

Spirit

Spirit... there is but one spirit with its fingers touching every star.

The concept of one energy and consciousness being all things is known as a truth to many, in that knowing many things become possible. The alternative to that is believing each thing is something completely different, this creates an impossible dilemma resulting only in paradox.

As believed by many we are a body possessing a mind and a soul, the soul is defined as the non-body, life-force of a person. The human body being only an assimilation of recycled materials, upon removal of this animating life-force it immediately begins decomposition.

The singular concept of being only energy and consciousness when understood clearly explains everything, our individuated spirit or consciousness is the local control mechanism for all our physical reality. Our thinking mind when in perfect working order is an indispensable integral part of the system, but, it is only an interface device. Our Mind allows decisions and actions to be performed by a physical form in this reality.

Most of our problems arise when the mind itself produces or assimilates abnormal, erroneous or incorrect information and acts accordingly. Faulty processing or flawed information coupled with faulty conscious decisions create further chaos, paradox and confusion resulting in extreme conflicts interfering with the proper interfacing of spirit to the physical.

The non-local control is our connection with the collective, call it God, energy, creator or the universal intelligence, assume it made everything in the universe and it knows exactly what and how to do perfectly. If we think any differently that's a personal problem. Our major problem is not keeping in touch, we narrow our focus and busy ourselves with the most mundane and absurd while hyperloading our mental processes.

We elevate our adrenaline through the roof hundreds of times a day and overload our minds and bodies beyond all reason and wonder why we have problems. If you want to do one of the most healing things possible find a place devoid of any other person and spend a quiet day all by yourself if you can stand it.

When all alone you may find you are not alone at all.