

Inspiration, Contemplation, Response: A Journey in Spirituality

When asked to speak about spirituality, I was *inspired* by the opportunity to share insight. *Contemplation* after inspiration is important so I sat quietly, candle lit, eyes closed, and inhaled and exhaled deeply to get to a place of infinite space. That sacred space allowed me freedom from my ego, which permitted room for God. In time, I was moved to *respond* by writing.

It was almost an hour before I began to write. I sat at the computer and engaged in a dance with the keyboard, not knowing in what direction this article would go. Soon it became clear the message to be shared was that one aspect of spirituality is movement by way of inspiration, contemplation, and response. In other words, we act on something after being inspired. After the moment of awareness, we contemplate the action and then respond to the world or situation by whatever method our gift is to be shared.

Spirituality may or may not be connected to an organized religion, yet having a religious connection can deeply affect our spiritual life mainly because there is direction, focus, which allows us to believe. Belief is one key to connecting to our spiritual selves. If we cease to believe then there is disconnect from the bigger picture.

Spirituality is uniquely individual. It has to do with our relationship with the universe or God; whomever we believe our God to be. It is a deeply intimate connection built on trust. It is a relationship where the human aspect of who we are relinquishes control then allows for pure trust in a higher power to guide us. It is when we contemplate and listen quietly that we hear our God whisper. Importantly, spirituality, when connected to certain religions, allows us to be accountable, not only to ourselves, but to the greater good. Religions can expand our faith unless we choose to have it limit us.

Jesuit priest Pierre Teilhard de Chardin once said, "We are not human beings trying to be spiritual. We are spiritual beings trying to be human." How does this quote speak to you? I hear it say that we can often be confused about our true selves. As humans we forget who we are and allow the ego to occupy us. In time, some of us remember from whence we came - out of love; who we are - pure love; and to where we shall return - back to love. The spiritual aspect of our very selves reminds us that as spirits of love it is against our nature to harm ourselves or another. Yet our egos interfere and fear (the opposite of love) enters to play havoc on our lives; we then limit ourselves by allowing fear to control us while possibly hurting others.

Being connected to our spiritual self is profound in that we make a choice to disconnect from our ego. Once disconnected from our ego we allow a higher power that is greater than our human understanding to enter our space and reconnect us with truth. Once present with our true selves, awareness penetrates our understanding. It is then that we may experience spiritual freedom.

We are made for abundant living. Born of pure love we can expect nothing less if we choose to believe. We are here to live fully for ourselves and the greater good. This is where response comes in.

So when there is a moment of awareness, take it and allow it to incorporate into your soul until it becomes part of you. Then take yourself to another level, one where you give of yourself freely, generously, and where you will be open to spiritual wealth.

May you live fearlessly and may the very core of who you are light the world so your truth is seen by all.

Jean Marie DuHamel, MA, CEC