The Spiritual Pilgrim And The Journey Of Consciousness

“How to live a life filled with spiritual purpose and follow your bliss.”
TERMS AND CONDITIONS

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The Path Towards Holistic Growth

We find fulfillment on earth by living a full, balanced life.

A full, balanced life means having your physical, mental, emotional needs as well as spiritual needs properly met.

Neglecting our physical needs and we will feel sick all the time where the mind cannot think straight, we feel bad and our spirit will suffer because the body is the temple of the spirit.

Neglecting our emotional needs and we will manifest diseases in our bodies, think cynically towards others and our spirit will suffer because we are not living in alignment with our feelings.

Neglecting our mental needs and we will not know the best way to strategically take care of our bodies, we will not feel confident and our spirit will suffer because we do not have inner peace that comes from having a stable and sound mind.
But worst of all, neglecting our spiritual needs will make the rest of our lives suffer - whether we know it or not!

Our body, mind and feelings are all products of our inner world.

If the computer is the body (hardware), mind (OS) and feelings (display), the spirit or the soul is the electricity that powers our entire system.

The soul is a powerful energy source that can neither be quantified adequately by science nor spiritual experiences on earth alone.

It is so much bigger.

Because it is so big, the mystery of the soul gives us endless exploration possibilities as well as deep, profound insights when we truly work with it.

This is called the awakening of consciousness.
Consciousness has evolved throughout the years from conversations to bookstores to popular culture.

Movies such as ‘The Matrix’, ‘Cloud Atlas’, ‘Inception’ and ‘Interstellar’ are always challenging the way people see themselves and our higher consciousness.

In other words, humanity is getting more and more aware that consciousness is multi-dimensional.

In ‘The Matrix’, the protagonist - Neo in his ‘pre-enlightened’ form was simply known as Thomas Anderson.

Before he had the realization that he was living in the Matrix (an artificial virtual reality world designed to simulate the experience living in a real world), he accepted his current reality as the only reality of life.

He didn’t believe that another world existed outside the present world that he can touch, feel, taste, see and hear.

It wasn’t until Thomas was ‘told’ by others living outside his virtual world that there is another world out there - the real world, then Thomas was able to awaken to see and embrace his true identity as Neo - for who he truly is and where the real world he came from.

Perhaps, the desire to move towards a higher consciousness is like waking up from ‘The Matrix’.

Every living being is in reality a spiritual being and every time that we were born on earth, we came to have an earthly experience.
We as humans experience the human condition as we come to earth and we have a 'reset' - thus forgetting who we were and where we came from so we can re-experience the human condition living life afresh, unencumbered by past lives or past experiences.

While the experience of the human life is magnificent and powerful, we can get very caught up with the routine aspect of life or the mundane aspect of life to the point that we completely forget who we were or where we came from!

We may wander around lifetime after lifetime reliving the same thing over and over again without remembering who we were and realizing our deeper nature.

Think about it...

Are we just our job titles, our relationships, the amount of money in our bank account, our status or even our accomplishments?

Aren’t we more than that?

Somehow, there is a little voice within us that knows on a very, very deep level, that there is more - even if we deny it.

Again, it is a very profound experience to remember who we are - we are forever changed once we realize our true spiritual nature and we start to live a new life as we perceive as our reality in a very different way.
What Is The Human Experience For A Spiritual Being?

Perhaps you feel that life is challenging.
Perhaps you are disappointed by the people around you.
Perhaps you are at a crossroads.
Perhaps you are seeking inner peace.
Perhaps you feel the urge within yourself to change careers and do something more meaningful.
Or you might want to seek the divine and find out what the meaning of your life is all about.

No matter what reasons you have, the fact that you encountered this book suggests that you might even be seeking your own path towards enlightenment.

If there is one reason all these things above have in common, about why people go on a journey, it is because most people are looking for something to complete them.

Traditional personal development teaches us that we are all complete human beings and we have everything we need.

But that is only partially true on a human level.

It is not true on a spiritual level because spiritually, humans are incomplete.

If we were completed, then evolution or evolving to higher consciousness would be impossible!
If man were full, what is the purpose of seconds?

It is because we are incomplete that we desire the journey for conscious growth and incompleteness gives us the opportunity to grow and evolve as a human being.

The moment we recognize that we are more than our social status, roles or our bank account, that is when our consciousness awakens within us to want to seek more and reach the next stage of evolution.

An empty cup can be filled with new water but an ego that is already filled to the brim with identification with fixed ideas, roles and our earthly success cannot possibly have anything new put in.

We are here because we are ready to awaken to higher states of consciousness and begin a journey of inner transformation.

