

The Process of Spiritual Initiation -- Part Three : The Lesson

The movement through the ascension is a spiritual initiation, a rite of passage whose four stages, birth, the trial, the lesson and enlightenment, will move us forward in our spiritual evolution. As with much of life's learning, it is a process that can be challenging and confusing, scary and frustrating. We are placed in situations that bring forth our deepest fears, anxieties, doubts and worries and the challenge is to see them for what they are--an opportunity to heal our karma--and to resolve them using our spiritual knowledge and understanding and to make different choices than we have in the past.

That's sometimes difficult to do when we are in a situation that has turned our lives upside down but that is the purpose of the third part of the spiritual initiation-- learning the lesson.

Every life experience has a lesson to teach us. In fact, our entire life is a lesson in spiritual growth and understanding and transformation. That is a concept that we can understand once we have moved beyond the one block to our spiritual growth, fear.

Fear is our natural, human response to a challenge, whether it involves our career, finances, relationships, or personal growth. Some people live their entire lives in a state of constant fear, unable to move forward, accomplish their goals, realize their ambitions, because they are afraid of what might happen in the future or of what happened to them in the past. That is the purpose of the lesson--to understand the source of the fear, to identify the learning that needs to occur, to absorb it and then release the karma.

The lesson can take many forms and appear in many different ways. Perhaps the lesson is to value ourselves more--so we are faced with a situation where we must assert our self-worth.

Perhaps it is to pass up a relationship that we know will be full of challenges and does not feel 'right' for us. If we have accepted this type of relationship in the past, believing that the other person will eventually change, then this becomes a lesson for us--we must trust our judgment and learn when to walk away from situations that will cause us emotional pain.

Perhaps it is a lesson in integrity and we will be faced with a situation where we must stand up from our integrity, even if it means walking away from a situation that puts our integrity in question.

Each of us will have different lessons because we are each here to heal our personal karmic lessons. But the purpose of the lesson is the same, to force us to face these aspects of ourselves that require healing so that we can become energetically whole and to understand the nature and purpose of the lesson.

The lesson can only become apparent to us once we are able to move beyond fear and see the experience for what it is, a healing opportunity. Once we stand at that point, the lesson is learned and the healing is ours. The same process in the brain that maintains a history of painful experiences also keeps a record of what we have

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learned. So once we have learned something it belongs to us forever. Each time we learn a lesson we are able to retain the memory of our learning so that the next time a similar situation arises for us--and it will--we can identify it for what it is and make a choice to respond from our spiritual center instead of through our emotions and fear. And with the lesson in place we can turn our healing journey into wholeness and become enlightened.

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