

Apples, Lessons and Life

Received April 22nd, 2008

Every day, your life experiences are illustrating spiritual lessons for you. It is through such personal experiences that the Universe tries to help you learn and grow. Imagine if you were to try to teach a child elementary math using addition. To make it simple, you might use ordinary objects like apples or balloons to make the lesson more concrete. In such a case, these symbols would only be acting as a vehicle to teach the math lesson; they would not be the main point of the exercise. The same is true in your spiritual practice.

If you are torn between taking time for spiritual practice and cleaning your house, you should know that that dilemma is not trying to teach you how to clean house any more than a math problem is trying to teach a child about apples. The lesson lies beneath the surface. In our example of cleaning house, the real challenge is one of finding balance in life. The dilemma of cleaning house versus meditation functions like apples in a child's math analogy—it is just symbol for a larger lesson being taught.

As you begin to look beneath the surface of your experiences, you will gain a new perspective on your life. You will find you are less consumed by your concrete problems—be they apples or family members or your job. Instead, you will develop the important habit of looking beneath the symbols to find what lesson is being taught at any given time.

Look to your natural tendencies and you will often discover the very lessons you are here to learn. If you are ruled by emotion, very likely you are meant to learn temperance and discrimination. If you are a person who shirks responsibility, it is possible you will be challenged to step up and take responsibility in life. If you are a person who resists spirituality, the chances are good you are here to evolve and open your heart spiritually.

Learn to see the larger picture; scrutinize the subject matter of your life circumstances. If you can find the lessons hidden beneath the outer manifestations, you can dedicate your Energy to cultivating spiritual goals like balance and Harmony each and every day. Dig under the surface for the real question and challenge at hand. In that simple act, you may begin to unravel the very lessons you have come to this life to learn.

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