

# A Spiritual Awakening

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## Introduction

In January 2012, while conducting introspective work on my life I awoke in the middle of the night. It is difficult for me to believe, but I know I was awake and not dreaming when a voice clearly spoke: "THE ANSWER YOU ARE SEEKING IS THAT: LOSING FEAR IS THE FIRST STEP TOWARD SPIRITUAL AWAKENING!" Had it not been for the intense and overpowering feeling of love, contentment and peace that accompanied the message, I could have rationalized it away as a hallucination. I was 62 years of age when it occurred and my first thought was, I either have a brain tumor producing hallucinations or I am being prepared to die! A second message immediately responded, "THIS IS THE BEGINNING, NOT THE END!" Now I was extremely shaken! I had never before experienced anything even remotely similar and I had not considered myself to be extremely religious. In fact, I had never even fully read the Bible. For the next three days I received answers in my mind to all of the unanswered questions that one has throughout one's life. Eventually I needed to confess to my wife what I was experiencing. As I was trying to convey what had occurred, tears welled up in my eyes, I received the overpowering feeling of love again and I could not speak! I asked my subconscious, why are you crying? Once again an immediate answer: "I TOUCHED YOU ON THE SHOULDER TO CONSOLE YOU AND YOUR BODY FELT MY LOVE. YOUR BODY CANNOT CONTAIN THAT MUCH LOVE AND IT OVERFLOWED THROUGH YOUR EYES." I cannot begin to convey the feelings, thoughts, emotions and questions that began to go through my mind. My mind kept telling me it was a hallucination but the overpowering feeling of love and well-being was nothing like I had ever felt. It persisted for days. Even now writing this book I relive the same feelings. I was afraid to ask the question that I really wanted to ask: Who is this? It was days before I could work up the courage and finally ask: who is this speaking? The voice responded: "I AM THAT I AM." I had grown up with a Christian background so I knew the implications of what that meant. How does one rectify the implications of that statement to one's psyche? First I tried to deny it to myself and just dismiss it, but those associated emotions and feelings continued to be overpowering and linger! I recall thinking to myself: the only thing missing is a burning bush and I don't believe I could take that right now! After a few more days of the incessant feelings and strange metaphysical coincidences occurring all around me I decided I needed to try to understand what was happening to me! I began to search any and all resources of other people who claim to have heard God. I decided that more than any other time in my life, I needed to know what was in the Bible. The voice stopped speaking as before, but now I would think of something in my mind and immediately get that usual whisper and corresponding answer that comes from your subconscious. I began to think to myself: what can I possibly read to explain this? As if by coincidence, a book, an audiovisual presentation, some manner of answer

would appear within a day, as if to say: if you study this you will understand! It is now the end of August and the metaphysical happenings have slowed but still continue. I have become obsessed with seeking answers to this experience. In January when this occurred, I owned one book that contained religious overtones. Now I am surrounded by books, tapes, videos, and all manner of educational offerings on the religious and spiritual realm. In this book I have shared the main teachings to which I have been guided. I reiterate, this is not literature that I picked out to read, or listen to; rather these are resources that would appear and I seemingly had no choice but to obtain and digest. I do not consider myself as a writer or as a philosopher. Why then am I writing this book? It is simply this, I have never had anything this significant happen in my life and I cannot decide if this experience was meant for me alone or if it was something to be shared with others. If I write this book and it collects dust without affecting anyone else, then this experience was designed for me alone. If this book takes off and reaches unbelievable heights, then the wisdom I have gained is to be shared. Regardless of the outcome I cannot lose, for you see, like the rest of my life, I place it in my creator's hands to do with as he/she wills!

To my wife, Anita, my soul mate and best friend! Without your patience and understanding through this experience, I fear I would have gone insane! You were a gift from the creator years ago. Without you by my side, life would have been without luster! I love you today more than I loved you yesterday or the day before!

I would also like to send special thanks to my sister-in-law, Joy Kirchgessner and my wife for their proofreading and editorial support. Without your assistance this book would have been much more difficult for the reader to comprehend:

Thank you both so much!

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Chapter One: The Meaning of This Life: Why are we here?

