



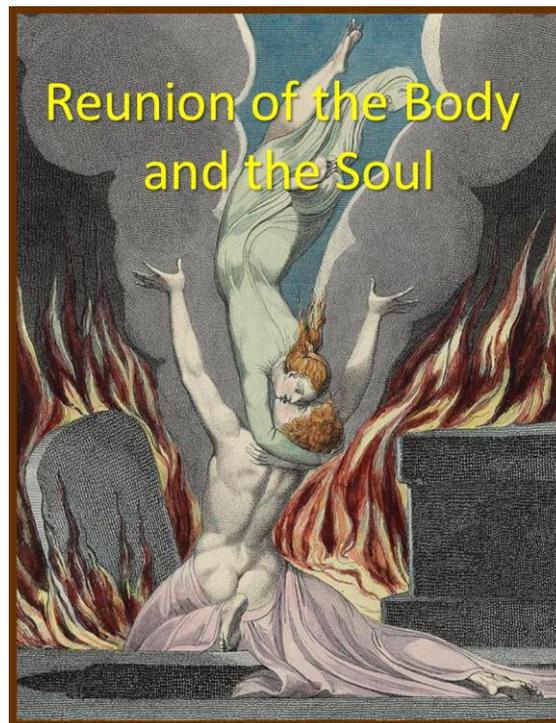
Travelers Within Society

Member Monthly Newsletter

The God of Life and Life of God Exploring Our Omnipotent Wholeness

Given the pandemic spreading around the world all of us are witnessing and/or facing hardship, loss, illness, and even in rare cases death. It is, however, far from the first time the human race has endured such challenges, and it won't be the last. We are resilient souls and the life force moving within us is infinitely resolved to surviving in the wake of all that is most perilous to us. It is within this infinite resolve that I find the strength to endure, to remain optimistic, and to ground myself in the dharma of service to others, especially when times get tough. During this challenging time, I want to share with you a notion I feel is essential to consider.

“It is precisely when we are confronted by the most unbearable of circumstances that we find the strength within us to rise above them. (With a little help from our friends that is.)” – Val Jon



While God, in a wide variety of personifications, is where most of humanity turns for their spiritual strength, I want to share a slightly different approach to my devotional practice. For me, and for some others of us who are “inner travelers,” there is no need for a middleperson or representative. The omnipotent is more of a faceless phenomenon for us, one that we both revere and recognize as being far greater than ourselves. This notion is closer to what I practice . . . but not quite.

If in fact there is a God, for me it is the existence of Life itself. Life to me is the living embodiment of the Divine and my true omnipotent lord and master. And because of this, it is also the primary source from which I draw my spiritual strength. While one might think this is just semantics, it's not and here's why. It is the living demonstration of omnipotence in action, rather than the mystical intervention of some entity or external force coming to my aid that has me revere Life as the holiest of holies.

The distinguishing feature of Life I want to shed light on is that it is not exclusively an external phenomenon, (be it either a face or a force). Rather, it transcends the illusionary boundary between what resides “in here,” and what exists “out there.” In other words, Life is a unifying presence that expresses itself as an interconnected wholeness, one we can intimately and directly commune with.

This paradoxical unity empowers me to both take personal responsibility for the God dwelling within me, as well as humble myself before the God that resides beyond me and outside of me.

What Is “The God of Life?”

Allow me to explain what Life means to me so you can do something useful with my musings. I view the omnipotence of “**LIFE**” within four simple, yet extraordinary words, **(L)oving (I)nfinately (F)or (E)ver**.

Life vividly demonstrates its infinite resolve to loving all its creations forever; and it selflessly does so in its every manifestation . . . even to the extent of being willing to sacrifice itself every moment in order that we may live. Life’s embodiment of infinite love reveals itself in every conceivable expression of Nature appearing both around me and within me. From how plants grow in order that we may be nourished, to the perennial miracle of flowers, trees and flora, to how the decomposed remains of living matter is alchemized into replenishing soil, to how our cellular structures repeatedly die and regenerate, and even to our human reproductively and death cycles in that while we personally may not endure, others emerging from our genes most certainly will. And so the omnipotence of Life sustains itself because it is infinitely resolved to doing so regardless of the circumstances or adversity it encounters. This is the kind of strength and resilience I choose to tap into.

Call it Life, God, Spirit, Universe or whatever you want, but the point is to embrace the reality that whatever you name the omnipotent, you acknowledge that it resides both within you as well as outside of you. The image I chose to accompany this article, *The God of Life and Life of God*, was *The Reunion of the Soul and the Body*, by William Blake. (Gotta love Blake for depicting the Soul as female.) Regardless of gender, however, the exquisite embrace conveys the reality of the omnipotent dwelling both within us and beyond us.

