

## SPIRITUAL FORMATION

This document addresses the spiritual formation that takes place during the spiritual transfiguration.

We are more of a spiritual being than we are a physical being. We assume a physical body out of a desire for spiritual growth. Our goal is to attain a human-divine unity. As spiritual beings, our core is unconditional love — a spark of divinity. When our human nature fully recognizes the divinity within, self-divine-realization is the result. Whatever we become in life is meaningless unless it is done for unconditional love.

**Spiritual Formation:** The process of moving spiritual practices into the aspects of one's life.

This process is the higher aspects of enlightenment being employed daily and becoming your state of being during the time of transfiguration. Our state of being is the quality and conditions of our inner state. It is the energetic foundation from which every thought and action sprouts.

Your state of being is your perception of current experiences and circumstances. As it is responding to higher aspects, the general tone of your circumstances should be the epitome of balance. Therefore, your "state of being" is the quality and state of your behavior's and therefore, your existence.

For example: "being happy" is a state of being, it is not a goal to be measured and achieved. No one can give you the state of being happy. You can only do that for yourself because it comes from your perception and the ability to perceive the balance of that state.

Because this is a quality, you are perceiving the state of balance within it. By your awareness of this state, you choose to be balanced, therefore your state of being is that balance. If it is out of balance, you will not be happy.

Your state of being is not to be confused with your state of mind. Your state of mind is a temporary psychological state or falsely constructed frame of reference. It's built on the aspects of emotion, possession, sense, and thoughts constructed by your perceived awareness. To be a truly third dimensional physical being, means that you are choosing to live in your state of mind. To be a Divine Spiritual being, means you choose to be an interdimensional being in a state of being, centered and balanced.

Your state of mind describes your emotions, particularly what you're feeling in the moment. If you are out of balance, your state of mind will reflect that unbalance in the way you perceive things. Changing your state of mind is more of a mental and emotional battle. The state of your mind, meaning your emotions have an impact on your state of being. In fact, many confuse the two and see them as interchangeable, but the state of your mind has a serious impact on your state of being.

Your state of mind has a possessive aspect through obsessive and controlling traits and personality. The possessiveness is fraught with self-insecurities, self-centered attention, or

emotional dependencies. Possession affects your state of being because it changes the way in which you perceive circumstances, places, and people and gives you an unbalanced view of things to work with and react to. It often leads to demanding traits and needing someone or something to pay for feeling that way. Possessiveness is fundamentally a fear of loss. Possessiveness often stems from insecurities related to attachment styles. People with attachment anxiety tend to have a negative view of themselves and of others. They worry that no one can be trusted and they are the brunt of persecution. They have a chronic fear of rejection. It can affect you physically or it can affect the actions you take. It can change our personality and the way in which we act. This creates a cycle of imbalance and therefore affects your state of being.

We also have a state of mind built on our senses. The traits of your senses affect your moods, disposition, intentions, perceptions, and ultimately your state of consciousness. These traits contribute to the imbalance of competitiveness, achievements, motivations, fears, vices, and virtues. It can be the pleasure and purpose of existence when balanced, or the unreasonable doubt and cynicism affecting your performance when imbalanced.

Another aspect that affects our state of mind is our thoughts. Thoughts are things that go through our mind internally. Our thoughts are shaped by everything around us and inside of us – what we think we know, believe, or experience. Thoughts are impacted by our past, our upbringing, memories, the lessons we've learned, and our personality. Our state of mind guided by the thoughts we think, have a huge impact on our state of being. They dictate how we react to something or someone, as well as how we feel about things. This explains why it is such a mental and emotional battle because those aspects are tied up in the perception of the imbalance. If we have positive balanced thoughts, then our state of mind will be towards balance, but if we have negative or imbalanced thoughts, then our state of mind will be imbalanced.

During our spiritual growth cycles, we receive awareness and thereby our awareness gains perception of the state of spiritual virtues. Your spiritual growth becomes visible to yourself and others through everything you think, act, do, and say in each moment of your life. The more you understand spirituality and the Law of One, the more you will understand the spiritual nature of this world and every other world. When you achieve spiritual understanding, you will realize, experience, and express the spiritual virtues naturally and manifest through the higher forms of Divine aspects, senses, and reflections in everything you think, do, say and act. This becomes your guiding purpose. The Seven Virtues are:

Charity is the Divine aspects, senses, and reflection of unconditional love and compassion embraced and emanating within your heart.

Fortitude is the higher moral and spiritual strength gained through strength of mind, courage of heart, and resiliency to adversity.

Grace is the Divine dispensation of mercy for earned transcendence (the transmutation of physical and emotional bondage) and the ultimate key required for spiritual self-realization

Justice is the Divine balance and peace of the Universal and Cosmic laws, truth, integrity and righteousness.

Mercy is the Divine aspects, senses, and reflection of Divine Spirituality through benevolence and forgiveness.

Prudence is the Divine knowing and understanding of all wisdom and knowledge tempered by truthful judgement.

Temperance is the Divine aspects, senses, and reflections that overcome and override inordinate human nature and desires.

When we become so out of balance that we are out of balance with the seven spiritual virtues, we become the state of being in guilt and shame. The state of guilt and shame is a moral emotion that occurs when a person believes or realizes—whether accurately or not—that they have not only compromised their own standards of conduct, but also violated the moral standards of and bear's false witness towards someone or something. This inherently affects the state of mind.

Balance is extremely important because it becomes our spiritual state of being which expands our state of consciousness that sees well beyond our body and self. It is the core meaning and purpose in human existence that leads one to strive for a state of harmony, a state of freedom, and a state of bliss with themselves and with others while working to balance inner needs with the rest of the world. It is not a set of goals, but rather a quality of being that remains balanced in the eternal state.

This state of being means we are able to sync our internal and external cycles into a higher state of interdimensional movements and transitions that reveal the greater and higher aspects of the Divine plan. When we are aligned with these cycles because we become centered and balanced, we tend to live in greater harmony with life than someone who doesn't. When we attempt to keep pushing outward while our planetary transits call for an inward phase, we might feel the ill effects: We could find that what we try to achieve is fraught with obstacles and challenges, we might struggle with illness or depression as the needs of our inner selves are ignored and we live only in our state of mind, or we could succumb to an accident or sudden trauma, such as losing our jobs. These types of experiences are telling us to stop and change our focus. To become our higher state of being.

We are, but souls visiting and experiencing this physical dimension in order to grow and evolve into the ultimate light beings that is our true origin and eternal destiny. This is the cycle of spiritual transformations.