



SPIRITUALLY STUCK ??

Transformation – Breaking Down Walls

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ARTICLE IV

How Does Stuck Feel?

You have been growing and now everything just seems to have stopped, like someone closed the door. Nothing stimulates you - you become bored doing the same old thing, day after day. You feel lost, alone, unloved and without purpose. These are feelings of “letting Go” of your old modes of thinking and beginning your transformation into higher levels of feeling without the ego. Stay with it, you will make it as you begin to awaken to your next vibrational level of living. *There IS* a light at the end, the feeling of living from within your heart.

What Do We Do Next?

We find that many older souls are tired of hearing about spirituality and are now ready to experience and integrate what they have heard and read. We are reaching the time where knowledge is not enough, we must live that knowledge as we become the wisdom of that experience.

Walls of New Lessons

Many have experienced confronting the wall as they stagnate, living a *Spiritual Death*. The walls that you produce are of different types. Some souls’ sail through life experiencing spiritual lessons with out much effort, then they come to “*The Brick Wall*”. As you walk through the same lessons each life time, they become easier until you hit “*The Brick Wall*”. When the individual consciousness hits that wall, the person starts feeling that they can’t go any further. They now have the opportunity to experience new

lessons, breaking through that wall, and onto the next level of living. This will seem hard at first but at this next level hard only means that it takes more time and easy means that it takes less time. What else is there to do, but to grow consciously working on your soul purpose?

Walls of Avoidance

Some walls are put up to avoid *feeling* to remain in the illusion of controlling a *safe and secure* life. Here fears and emotional issues are blocked instead of being resolved, these issues are mostly held in denial. No soul has control, only the ego’s illusion of controls. The worst scenario is when you believe that you have the controls for a long period of time and then they collapse hard, like a house of cards.

Walls Steal Energy

Everyone has more than enough energy at the beginning of each morning. Why then do they lose energy throughout the day? You may have childhood issues that are not resolved or issues not even realized (i.e. denial). Thus you may have more than one wall holding back unresolved experiences. The walls keep you from feeling the hurt of emotional pain. The pain is in reality a lesson that must be experienced. The pain you feel from a relationship breakup is not caused by the person leaving you, but rather because you allowed that individual inside your heart, to soothe some unconscious hurt. Now as the individual pulls away allowing the denied issue to surface, it results in your realization of

the vulnerability of that pain. The heart feels as if it is broken, but in reality, is really an *opened heart*.

The tendency is to blame the other person for your pain, but in reality, the pain that was always there is being pulled out of you. Now you can chose to recognize that emotional pain, becoming a victim by putting up a wall, or resolve it so that it will never happen again. I know at times it is hard to accept, but the pain is necessary for you to recognize in order to be resolved. Doesn’t a medical doctor touch parts of your body until you respond with pain? How else would one know were your pain is located? Now how much energy do you spend holding up those walls avoiding issues??

Example of Walls

Imagine seeing a beautiful crystal clear stream *flowing* (no controls) down the mountain side. The water is refreshing and safe to drink. Now, down the mountain and into the valley, a farmer puts logs across the stream, a dam to hold the water back for his cattle. The *flow stops* (control) creating stagnation (spiritually stuck). As the cattle drink and the water becomes polluted, the water is unsafe for human consumption (dis-ease).

Is this not the way that energy works within our bodies, minds and heart? We need to stop controlling our natural self and allow our soul to flow. Don’t let the ego put the logs across your flow. Live from the heart (flow).