

Spirituality - Being True to Your Self and Finding your Path

Introduction - Who are You, Really?

Who are you, really? And what does that have to do with spirituality?

Heaps. Of course, it depends upon what type of spirituality we're talking about, doesn't it? After all, if we're talking about the latest craze or fashion trend, who you are REALLY doesn't really matter (it could be argued) as you're not really chasing spirituality at all are you?

If we're referring to the spirituality that involves finding out who you really are so as to have a life that is as meaningful, productive and wealth-producing (in all ways) as it could be, then who you are - really - counts a whole deal.

Meaningful spiritual development is all about getting to know who you are, down deep as opposed to just the rote-learned or surface parts. It is about discovering why it is you respond well to some things and not so well to others. It is about finding your real home on this planet in terms of the career and job(s) you have; the money you earn; the purpose of your life; the people you live, socialise and work with; and more. Spirituality on this level dares to go beyond that which lies on the surface and accepts life's tasks and roles without question; it involves examining why you do these things, whether you are truly happy doing them, and daring to make the appropriate changes in thoughts, beliefs and life systems as you discover that it could be more.

What does this have to do with your path, the things you are REALLY here to be, do and achieve? Everything. If you don't know who you are, really, how can you hope to know why you are here, what it is you are here to create or give to planet earth and its inhabitants, and how to get about doing this? If all one is doing is what one ought to or what one simply inherited, without looking at whether this is really sitting well with their inner core, s/he has to be very lucky to be actually doing what they are here to be doing at all!

Knowing yourself - what you are versus are not; what you like versus what you like not; what you want in your world versus what you want not - is the key to finding the path, let alone getting on to it! The more you know yourself and why you are choosing to be, do and give what you be, do and give, the better your life will come together; the more the world will start giving equally; the more fulfilling and productive your life will be.

What is spirituality, after all? Why bother with it if it is not concerned with self development, with the goal being to maximise the flow around and through Self, so as to maximise the flow and benefits you create within the world and for others. Spirituality is not about sitting high on mountain tops - for most of us any way! It is about being the best person you can be in the thick of it, in the grind. THAT is where spirituality adds value; THAT is where the world can be given the opportunity to recognise and reward you for being you. Not one of us can be spiritual until we begin to understand what we are doing, in every part of life, and why we are doing it. Are we doing it simply because that is what we were taught or because it sits best with our being, makes us most productive and gives out the most joy? Are we doing it because we have examined the choices we've made, to see if they were the BEST choices of all?

Why are you so important in the mix that is spirituality? If you do not receive well, you can only give half-full or empty. To the degree that you are only a giving being, coping with “lesser than” yourself, everything you give out to the world will be from a state of depletion, poverty or struggle. Imagine a water pipe - water only comes out the end when the system is full enough to push it through - when it is overflowing itself. So too with REAL or unconditional giving. If you do not look after yourself to the degree that your needs and desires are satisfied, you are only going to give as a half-full pipeline. Not only will the channel be less than full but, as often happens, the giving will be done with expectations, hopes or deals.

Only a full channel can give fully, without condition or expectation, in the true spiritual sense. A half empty channel is always, somewhere in its being, watching the level of its fuel tank and so is still operating in self-interest. Understandably. A person must give to themselves before seeking to give to others and this includes working out who you are, what you are doing in life and whether you are truly happy with it (or not). Only by getting to know who you really are, beyond the surface and automatic responses, will you get to your true spirituality at all. Only when you move in this direction in your spiritual development, can you start to become aware of what matters to you, whether you are achieving that and/or what to do next. Energetically, only when you start being the real you can the world begin to deliver for you the states, people and things that you crave down deep.

The theory of reflection states that what a person experiences in life is a direct reflection for what it is they put out - about themselves, other people and life in general. By getting in touch with the real you, you begin to assume the correct energetic stance for you this life and all the energy in and around you begins to resonate with that frequency. Like atoms attract like atoms. By listening to and allowing yourself to become yourself, as you are really, atoms in the world outside you start to change in their nature and configuration as well until such a time as what you experience outside IS what you experience on the inside. It is at this moment that a person starts to truly realise that their life is very fitting, very comfortable and very “me”.

