

The Process of Spiritual Initiation -- Part One: Birth

As we move through our path of evolution and ascension, we are going through an initiation, a process that will force us to face and overcome all of our deepest fears, doubts, and anxieties to learn to create a new reality for ourselves. This process has four steps, the first of which is birth. While we believe that our birth into the physical world as a baby is the only birth that we experience in our lifetime, we actually re-create the birth process each time we move into a new life event. So, a new job is a kind of birth, as is a new relationship, a geographic move or even a difficult event such as the death of a loved one, a painful separation or an illness.

Each of these life events starts the initiation process for us, a period when we have to learn new coping and living skills, understand how we have contributed to this challenge and to find the inner strength and spiritual resources to overcome it. The ultimate purpose of the initiation is to allow us to reconnect to the Source, to find our spiritual center and to re-create our belief system so that it is based on spirit instead of the ego, to respond to life from a point of love instead of fear.

As with our physical birth, the birth process is sudden, difficult and a step into mysterious and unfamiliar territory. We find ourselves in a situation where we must fight for our physical, emotional and spiritual survival. Whether we can overcome these challenges is unknown, even to us. Each birth process is a new experience but it may be similar to other situations that we have encountered in our lives. As we journey through the Shift, we will continue to repeat lessons until we are able to understand and overcome them.

While we live in a Universe of limitless possibilities, we determine which of those possibilities are feasible for us, based on our beliefs and perceptions.

Can we overcome the challenge and create a new reality for ourselves? That depends on whether we can understand the trial and lessons of the initiation and arrive at enlightenment.

Each new birth experience provides us with a chance to create an experience that will provide us with the environment in which we can learn these lessons. As with all Shift experiences, we must arrive at a point where we can find our inner strength and reconnect with our Source, that is their ultimate purpose and the destination they will eventually lead us to.

You can find the worksheet and audio for this lesson in the Light Beacons Member Portal.