

Manifesting Spiritual Values in Daily Life

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MANIFESTING SPIRITUAL VALUES IN DAILY LIFE

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As I write this, Christmas is approaching, and I am reminded of the teachings of Master Jesus for Divine Love, Compassion and Forgiveness. This is a time when powerful energy is coming to the planet for all of us to be able to manifest the attributes exemplified by Master Jesus, to be the Christ in our daily life, to be Shiva, Buddha, Allah, to live as Atma, as Spirit. The new Golden Age is manifesting as we experience the alchemy of human and Divine, and we transform to become Divine Humans.

What ways are available for us to demonstrate spiritual values in our lives? These values represent what is important to us, what we value in living as Atma, as Spirit, expressing "spirituality" in daily life. We are to do the inner work and transform ourselves, shifting our perspective about ourselves and the world around us, shifting our thoughts, feelings, changing our behaviors and actions.

Many forms of sadhana (daily spiritual practice) exist for manifesting our divinity in daily life as we realize Atma and Spirit within ourselves and manifest this realization in our life. Many of us know about representative practices that include meditation, breathing exercises, japa, chanting, yoga, seva or selfless service.

Related to meditative practices, a very powerful form has been created by Her Holiness Jagatguru Sai Maa Lakshmi Devi called "Brain Illumination Meditation." As we are all energy, as everything is energy, we can bring Divine energy, Shakti, into our physical and subtle bodies from our Presence, Higher Self, Supreme Self, Paramatman through the brain. You can learn more about this practice on the website of the non-profit organization founded by H.H. Sai Maa (www.HumanityInUnity.org). Another powerful transformational tool is H.H. Sai Maa's Ananda Jyotir Diksha (Light of Bliss Initiation) where the initiated giver of Diksha transfers purifying energy into the brain of another individual and thereby throughout the entire being.

The following meditation is provided as an example of a practice that can serve us to be Divine Love in Action:

Breathe continuously without stopping between the inhale and exhale. Move into your Heart Center, loving each breath, being grateful for life, expanding and radiating Divine Love. Connect this Love vibration, this movement, this ocean of Love, with the mind, the brain center. Unite and merge the heart and mind in this Love. Now, in the heart center, allow Divine Mother, all forms of Devi, to express Herself as the Power of Love, tenderness, caring, kindness, intimacy, creative expression, abundance, knowledge and wisdom. Love all aspects of yourself as Mother, fully accepting who you

are, forgiving yourself, realizing in this moment inner harmony. With this Love spreading throughout you, call upon and merge with your Higher Self, Supreme Self, Paramatman, bringing this energy, this vibration into your physical and subtle bodies, creating a Light Body that purifies and transforms all that no longer serves you. Continue to breathe, expanding this Light across the planet. Take a deep breath and slowly open the eyes, staying in this state of being Divine Love in Action.

Another continuous practice of sadhana for manifesting Spirit in daily life has been described by H.H. Sai Maa: Five Steps for Self-Mastery including Awareness, Choice, Decision, Focus, Realization. The first step is to be "aware" of what thoughts, feelings, words and actions are Divine and expand us, serving our evolution to be our highest, representing and manifesting Atma, Supreme Self. We are then to "choose" what is Divine in our life. Next, we go beyond choice to commitment by "deciding" in each moment about our thoughts, feelings, words, actions. We then "focus" on these moment-to-moment decisions by being consistent, persisting, persevering. This then leads finally to the "realization" of what is Divine being manifested for ourselves and others with whom we are in contact (family members, friends, colleagues, members of our own community or others with which we interact). These thoughts, feelings and actions radiate energy and affect the world as waves of consciousness, spreading Divine energy if we have followed these steps for Self-Mastery, if we have done the inner work through our sadhana.

How do we translate, operationalize, apply Divine attributes in our daily life in terms of our specific thoughts, feelings and actions? As individuals, groups, organizations, communities, cultures and societies, let us take clear, specific actions to ensure that we are expressing and manifesting Divine attributes at home, at work, with friends, relatives and colleagues, in our different communities. Let us be models of Divine Love in Action, to spread this throughout the world, serving as ambassadors of Love, catalysts for everyone to Be the Christ, to Be Atma, to Be Brahma.

The following is an exercise for manifesting Divine attributes that can be practiced by individuals, groups, teams or communities:

- First, identify those Divine attributes that you wish to realize and manifest more in your daily life (choose up to 3). Examples of these attributes include Love, Peace, Joy, Purity, Harmony, Power, Wisdom, Gratitude, Truth.
- Next, identify the major individuals, groups, communities with whom you interact.
- Next, define in writing a few key thoughts, feelings and actions that represent the Divine attribute, in how you wish to be within yourself and in relationship with another individual, group, team, community. Identify those examples by reflecting about your current thoughts, feelings and actions that do not serve you or the relationship, and re-define them accordingly.
- Practice these new thoughts, feelings and actions in your daily life with the individual, group or community you have chosen. Witness if you have shifted successfully, persisting and not judging yourself for mistakes, continuing until you have transformed your thoughts, feelings, actions in different circumstances.
- Continue this exercise, choosing different attributes and individuals, groups or communities. Identify, define and practice. Reflect about results and changes, journaling what has and has not transformed. Continue to practice, witness and shift.

The following are examples for being Peace in relationship to a work colleague:

- When he disagrees with me, I listen and remain open to his opinion to see if he has something to say that can inform or change my ideas, or that we can use together to create a solution.
- I witness my frustration, breathe calmly, forgive and shift myself to be fully present and focused upon working together effectively and improving our relationship.
- I communicate with him about how I am feeling, and make requests for how we can have more peace and harmony in our relationship.

This type of exercise is useful for work groups and project teams. The translation of values into behaviors and actions for employees has been used in organizations that have identified overall organizational values related to the organization's Vision and Mission. In a growing number of organizations, this has included more "spiritual values" as well. Once the values have been identified, some organizations have operationalized them by defining specific behaviors and actions that reflect each one. In some cases, they have also created human resource programs (e.g., performance review systems) that measure whether individual employees are demonstrating these values in their work life. Organizations have also associated compensation, development and promotion decisions to these results.

As an even broader application of this practice of translating spiritual values into action, it would be interesting to work with different cultures and societies, defining for these the specific behaviors and actions that serve for the highest evolution of the culture or society. Even further, key commonalities could be determined across cultures and societies to define global or even "planetary" actions that reflect spiritual values.

In summary, let us do the inner work, our sadhana, to transform ourselves and how we manifest spiritual values, how we live as Atma, within ourselves, with our loved ones, with groups and communities in our lives, with our own and other cultures and societies, with humanity as a whole. Let us identify, practice and manifest Divine thoughts, feelings and actions that reflect spiritual values that serve all of us on the planet to live as Spirit in every moment, to be Divine Humans on Mother Earth.