For these reasons, getting to know you and who you really are is a fundamental part of spirituality. It is also an essential part of finding, if not staying on, your path.

What is a “Path”?

In spiritual terms, each and every one of us has a path, a destiny, which could be described as the series of spiritual activities, learnings, accomplishments and challenges set out for us this life time. In numerology, life can be broken into four major periods of learning and development. We learn what to (and what not to) do or be over time so as to get to integrity and Self in the fullest form. Numerologically, the birth date adds down to the Birth Force - that which we are here to become over the period of living. The vibration of one’s birth number is something we will spend our entire lives coming to, again and again, discovering, learning and modifying so as to become what we are truly here to be, from the inside out, all of the time and completely.

Some say we choose our life before we get here, making the list of learnings and challenges quite predetermined. Numerologically this fits, as mentioned above. It is, however, important to define the term “choose” here, as the last statement can be controversial. “Choose” in this article pertains to the fact that, at certain moments in life, we all tend to develop beliefs about ourselves, how we work in society and how society and life works with us. Knowingly or not, we form views and beliefs out of the experiences we have which, in themselves, create particular energy flows and patterns in our being, doing and thinking. These go on to colour the choices we make in future,

consciously or not. As such, in an indirect (even unconscious) manner, we “choose” the events we experience in life (pleasant or not).

Adjacent to the statement above lie the concepts of re-incarnation and past life, which are best described here by way of metaphor. Take a daisy: seeds are planted and the plant begins to grow. So, too, Soul is/was created and took human form for the first time. The first human experience/life for Soul could be paralleled to the daisy’s first inch of growth - the first inch of stem as it shoots upwards out of the soil, taking a physical form of it’s own. Upon death, Soul leaves the body with the learnings and conclusions that it gathered in life 1 and returns later in another human form to continue its path of development and learning. In the second life, the daisy grows another inch, modifying its structure and way of being (i.e. choosing) as it goes. So, too, this happens with our belief systems and ways of being through time.

Past life theory such as this infers that one’s experiences and learnings this life are not about *repeating* those in previous times, even if similar events unfold to help us grow. At least, they do not have to be. Rather, the current life can be seen as continuing on from where the Soul left off in the last incarnation(s) by way of experiences, decision-making, conclusions and learnings. So we keep going until we reach the pinnacle - the point of wisdom and understanding combined so as to be pure compassion for Self and others at all times. In past life work, one can stand in the corridor of lives/time and view backwards all of the people one has been. A person can get in touch with the conclusions and life views that each incarnation ended with. All of them represent inches of the daisy as it grows, waiting for review, correction, healing and release for the benefit to be had this life, G-d willing.

Seen through the filters above, life becomes a challenge - not to steal or win our gains from others as a result of being in a limited system where there is not enough to go around. Instead we are dared to get in touch with, and partake in, the wealth that’s naturally and inherently available to us - the wealth that came with us, when we arrived in this incarnation - and to build upon this as we learn new things through time.

The path, as presented in this article, is the hive of activity and experience represented in the daisy’s journey THIS life: the inch of growth that the soul is here to achieve this time around by being as close to its innate self as it can be every day that the human form is here. The path is influenced by past life, this life and future plans, worries and fears and yet, it is - to some degree - predetermined. There are some things we are here to achieve, get to know and be this time around and the sooner we begin to appreciate what these things are, the sooner we can get about being, doing and achieving them. Being true to yourself is about getting on to the right path for you, not someone else’s, and living it fully. To do this, you have to get to know yourself fully.

Given this, certain things can be said about the path we’re on at any given time:-

- we’re pre-destined to succeed in particular types of vocation over and above others;
- we’re pre-destined to have certain challenges and obstacles arise, these being created to bring us to our learnings and help us evolve;
- we have pre-determined patterns or modes of behaviour for experiences of love, support, health and prosperity, which are either reinforced as we go or which change as required.

