

The Journey

By Karen David, DD

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As you know, we are not just mind and body. We are souls too. We cloak ourselves in the physical vehicle, which is necessary while we journey through life on this earth. We are souls who are learning the human walk. We have our personality, everyday self, and we have our higher self.

Every person we meet, every experience we have, every situation or circumstance we find ourselves in are all meant to help us grow on the soul level. That is why we are here on the earth. Lessons of continual growth, blossoming to fullness, only to shed the experience and await the seeds of new growth once again. Through each experience we gain more wisdom, more maturity, and hopefully more grace along the way.

No one can measure the marks in the school of the soul's journey. Trying to compare with, compete against, or cancel one's own process for the sake of another, merely feeds the power of the ego in some way and not the soul's development. Everyone is unique and has their own pace to keep.

It's interesting to note that once a conscious choice is made to be aware of the path of the soul's journey and to make the effort to travel along that spiritual highway, changes start to happen. Taking the soul's journey of inner awareness produces more riches than one can imagine before that step is taken. One thing is also certain. There are no handouts on the path of awareness. There are no free rides, and there are times we can experience the dark night of the soul. Yet from the darkness of despair comes the dawn of the new day and even more wisdom, growth and grace can be earned from the experience.

Dark nights of the soul have a purpose, some of which are to test our faith, to teach us to cling to our faith and to strengthen our resolve that through whatever struggle, we will grow from it. Also, those deeply difficult periods we may experience at times, can truly help us learn to remember and realize that we are not alone, that we are in God's hands.

Keeping on the path every part of our being is enhanced over time. We ultimately learn to remember to operate from the soul level through the personality, by striving to integrate our higher self with our personality, everyday self. We ultimately become truly certain, that we do not only consist of mind and body, but that we are souls first, and that as souls, we are everlasting in the Creator's eyes.