The inner joy of realizing that we are more than that, and we have the ability to not remain what we simply are but to enjoy the journey to become more is truly blissful indeed.

Bliss leads us to start finding ways to advance our soul.

In the process, we will inevitably stumble upon information on spirituality and sometimes in the ‘new age’ section in our bookstores.

But as we search deeper, we realize that what looks like the ‘new age’ is actually old wisdom with a new label.
Ancient Wisdom Is The Foundation

Our forefathers and the sages of old understood wisdom by looking at the stars up above and the ground below.

Coincidentally, no matter what race, tribe or time they are from, they are all looking at the same set of constellations and study the same mother earth that gives all of us life.

That is the purpose of ancient wisdom.

They have guided humanity throughout the centuries even if modern technology wasn’t there.

Looking at the ancient Egyptians, the great synthesis of that old culture is based upon an exact and complete wisdom: the understanding of the principles of and laws of creation.

Their ancient knowledge and wisdom were visible in the Egyptian sacred sites, temples and artifacts through sacred geometry, harmony, proportion and symbolism.

Indian mathematics has it’s beginnings in the Indus Valley civilization and the Vedic culture, all mathematical texts were transmitted orally until 500 BC.

Chinese royalty has used FengShui to construct the most harmonious environments and built great empires with it.

According to credible historians, Greek philosopher Pythagoras’ words possessed an admonitory quality that prevailed even with animals.

Although there are many systems of ancient wisdom that we see today such as Numerology, Magick, Law of Attraction and many others, ultimately they are all good wisdom - different fingers pointing to the same moon.
So the question is not which system is better, but rather, does the person who uses it fully grasp the core essence of the art and learn and use it in a way that is in complete alignment with their gifts and talents.

Among all the arts, Manifestation is the most basic of them all.

You do not need to be a rocket scientist to practice manifestation because even a child can do it - it is a natural phenomenon of being human.

Manifestation teaches that the universe is abundant and loving.

Mastering the art of manifestation plays an important part in our spiritual journey.

It is a journey of trusting, relying on the universe and having faith in its providence.

Manifestation is simple, but not easy.

First of all, we have to believe that we truly want and desire what we set their hearts upon.

People who do not truly want something are basically telling the universe that want to give up their birthright to receive their blessings and reject the learning that comes with it.

Their spirit or their subconscious mind is sending out signals contrary to the conscious mind.

Sometimes, people do not feel that they deserve something because they didn’t know better - they feel that they are not entitled to such things from an abundant universe.

It is the same as telling the universe that they do not want it either.
Here’s a true story:

JFK’s (an American president) nanny didn’t vote for him to be president because he never asked her to.

When he confronted her, she simply told him that it wasn’t because she didn’t believe in him (because she raised him after all), but because he didn’t have the confidence to ask her to vote for him.

Lesson:

If you can’t stand up for what you want, the frequency that you are aligning with the universe will get you exactly what you feel you do not deserve and hence, you will miss out on the blessings.

Most important of all, it is important to guard your emotional state in relationship with your spiritual state.

Remember that when you desire something but you feel guilty about it, you will not get what you want as well.

It is not because the universe is against you.

It is because your emotional state emits a vibration that tells the universe you are not happy to receive it.

If a child shows contempt towards his/her toy, wouldn’t it follow that the parent will take that toy away?

Even nature teaches us this.

At the end of the day, there is no ‘way’ to manifestation. Manifestation is the harmonious way in the universe - the alignment with that harmony is to go with our flow and let the blessings of the universe flow into our lives.
Finding Your Bliss

If we can exercise our muscles at the gym, exercise our mind by reading and exercise our emotions by interacting with positive people that we love, then how does one exercise their soul?

We invite you to take a closer look inside:

Discovering Your Gifts And Talents

One of the strongest proofs of a spiritual nature is that human beings tend to come with a set of gifts and talents that few others might not have.

Maybe one has a gift of being good with children.

Maybe one is good with musical instruments.

One might be good at writing and others can build and design skyscrapers.

We are on this earth for a reason and a purpose.

If we use our gifts and talents wisely, we will experience a profound joy in our feelings and our body will feel good.

Even our minds will enjoy the engagement with our gifts and talents as we build it.

Doing anything that doesn’t resonate with our spirit causes confusion, is meaninglessness and even if we are good at it, it will feel like a chore.

Has anyone ever praised you for doing something great?

Have you lost track of time because of being immersed in something?
Do you get paid well for doing something, or even if you don’t get paid, it would stop you from doing it over and over again?

**Your Values**

Values are things that differentiate us from animals.

Animals live by instinct.

