

The Process of Spiritual Initiation -- Part Two : The Trial

Our path through the ascension cycle is an initiation, a series of trials where we must face our deepest fears, anxieties, doubts and worries to heal areas of karma and move forward on our spiritual path. The first step of this initiation is birth, where we enter into a situation that begins the healing process. The birth process may be short or long, depending on the situation we are facing. The purpose of the birth process is to introduce the trial, the situation or event that will become the focus of our lives as we move through this part of the initiation.

The trial may take many forms, depending on our individual experience. The trial could be the loss of a job, the breakup of a relationship, having to deal with a difficult person in our lives or facing a life-changing decision. How we view the trial is a critical element to how quickly, easily and efficiently we are able to move through it.

A trial will often resemble a situation that we have faced before, only in a different format. Will our response to the trial be one of despair and hopelessness, grief or resignation? Or will we be able to recognize its similarity to prior experiences, utilize the spiritual knowledge that we have acquired and find the inner strength that will allow us to make different or other choices than we have in the past?

The key to understanding the purpose of the trial is to remember that we are here to heal karma and that process requires that we come face to face with that karmic wound. It is a wound that can and must be healed as we progress through the ascension cycle. If we do not heal it this time, it will appear in our lives, again and again, until we do.

We are able to recognize the trial for what it is if we look at it with detachment, resisting the temptation to react from our emotional body and take an empowered spiritual perspective. When we connect to our spiritual source and look for solutions and resolution from spirit, the trial's purpose and meaning will become clear. Then we can see it for what it is--an event to empower our healing process--instead of another block on our path, that moves in into energetic integrity with our highest frequency and vibration and out of healing and into wholeness.

As we face the trial and decide on how we will address it, we must also remember that we have a choice as to how it will affect us, how deeply we will become involved in it and whether or not the trial will become our life's focus. Will we react in old, familiar patterns or will we resist the temptation to become emotionally involved in the trial and relive the karmic experience?

Or will we see the trial as a healing opportunity? That is always our choice. Keeping our focus on the healing aspects of the will help us to quickly move through the trial and into the next stage of the initiation, the lesson.

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