Positive Realisations Emerging from Path ‘Theory’

There are inherent positives that stem out of this theory of paths, all of which have the potential to improve a person’s experiences overnight:-

- one is never without what one needs this lifetime around. It's only a matter of whether we comprehend this and use it to our advantage;
- one is never required to compete with others for what is his/hers by divine right. With you, came your allotment of all the things you were supposed to receive and experience this life. There is no need to worry about whether you will get it (unless you think there is). The challenge is to focus on what you have and where you're going rather than trying to steal/win away the gains of others. Here, the concept of universal abundance springs forth - there is enough for everyone if we each focus on our own path, actions & performance. We can live in integrity, in tune with our higher Selves and "win" that which we inherently know to be 'ours'. We don't have to partake in fearful, competitive or negative activity, nor assume that there's only one prize or that there has to be a loser;
- one has all the support and love required for their path for its duration. It's a matter of whether we really understand this and behave accordingly. The challenge is to know who you are and to stay true to it. This way, self-esteem, aspirations and fear-less living are all attainable.

Being off the Path

Being off our path can mean:

- lack of confidence: not knowing what or who we are, where we're going or how to get there;
- lack of direction and/or purpose: not having an identity that really fits. Floating along according to the views of others without ever really being content, successful (in all ways) or complete;
- high levels of self-criticism, defensiveness and self-attack;
- a feeling of loss or of being lost - not knowing who you are; wondering why you can't get where you seemingly want to be; wondering why you can't feel really good about anything you are or do;
- a victim mentality, becoming susceptible to the paths and actions of others. When we don't know ourselves very well, we tend (being human) to look to others for guidance. Granted, there are times when this is quite helpful - until we begin taking the opinions and actions of others as our frame of reference, without first qualifying or assessing them. Now, we're all born into another's path: we're all born to at least one parent. We all face the challenge of finding our way out of their lives and belief structures to find our own. Every model of life - what it is and what we're supposed to be doing in it - is merely that: a model. We inherit some models and we discover or develop others ourselves, but we actually each have our own, inbuilt. We don't have to stick to the current model if it causes us grief or doesn't really fit. We can actually replace it with another that is a better fit. We can actually break free of "oppression" and "should" if we know we can. We can actually do something other than just sit there and fight against or succumb to something that doesn't feel right. Models are just models and they are all readily replaced once we realise this.

Are you following someone else's rules unquestionably instead of your own? Why? Perhaps, if your answer is yes, it is time for you to look at what you are being and doing. It could be you are just yet to find your path and, if so, you probably also have yet to really find yourself.

How do we come off our path?

Easily!!

As a society we are very good at telling one another what we should do or be - veritable experts at judging anything that steps out of the boundaries of "acceptability". It doesn't matter whether we're talking religion, parents, school, government, media, marketers, friends or just the person next door. We can all be pretty good at telling people what we think before we've been asked for our opinion. As such, it's no wonder that there is so much resentment, self-consciousness, confusion or image-based behaviour in the world. So many don't really know themselves at all.

Some ways that we can come off our path include:

- listening to other people's opinions of you as being unquestionably correct and superior to your own self judgment;
- telepathically or psychically picking up other people's thoughts/perceptions of things and labelling these thoughts as your own. That is, not understanding that you're actually reading their thoughts, not your own. This is common. Many of us come away from work or meetings wondering why our opinions keep changing; why we felt clear/fine before we saw that person, etc;
- following the advice or rules of others when you inherently know that it's not 100% right for you at this point in time. If it doesn't feel absolutely right, it's not, irrespective of the reason. For you not to be true to your Self at these moments - irrespective of why - is for you to let your Self down;
- not following your intuition or hunches, especially if you've come to know that they are usually right;
- listening too much to mass media in such a way as your values or aspirations begin to take on the superficially that can be held out as being critical for success by at least some of them, some of the time;
- believing that there's only ever one way to life, happiness and love, especially if that belief runs counter to your own. All theories are fine if we acknowledge their limitations. *There is no one way to do, think, believe or be.* There is just being on your path and being true to it at all times, or not. To do this, you have to learn to listen to yourself and stand up for what you know is innately fitting and true for you this life. Even then, you'll have your lessons, your pains and your challenges.

Life is not about suffering - at least, it doesn't have to be. It's about learning, tuning in and standing firm to what you know to be true for you, on your path - not someone else's - and living that, 100% of the time. All of this takes courage and can mean risk but, hey, the results are more than well worth it!

How Can We Get Back on to It?

Getting on to (if not back on to) your path takes courage, time, space and commitment - at first that is! That being said, step one in the process can be as easy as developing yourself a list.

