

## **SOUL LIGHT - Twenty Two**

### **FLESHING IN AND FLESHING OUT**

When we “flesh out” our beliefs by making them the very cornerstones and ground of our being we bring our physical life into deep attunement with our spiritual life.

For me, my Inner Voice has always been a vital and important part of my physical world.

For each of us it is in the everyday living of the Self - in relation to the wider world - that the cries of our Inner Voice, those demands of sacred integrity, are flexed; and find their potency, worth and dimensional boundaries.

Sometimes, “fleshing out” our lives within the world is the finest way to “flesh in” our lives, too.

I recently advised a friend to give service to others as his spiritual exercise in place of his inner spiritual exercises. He now takes teenagers at risk of going to prison out into the backwoods for 10 day leadership programs.

His faith has become his life – his life has become his faith.

For me, my childhood lack of healthy family, parental support, adequate education, money, home and normal opportunities was the gift, the catalyst that propelled me within. I was on the streets physically – but in the safety of my soul spiritually.

I then took that in-tuition (the only tuition I’ve ever really had) and made it the very fabric of my life in the world – without ever becoming totally enmeshed in the world’s madness.

None of us can simply live our spirituality as a set of intellectual or mental exercises – we need to become our spirituality, in our everyday activities.

This isn’t always easy; oftentimes our ego finds it tiring! But the more we do it, the less arduous it will be and the more it will become our ordinary behaviour.

Here’s an exercise for the next 10 days: each morning, for just 10 minutes, visualize someone you don’t like/have problems with. Visualise or imagine them as self-assured, self-confident, bright, happy and purposeful.

Don’t personalize the vision to benefit yourself – see them living their wholeness, regardless of anything or anyone else (yourself included). Re-create the vision fresh and new each morning – but always express the same impersonal, love-filled intention.

Be the light you are – and flesh out the being you find within.....until you find your Oneness!

More self-empowering spiritual exercises next time,  
Love and Blessings,

*Les*