Some animals also love their young and care for them.

But the true distinction of a spirit filled person is to have values that drive them.

One might believe that it is important to be honest and hardworking.

Another might believe that being playful and authentic is all that matters.

Some mothers might raise their children to be proper and disciplined.

Others might emphasize harmony and balance.

What are your values? Can you write them down?

What are the ideals that drive you and make your spirit feel alive?

**Inspiring and Being Of Service to Others**

We do not live on an island with no people.

One of the reason human beings find meaning on earth is to connect with one another through relationships.
But when we have the opportunity to be of service to others and give to them, the spirit becomes more alive with joy and happiness.

Some people might be cynical and not think about being of service to others, but deep down inside, the soul knows that the individual is part of a larger body.

Each soul is a cell in the universal body of oneness.

Since we are all one and we are all the same, not inspiring and being of service to others is hurting ourselves because we are all part of the same body.

Would it benefit the hand if it thinks that the foot is of no use to it?

Since humanity is all part of the same body, what can I contribute to the entire body?

**Your Voice**

When we combine our values with our gifts and talents, we start to develop our inner voice.

Our voice is what our spirit wants us to proclaim to the world.

This form of proclamation doesn’t mean that we need to go on TV or go into politics to champion our cause.

Our voice is the self actualization aspect of realizing what we were meant to do all along.

Once again, using the analogy of the body, finding our voice is about embracing our functions in the whole.
Have you ever realized that sometimes, a simple remark from you can inspire others in a big way without you realizing it?

Have you considered that it is the strength of your voice and your actions speak volumes?

**Meaning and Contribution**

Once we fully embrace our voices, we will turn our voices into our meaning for our lives.

Whatever our purpose is in this lifetime, it is precisely set up in such a way that we can find meaning in what is unique about ourselves and our work.

There are no lazy people in this world - only people who haven’t found their true meaning.

The contribution you give to the world will result in getting paid for your services, getting recognized for your contribution, inspiring others, helping them to find their voice and doing what you are meant to do in this life.

You will never know the butterfly effect of the fruits of your labor.

What if you are stuck in a situation that you can do nothing about it?

Even if you can’t find it your passion and see no purpose in life, the butterfly effect will still work in the favor of the body which is the greater whole.

We invite you to discover more so you will enjoy the fruits of your labor and earthly blessings.

This is your life purpose.
The Traveler’s Dream

There was a man who was going through a very, very hard time in his life. He had experienced heartaches from broken relationships and loved ones who passed away.

He had gone through a very difficult financial situation.

He didn’t feel that he was going anywhere in his career.

His health was suffering and he felt like a walking corpse.

Worst of all, he felt life was meaningless and he didn’t know what to do with his life anymore.

One night, at his lowest point, he cried his eyes out and he fell into a deep sleep that lasted 12 hours.

It was then he had a dream - he dreamt that he met the creator of the universe and he had a conversation with him.

He asked him, “Creator, why am I going through such a difficult time in my life?

What is the meaning of all this?”
The creator told him, “My child, your name is ‘Traveler’, we made a deal eons ago about all this. Maybe you can’t remember because it has been so long, but let me put my hand on your head so I can show you something.”

The creator then ‘phased’ him into a trance which was basically the history of his entire existence.

Eons ago, the traveler was part of a utopian society.

They were all formless in this society and this place existed above the earth.

In that utopia, every single day was perfect.

He needn’t have to worry about fear, pain, lack or loneliness.

Everybody is the same.

They all do the same perfect thing, they act the same perfect way, live the same perfect life and everybody looks exactly the same.

After living eons after eons of sameness, he had an inclining to seek for individuation.

So he decides to embrace form and experience the beauty of form and left.
Taking on form meant that he had to surrender his utopia and experience ALL that is needed to be experienced on earth.

He learned that having form meant there were three basic rules to embark on this journey and complete his quest for individuation:

**The rule of evolution.** He needed to progress starting from the simplest form to the most complex one and he couldn’t jump too far ahead or else it would be too complex in difficulty for him to handle. In other words, he had to handle each form one step at a time.

**The rule of karma.** For every experience he had, he had to experience the exact opposite one in order to have a balanced experience on earth as he was required to have ALL of experience in this journey so the balance is needed.

**The rule of completion.** He will keep learning a new lesson and each time he failed to learn his current lesson, he will be rebirthed again to learn it again no matter how long it took even if it took millions of years to complete his learning journey before he can complete his quest.

As he prepared himself for this journey, he knew that the rules were difficult and the journey ahead would be hard, but he knew that if he didn’t embark on this journey, he would not know the beauty of form and of individuation.