I have made multiple attempts at writing this book. I am finding it difficult to put into words what I have come to believe about this human/spiritual existence. If you are reading this, it is important to realize what I am writing has come through what I believe to be divine guidance. Until someone experiences what I have experienced for the last nine months, it will be hard to believe the concepts I am writing. I have decided to start this book out with precisely what my beliefs are about this life and then to utilize subsequent chapters to explain how it is that I have come to believe as I have. While writing this, I understand that I am opening myself up to tremendous criticism and inspection.

Here is what I have been guided to believe:

1. There is indeed a higher power from which we all originate.
2. That which we call our soul originates and is part of this higher power.
3. We are connected to this higher power and everything and everyone around us through an unseen energy field.
4. We constantly communicate with and through an unseen energy field.
5. This energy field coming from the higher being has healing properties and contains all that we experience as physical on this earth.
6. This higher power has made numerous attempts at guiding our decisions.
7. This higher power has given us the gift of free will as a learning tool.
8. This physical life that we are living now is a preparation for future existence.
9. This energy field communicates through vibrations of energy.
10. Mankind can communicate with this energy field through prayer and listening (meditation).
11. Mankind vibrates this energy field through thoughts, emotions and feelings.

12. Positive thoughts, emotions and feelings enhance the energy field communication. Negative thoughts, emotions and feelings resist communications through the field.
13. Mankind was placed here to create physically. In the spiritual realm from which we came and to which we will return, there is no physical manifestation. All is present and provided.
14. Mankind can create from the ego (what is good for the one) or from the spiritual (what is good for the whole).
15. Mankind is here to experience that which it creates. We are to live with what we create so that we might learn better of our creation.
16. Everything is happening just as it was planned and there is no need for fear.
17. When mankind becomes aware of better creations then there will no longer be a need for physical life.
18. The most important concept for us to learn is how to treat and respond to each other.
19. Fear is the opposite of love and is man-made. Losing fear gives access to Love!
20. Death is the return to the spiritual energy state.

After intense six to eight hour a day study sessions and daily prayer and meditation, I began to form these beliefs and then I attempted to start living as I believed. Trying to live these beliefs is by far the most difficult goal I have ever attempted to achieve. When one believes that we all originate from the creator and all exist here attempting to find the correct way to live, one's life changes. I realized I was reacting to others reactions. I realized I was living an ego-based life. An ego-based life is living with thoughts and actions about what is good for me and forgetting about how the consequences of that life might be harmful to someone else. The only way that I have been able to change my habits and behavior is to keep telling myself: we are all God's children and we are all struggling to find our own truth! If someone is struggling, then it is unwise and cruel to hurt them further, or hold a grudge, or to react to their anger. This is what I believe is the teaching of the golden rule: do unto others as you would have them do to you. Put another way: judge not lest ye be judged! One thing is sure: If you begin to believe the twenty concepts I have written, you will never read the Bible the same as you had before. You will never react to people as you had before. You will begin to live the life Jesus taught us in the New Testament! Love One another as I have loved you!

This Interpretation of the Lord's Prayer Channeled Through Meditation

Our Father which art in Heaven (There is a source from which we came that we cannot see)

Hallowed be thy name (Whenever I say the phrase "I am" which is blessed, then I am claiming my rightful heritage and all the rights and privileges thereof)

Thy kingdom come (To claim these rights and privileges)

Thy will be done in earth as it is in heaven (I must give up my will and submit to yours by inviting you to become an integral part of my life - this guidance applies to both heaven and earth)

Give us this day our daily bread (I understand that everything begins with a thought and those thoughts which are positive and loving are our daily bread)

And forgive our debts, as we forgive our debtors (I must perform as you taught us - I must forgive and love my brothers and sisters, and must not harbor negative thoughts of them regardless of what they have done)

And lead us not into temptation (I will be tempted to think evil and unkind thoughts of my brothers and sisters but I must not do this. I must forgive them immediately for they also are the children of God.

But deliver us from evil (With your help and guidance I will be able to accomplish this and have positive loving thoughts towards you and all my brothers and sisters) \*

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In January 2012 I experienced a "Spiritual Awakening" that produced teachings, resources and meditation that has forever changed the way I consider the world around me! This is about what I have learned concerning the meaning of this life!

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