What It Is You Want versus What It Is You Don't Want

Obviously, to get on to your path, you have to understand where you are placed relative to your innate values and objectives. Perhaps the easiest way to do this is to draw up a list of what you do want in your life versus what you do not want.

Take a piece of paper, lined if it helps you, and rule a vertical line down the centre of it. Label one column "What I Do Want in My Life" and the other "What I Do Not Want in My Life Any More, At All or Ever". Make sure you have given yourself at least a couple of hours to do the exercise properly. Allocate to either side of the paper those states, behaviours and atmospheres that belong in each category. Don't think too hard about what you are writing down - your body knows its proper lists and doesn't need to be vetted. Do not focus on physical 'things' - these are, in energy terms, the end result of the creative or manifesting process and come out of what you think, fear, value and believe life can be. As such, they are not necessary.

This exercise works only when you announce to yourself the states, behaviours and atmospheres that you want to see, hear, witness and experience in your world (or not!). It is these two lists that will begin to show to you - as you write it - whether you are accepting less than you should, whether you are in the right place in life, and what perhaps you need to start doing if you are ever to reach your objectives. The two lists will also start to develop in you, without even trying, an inner voice that will call out every time you contemplate a decision that is less than you could (or should) be accepting. These two lists are very important: only by getting in touch with the like's and dislike's that are inherent in your being will you begin to create and attract the states that you are actually wanting, and outlaw those which you do not.

Focus more on generating a complete list of the Don't Wants, as this is usually better known (from experience, of course) and easier to write. The list of what you Do Want is important but it may fall short of completion, simply because we are not always aware of what we want if we have never known about or experienced it. For this reason, the Do Not Wants is more critical as it will start to highlight the directions you are wanting to take in life and how you may be wanting to see things alter.

Be it a simple exercise, this process has enormous benefits if done with focus and commitment. The more you know what your values really are, the better your life can become. To this end, this exercise is not about writing a list that is socially acceptable to anybody other than yourself. Do not write it from the perspective of pleasing others or presenting as acceptable. Do it from the perspective of what you know is right or not. This knowing will come from within your being, irrespective of how much spiritual development work you have done before. Your gut will tell you every time, a little voice that will call out "That's It!", "Yes" or "No". It came with you when you were born and stays there. You know what is right for you, what values and behaviours sit right with your innate code. Only then will you begin to understand the type of world you truly want to belong in.

This exercise can be conducted many times. Indeed, the lists are unlikely to stay in their original form as time goes by. Repeat the exercise whenever you start to feel the need to revisit your Wants and Want Nots, or whenever you are feeling off-centre, confused or lost. It is such a simple activity but it has enormous ramifications for what you accept in life and what you choose to live with. The truer you are to your innate list, the more fulfilling your endeavours and relationships can be in all areas of life. This exercise will help you gravitate - to the degree that it is necessary - to the right part of the world for you, one that will allow you to start being yourself, truthfully and totally.

The World Is Full of Many Districts: Which One Do You Belong In?

This exercise simply involves you allowing the possibility of the world being more than one dimensional; having more than one way of being and doing. This might sound obvious but we can often feel trapped by our circumstances, believing falsely that the entire world ticks to the same moral, attitudinal or behavioural codes. In thinking this, we can feel as if we have to put up with things as they are, with little incentive to try moving as a result. We can see moving to a far better fitting part of the world as being impossible, not an option at all. So we stay put in the world we don't fit in, suffering silently.

To test this theory, allow yourself to entertain the idea that the world really is full of many neighbourhoods, each representing a different set of attitudes, codes and treatments. One of these districts is just like you, with the same codes, desires and value systems as you have. As you allow the world to become segmented in this fashion, allow the universe to start moving you to the area of the world that truly fits with you on all levels. You can visualise this as an arm that comes down from the sky, lifts you up out of the district you are currently in and puts you down into the right one, whether you have been there before or not. Allow the world to be multi-dimensional; allow the possibility that you could actually find out where you fit and be there instead of putting up with less than. This exercise has enormous benefits and can actually start working overnight. The universe is an interesting mechanism: once you start allowing for possibilities, all sorts of things can occur in the physical world with very little effort on your part. All of a sudden, people can move, change or come in, in such a way as the world really does start becoming the place you want to be in. Don't believe the author, but do try it.