If you truly embrace Life’s dual omnipotence, then you will gain uninterrupted access to all the spiritual strength you will ever need. Why? Because if you can’t seem to locate its omnipotent power within you, it will always be just within reach outside of you. And if you can’t seem to find it outside of you, its presence will be residing right there within you. In this way, both bases are covered so that no matter what challenges you encounter in your daily life, you will have access to Life’s infinite strength to deal with them. The key of course is to come to terms with the two things that can block your access, namely an unwillingness to take responsibility for the God dwelling within you, and an unwillingness to humble yourself before the God that exists beyond you. This is why constantly returning to being “*The Chooser*” as well as practicing “*Intentional Humility*,” is so important. (You will find these two essential practices and many others outlined in my book, “Travelers Within.”)

LIFE’s Paradox of Grief And Gratitude

This brings us to a very important daily practice I want to encourage you to engage in during this challenging time we’re all experiencing. Because Life embodies the polarizing opposites of existence, (with the most obvious being birth and death,) as well as everything in between, it infuses within us the capacity and strength to deal with all the obstacles we might ever encounter in life. This is so because anywhere along the pathway of our life, and within every challenge we ever face, the omnipotent power of Life is always right there for us to tap into. It has to be there, because all of it, every single moment of being alive and every single obstacle and challenge we ever encounter is part of Life’s omnipotent expanse.

The final section of this month’s article I want to focus on is two of Life’s most prominent polarizations that if you fully embrace them, you will empower yourself to navigate with greater strength and resolve in your daily life. They are Grief and Gratitude. Let’s explore them one at a time beginning with Grief.

From Latin, *gravare*, means “to make heavy” and from *gravis*, “weighty mental pain or sorrow” is an unavoidable experience that is automatically cast upon us with our arrival into life. The moment we’re born we become susceptible to the heavy pain and sorrows that accompany our mortality. While it is one of the most challenging emotional experiences we can engage in, Grief is a vital (and healthy) emotion to embrace when it comes to maintaining our well-being and nurturing our

deeper sense of Self. While it doesn't feel healthy or nurturing at the time, the reality is that grieving is an essential emotional transition that delivers us from the surface of our identity to the core of our being. (Please read that again.) This is a very important distinction to understand and embrace.

Let me take you on an imaginary journey for a moment as a way to convey this notion. Imagine the Earth's surface to be the surface of your identity, and the Earth's center to be the core of your being. Next, imagine a passageway or deep well that begins at the surface and extends all the way to the core. Now envision the dark bottomless pit that Grief feels like as you peer into the well's depths. And finally, allow yourself to teeter over the edge and fall in. The further "down" you fall, the darker it gets and the more lost and hopeless you feel. But the reality is that you are not actually falling "down," you are falling into "center." Why? Because the farthest "down" you can possibly fall into the Earth is to its center core, not its "end," (or in the instance of being consumed by Grief, what you might conclude as the end of your life as you know it).



So the point here is that Grief doesn't lead to your demise, it leads you to the core of your being . . . and interestingly enough, to the very place where the omnipotent presence of LIFE itself dwells within you.

If you only get this one distinction from what I'm sharing with you, you will empower yourself to tap into the strength and courage you need to face some of life's toughest challenges. To lighten it up a bit and add some balance let's move on to Grief's paradoxical partner, Gratitude.

Gratitude, from Medieval Latin, *gratitudinem*, means "thankfulness, giving thanks and deep appreciation." It is both an emotion as well as a personality trait. For this reason, unlike Grief, Gratitude is not automatically available to us. (e.g., ego agendas like entitlement, arrogance and denial can block our access.) Why Gratitude is so essential to our well-being and important to practice is because it's one of the most powerful gateways into our Higher Self and spiritual essence. The other practical reason is that being in its presence profoundly contributes to our happiness and sense of fulfillment.

I do want to point out that attempting to be in Gratitude about something is not possible if we are harboring unexperienced Grief about that same something. The way it works is that we must experience the Grief all the way to the bottom of "center and only then can we authentically open to Gratitude. So how do you engage in this paradoxical process? Surrender up any ego agenda you may have (e.g., entitlement, arrogance, denial, pride, shame, blame, etc.) and open to your feelings of loss and sadness so they will lead you to the well of Grief. Once you begin to fall, go with it fully. I want to assure you that you will arrive at the core of your being. And once you do, you will find the omnipotence of **LIFE** waiting for you there, ready to embrace you with its **Loving Infinitely For Ever-ness**. ~

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