back from a painful event?

Answer these questions and you will know how far you have come in your spiritual journey.

Bet you've come farther than you think you have. :)

Peter Grun
Norway

Peter is the leading Scandinavian spiritual teacher. You can learn about Peter's own brand of spiritual magic at the Life By Magic Conference in Toronto, March 2010 or Vancouver, November 2010. www.lifebymagic.com