These two exercises, as a first step, are more than adequate ways of getting a person in touch with his/her Self as s/he really is, down deep. They can help a person understand what it is s/he is accepting that s/he shouldn't and highlight where effort can be expended to get things changing. They are great ways of finding your path and they involve a very low risk. As a suggestion, keep the lists to yourself. It is only you and the universe who need to know what is said. You really don't need other people's views or opinions. Everything you need to process and complete these tasks you were born with. As such, all you need is some quiet time, privacy and the desire to try them out. The benefits can be quick to manifest.

Your Frame of Reference

As was hinted at above, the opinions and beliefs of others are not really relevant when we are doing self discovery. What matters is the set of values, ethics and beliefs that lie at your core. To this end, the frame of reference one adopts can have huge impact upon the accuracy of the exercises above, let alone the degree to which one actually allows her/himself to live the life s/he wants.

The frame of reference is defined here as that part of the world or piece of logic that you refer to in defining yourself and/or the rightness of what you think, do or say. For those who look only to themselves when deciding to be or do things, the frame of reference is with themselves. For those who look to others for approval or direction, the frame of reference is outside of themselves or with others. Many of us have the challenge of making our focal point our Self, 100% of the time. We all spend at least some of our time being influenced by others and compromising what we would do or be given free reign and a world of no judgment.

The frame of reference becomes externalised very early in life, as a result of being born to parents in a state of utter dependency, often perceiving (for at least a time) that their way of living or belief systems are the only way. Ideally, our family group will recognise and support our path from birth, but this is not always the case. The parent's path can be adopted by the child - vocationally, morally, ethically, behaviourally, etc. This is not necessarily a conscious act - it usually occurs by default - nor is it a case of people consciously trying to influence, mould or scar. It's just a part of life.

The frame of reference can be said to be totally dependent upon the degree to which a person is aware that s/he has a separate and distinct path from all others, and that no one path is more correct or better than another. Here's the rub: one is born to find their path and learn lessons along the way. The ability to tune in to one's path from birth and stay there 100%, is rare. Why do you think the teens are such a time? They introduce the path/life issues to us, influencing our frame of reference and setting the course of learning and development undertaken in later years. Frame of reference is an issue for many of us, for at least some time in our lives.

In terms of models, the spiritual ideal is to have our frame of reference 100% with Self; to always be true - in word, action and deed - to Self first, then to others, irrespective of the consequences. Just being.

Once internalised, our frame of reference is a very powerful balancing force that acts by:

- eliminating the negative influence of others' judgments;
- reinforcing our self-confidence and strength of conviction;
- reinforcing the commitment to our paths, like an anchor;
- eliminating resentment towards and judgment of others, replacing it with empathy and compassion;
- eliminating interpersonal issues and conflicts;
- establishing a highly positive and supportive approach to living that permeates all parts of life.

Once you understand whether the frame of reference you use in your decision-making is well and truly your own, you can revisit the exercises above and review your outputs. Is what you have come to actually yours or do the lists need more work? Were the Wants and Want Nots somebody else's or are they truly yours. If it's not really you, modify it.

Conclusion - How Do We Get There?

In conclusion, the path is what we're here to be, do and have. We can dress it up with all manner of things - cars, houses, clothing, mannerisms, etc - but we cannot avoid it. Are you happy, thus far, on your path or do you harbour resentment towards society or life for being the way it is, for "forcing" you to do or be certain things? As such, have you yet to understand that perhaps it's the model of life you're embracing that's the issue. It might not be you; it might not be "them" - it may just be the model you're following.

If so, start to look to your heart, look to your gut. Look to your feelings to see where it is your discontents and unhappinesses come from. Where is it that you're adopted someone else's model unquestioningly as your frame of reference? Be honest about it - down to the smallest or "pickiest" of details - then start to own up to what you really want to be, do and have in life. This is being true to Self and this is how to get there. Sure, the process won't always be easy - sometimes it is like getting from Tassie to Rome without money, car or boat - but you will get there, guaranteed!

For more information regarding the above, contact Fran Davidson via
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