He surrendered his utopia and his journey began.

He starts as gas.

Floating around as gas, he then starts to take on form in the most basic way.

He evolves to become a rock on earth and he experiences what it is like to be a rock because the rock has the simplest difficulty where form was concerned.
Being a rock was easy. All the rock did was lie there. Maybe some other travelers stepped on him, but because he lacked the ability to feel pain, so he didn’t feel any pain.

After he fully experienced what it is like to be a rock, his consciousness evolved. He thought to himself, “This is too easy. It’s time for a bigger challenge.”

He then evolves to become a plant and he experiences what it is like to be a plant and takes the form of a plant.

Basking in the sun and enjoying the sunlight, he felt the joy of growing towards the sunlight and being nourished each and every day.

He later progresses to experience what it is like to be a worm.

Crawling around the earth without many senses wasn’t too difficult.

The traveler was busy eating off the soil and burrowing through the earth.

So he moved on.

After fully experiencing what it is like to be a worm, he experiences being a fish.

Feeling the beauty of the water, the traveler swam without a care in the world.

He goes on to experience being a bird.

He soars in the air feeling the wind beneath his wings.

He then learns what it is like to be a larger animal.
An animal so much more complex now as he learned how to graze, hunt, procreate, survive and even live with a master.

Once he remembered that he was a dog and was fascinated by the two legged creatures walking around.

Finally he reaches human form - to discover the full complexity of having full consciousness, his own individual personality or ego, the feeling of desires as well as the intellect of his mind.

In this fully developed form, he experiences the joy of learning from a vast wealth of more complex experiences on earth over and over again.

He learned the meaning of joy.

He learned the meaning of love.

He learned the meaning of surprise.

He learned the meaning of being in a relationship.

He also learned the meaning of sadness, fear, pain, anger, disappointment and heartbreak.

After many, many cycles of being a human being over and over again, he started to become lost and wandered around for centuries forgetting where he came from.

Not only that, the law of karma became a huge burden to him.

He couldn’t understand why he was carrying all this unresolved issues and feelings in his spirit.
He had forgotten that the whole purpose of karma was so that he could experience everything that he could fully experience and everything had to be ‘balanced’ so he could finish everything he set out to do in the first place and bring all his learning back home and contribute to his entire experience.

Eventually he starts to tire of the endless rounds of birth, death and the weight of karma throughout his long journey, that he feels that all he wants to do is to go home.

He suddenly remembered the deal that was made eons ago and he had a deep realization.

Not only did he remember who he was and where his home was, he remembered his purpose for his suffering and all the experiences that he went through.

He learned that karma was something he wanted all along because he realized that he couldn’t have experienced happiness without the feelings of sadness.

Happiness would be meaningless to him without the existence of sadness.

He learned that without fear in his life, he wouldn’t remember the reason to learn courage.

He learned that without experiencing loss in his life, he will never appreciate the joy of having great relationships in his life.

At that point, the traveler regained his strength and with renewed confidence, he begins his journey back home but this time, with greater awareness and understanding about his mission on earth.

After many eons, he finally returned home.
When he arrived his old utopian home, he celebrated with billions of others who have been through the same journey as he did and with each and everyone fully remembering the experiences they had through their lifetimes.

He remembered that for every one that he lost back on earth, he found them again back again in utopia even though the losses he had to endure was painful.

He remembered the times on earth where he had no resources, was the time he relied on the creator the most.

He remembered the times where he felt lost in his career was the time he needed the most to find what truly mattered to him and when he found his meaning, he made all the fellow travelers who crossed paths with him happier and gave them meaning too.

He also remembered that when his body was weak, many of his fellow travelers came to take care of him and he knew that he wasn’t alone.

This huge family reunion was just the tip of the iceberg for him.

After meeting with the rest of his entire ‘family’, he looked afar and saw the creator smiling at him.

With tears in his eyes, he embraced the creator and a flood of memories came in.

The creator told him, “Was it the journey worth it? Was it good experiencing all of life in different forms? Was karma worth it since you have experienced all that is to be experienced? Was it worth it completing everything?”

The traveler nodded with the sheer joy of experiencing completion.
But being home, he also realized that everyone was the same all along and home was always there for him.

Everyone that he lost was all there.

He remembered that we were all one and he woke up from his beautiful dream.

“The path of a spiritual traveler is a divine journey. This journey doesn’t have a beginning nor an end because even when you reach an end, it is merely the beginning of another journey where the traveler evolves to higher states of consciousness with each journey and finds new beauty and each bringing the traveler closer and closer to the divine.”

The Art Of Ancient Wisdom